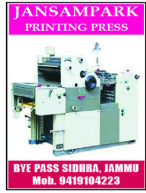




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Technician killed, 2 pilots injured as army helicopter crashes in Kishtwar

J NEWS SERVICE
JAMMU, MAY 4

An Army helicopter crashed after a "hard landing" in a forested area in the upper reaches of Jammu and Kashmir's Kishtwar district on Thursday following a technical fault, killing a technician and injuring the two pilots on board, officials said.

The advanced light helicopter (ALH) Dhruv on an operational mission came down on the banks of a river in Marwah area, cut off from the district



C/N (AVN TECH) PABALLA ANIL
04 MAY 2023

headquarters due to heavy snow. A court of inquiry has been ordered and further

details are being ascertained, the Army said in a statement. CONTINUED ON PAGE 4

List of Army helicopter crashes in J-K in past two years
January 25, 2021: Army helicopter Dhruv crash-landed in Kathua district's Lakhampur near Punjab border, killing one pilot and injuring another.

August 3, 2021: Army aviation squadron's Rudra helicopter crashed into Ranjit Sagar Dam on Kathua-Pathankot border, killing both the pilots - Lt Col Abheet Singh and Captain Jayant Joshi. While the body of Singh was retrieved from the dam on August 15, Joshi's mortal remains were fished out on October 17.

September 21, 2021: Army's Cheetah helicopter crash-landed in dense forests near Patnitop in Udhampur district, killing both the pilots - Major Rohit Kumar and Major Anuj Rajput.

March 11, 2022: Army's Cheetah helicopter crashed in Gurez sector of north Kashmir's Bandipora district, killing its co-pilot Major Sankalp Yadav and injuring the pilot, a Lt Col-rank officer.

2 people charred to death, 5 injured as hotel catches fire in Ramban



J NEWS SERVICE
JAMMU, MAY 4

Two people were killed and five others injured when a hotel caught fire in Jammu and Kashmir's Ramban district on Thursday morning, officials said.

Fire occurred in Hotel Maa Shanti in Sanasar

tourist place and spread fast engulfing the entire area, they said.

Fire tenders were pressed into service along with locals and police to douse off the blaze, which has been brought under control, they said. Those injured have been hospitalised.

CONTINUED ON PAGE 4

LG expresses grief over loss of lives

J NEWS SERVICE
SRINAGAR, MAY 4

The Lieutenant Governor, Manoj Sinha, has expressed grief over the loss of lives in fire accident at a hotel in Ramban. He has conveyed his condolences and sympathies to the kin of those who have died in accident and the injured.

CONTINUED ON PAGE 4

Two LeT terrorists killed in an encounter in Baramulla: Police



J NEWS SERVICE
SRINAGAR, MAY 4

Two terrorists were killed in an encounter with security forces in the Baramulla district of Jammu and Kashmir on Thursday, police said.

Acting on specific input about the presence of terrorists in the Wanigam Payeen Kreeri area of Baramulla district in north Kashmir, security forces launched a cordon and search operation there early Thursday morning, a police official said.

He said the search operation turned into an encounter after the terrorists fired upon the forces, who retaliated.

In the exchange of firing, two terrorists were killed, the official said, adding that their identification and group affiliation was being ascertained.

Incriminating materials, arms and ammunition, including an AK 47 rifle and a pistol, were recovered from the site of the encounter, CONTINUED ON PAGE 4

Won't allow enemy to disturb peace in valley: Army after foiling infiltration bid in Kupwara

J NEWS SERVICE
SRINAGAR, MAY 4

Following the killing of two militants in Machil sector in north Kashmir's Kupwara district, Army on Thursday said that they are ready to foil any attempt made from across the border to push infiltrators into the Valley to disturb peace.

Addressing a press conference at Z Gali, Brigadier Vinod Singh Negi said that operation in Machil sector on May 3 was conducted successfully leading to



elimination of two infiltrators. He said that intelligence agencies were regularly receiving inputs about possible infiltration. "It

was learnt that infiltrators will be pushed from across the border. After inputs by the police high alert was sounded on May 01," he said.

He said that following inputs additional ambushes were deployed at possible target places and special operation group of J&K police was also involved in this operation.

The Brigadier also said that the operation was conducted under challenging conditions as troops braved cold weather conditions and low visibility. "Braving continuous snow, rain, overflow of water channels and challenging atmosphere, the operation was conducted CONTINUED ON PAGE 4

National-level experts of SAPI calls on LG



J NEWS SERVICE
SRINAGAR, MAY 4

National-level Experts and office bearers of the Society of Animal Physiologists of India (SAPI) called on Lieutenant Governor Manoj Sinha at Raj Bhawan, today.

The experts including Padma Shri Dr M L

Madan and Dr SK Rastogi President SAPI along with Prof. Nazir A. Ganai, Vice Chancellor, SKUAST-Kashmir discussed with the Lt Governor the future of livestock farming and its role in providing livelihood to small & marginal farmers. The experts also discussed scope to CONTINUED ON PAGE 4

Terror Funding Case

NIA raids several locations in Kishtwar

J NEWS SERVICE
JAMMU, MAY 4

The National Investigation Agency (NIA) on Thursday carried out raids at several locations in Jammu and Kashmir's

Kishtwar district in connection with an ongoing probe in a terror funding case, official sources said.

Teams of NIA conducted raids and subsequent searches at five places in

the district, the sources said.

The houses of persons affiliated with proscribed outfits and those involved in militancy are being searched, they added.

Make concerted efforts to ensure G20 meeting is a success: LG to officials



J NEWS SERVICE
SRINAGAR, MAY 4

Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday asked officials to make concerted efforts to ensure that the upcoming G20 meeting here is conducted successfully.

He made the remarks while chairing a high-level meeting to review the preparations for the third G20 Tourism Work-

ing Group Meeting from May 21-23.

"G20 is a matter of pride for the country. We should make concerted efforts to ensure successful conduct of the G20 meeting in Srinagar," Sinha said at the meeting.

He asked different departments to contribute enthusiastically to make the event memorable.

The review meeting was attended by Chief

Secretary Arun Kumar Mehta, Additional Chief Secretary R K Goyal, Director General of Police Dilbag Singh, special secretary and joint secretaries from the G20 Secretariat.

Advisor to the LG Rajeev Rai Bhatnagar and Ministry of Tourism Secretary Arvind Singh joined the meeting via video conferencing.

The meeting, organised with the aim CONTINUED ON PAGE 4

J&K cop's son booked under PSA

J NEWS SERVICE
JAMMU, MAY 4

A son of Jammu and Kashmir Police Assistant Sub-Inspector has been booked under Public Safety Act (PSA) for his alleged involvement in theft and drugs related cases in

Rajouri district.

Police spokesman said that the accused identified as Sunny Sharma, son of ASI, resident of Ward No 5, Jawahar Nagar, Rajouri has been booked under PSA for his repeated involvement in theft cases and drug peddling thereby posing

a threat to peace and order.

"He did not change his behaviour in spite of being booked in several FIRs and arrested by police but continued to act," said the spokesman. He added that accused due to his activities amounts to CONTINUED ON PAGE 4

MeT predicts rains amid temperature drops at most places in J&K

J NEWS SERVICE
SRINAGAR, MAY 4

Amid forecasts of generally cloudy with rain or thunderstorm at some places the temperature drops below normal at most places in Jammu and Kashmir on Thursday.

The Meteorological Department predicts the possibility of a brief spell of rain or thunderstorm in Kupwara, Poonch, Rajouri, Baramulla today. Currently the weather is generally cloudy in North West Kashmir, Poonch, Rajouri and other areas and partly cloudy in the rest of places, the MeT office.

It said there could



be fair to partly cloudy weather with a brief spell of rain or thunderstorm can be ruled out towards late afternoon and evening on May 5. There is a possibility of rain at many places from May 6-8.

It has also advised the tourists to keep warm clothes ready as the weather is likely going to be cold till May 8. Farmers have been also advised to avoid spraying of apple trees & harvesting of crops in Jammu region during May 6-8 as chances of rain is high.

Srinagar recorded a low of 10.3 degree Celsius against 10.4 degree

Celsius on the previous night and it was 0.6 degree Celsius above normal for the summer capital of Jammu and Kashmir. The maximum temperature was 2.6 degree Celsius below normal of 22.3 degree Celsius in Srinagar on Wednesday.

Qazigund recorded a low of 7.2 degree Celsius against 8.8 degree Celsius a day ago and it was 1.3 degree Celsius below normal for the gateway of Kashmir.

Pahalgam recorded a low of 2.0 degree Celsius against 5.2 degree Celsius on the previous night and it was 2.9 degree Celsius below normal CONTINUED ON PAGE 4

CRPF personnel died after falling into gorge in Rajouri

J NEWS SERVICE
JAMMU, MAY 4

A Central Reserve Police Force (CRPF) personnel on Thursday died after falling into a gorge during a cordon and search operation in Jammu and Kashmir's Rajouri district, sources said.

CRPF Inspector Sunil Kumar slipped and fell down a mountain cliff in the Mohra Larya area of Sunderbani tehsil of the district, they said.

Kumar was taken to a hospital where he was declared dead by the doctors, they said. CONTINUED ON PAGE 4

Police SI Recruitment Scam | J&K HC rejects bail application of accused officer, son

J NEWS SERVICE
JAMMU, MAY 4

The Jammu and Kashmir High Court has rejected the bail application of a police officer and his son who were arrested by the CBI last year in connection with the police sub-inspector recruitment scam.

Justice Mohan Lal dismissed the joint bail application moved by Assistant Sub-Inspector

Ashok Kumar and his son Jaisuriya Sharma, terming it "misconceived under law".

The police officer and his son were arrested on November 6 and 9, respectively, by the Central Bureau of Investigation (CBI) for their alleged active role in the recruitment scam and were among 33 persons charge-sheeted by the central probe agency on

November 12 last year.

The Jammu and Kashmir Services Selection Board (JKSSB) conducted the recruitment examination in March but the list of 1,200 selected candidates, along with that of 1,300 junior engineers and 1,000 finance account assistants, was cancelled by the administration in July following allegations of paper leak and CONTINUED ON PAGE 4

BJP fully committed to address people's issues: Yudhvir

LISTENS PUBLIC GRIEVANCES AT PT PREM NATH DOGRA BHAWAN

JJ NEWS SERVICE

JAMMU, MAY 04: Yudhvir Sethi, J&K BJP Vice President today conducted a public grievances camp at Pt Prem Nath Dogra Bhawan, Kacchi Chawri here today.

During the camp, Vipin Sharma and Arun Sethi General Secretary accompanied the J&K BJP Vice President. Various deputations including individual persons and most of them were women visited the party office to discuss their issues with the senior BJP leaders.

Issues related to the ration, pension, PHE, PDD, revenue and other issues related to the development and personal issues were presented in front of senior party leaders.

While giving patient hearing to the deputations, Yudhvir Sethi resolved



most of the issues instantaneously by talking to the authorities concerned on phone.

He assured to take up the rest of their issues with the concerned authorities and get the same resolved at the earliest.

Sethi said that trusting

the BJP's commitment in reaching out and solving the issues of the public, people in large number visit the BJP office to present their issues with a strong belief on the party. He said that the Party is fully committed to address the day to day problems

being faced by the people in general and that of Jammu City in particular. He said that it is a sincere attempt to lessen the gap between administration and people and ensure that genuine issues of people are redressed in an efficacious manner.

Addressing common people's issues priority of BJP Govt: Kavinder



JJ NEWS SERVICE

JAMMU, MAY 04: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister has reiterated that BJP Govt's commitment to provide the basic necessities including drinking water to the people in every nook and corner of the nation. He said that this can be well gauged from the fact that the significant Jal Jeevan Mission launched by the Govt in this direction successfully achieved the 'Har Ghar Jal'

target across the Union Territory of Jammu and Kashmir. He expressed this while addressing a gathering after inaugurating two motors of 350 HP at Bahu Pumping Station Boria Complex. Corporator Smt Sharda Kumari also graced the occasion. The aforesaid two water motors of 350 HP has installed at an estimated cost of Rs. 60 lakh.

The former Deputy Chief Minister said that the installation of aforesaid water motors in the ward was a long pending

demand of the people of the area. He said that the completion of this project has brought relief to the people of Ward No. 47 & 48. He asserted that addressing the problems of the common people has always been the priority of the Bharatiya Janata Party Govt led by the Prime Minister Narendra Modi at the Centre as serving the people of the nation is the core of BJP's unmatched ideology. Kavinder said that the Prime Minister is specially inclined towards

Jammu and Kashmir and its people and that there is no dearth of funds when it comes to the development of this Union Territory.

Kavinder Gupta also appreciated the efforts of Corporator Sharda Kumari for taking interest in addressing issues of general public. He said this all was possible only due to her dedicated efforts and the urge to serve the people of the Ward. He hoped that Corporator Sharda Kumari will continue the spree of development for the welfare of common masses.

Corporator Sharda Kumari said that Bhartiya Janata Party always works for the welfare of people and will leave no stone unturned to do so. She said that there are more projects in pipeline for the area and the same shall be taken up in a phased manner.

Among those who were present include Vivek Patyal, Sunny Sangotra, Ajay Sharma, Krishan Chander, Davinder Singh, Surinder Patyal, Rakesh Bhardwaj, AEE Civil PHE Rajesh Gandotra and JEE Arun Nagotra.

BPCL organises programme on environment protection through Net Zero emissions

JJ NEWS SERVICE

JAMMU, MAY 04: On the occasion of ongoing Saksham 2023 fortnight, for awareness on Ministry of Petroleum and Natural Gas (MoPNG), Govt of India's initiatives on Energy Conservation through Net Zero emissions, Bharat Petroleum Corporation limited, LPG department organised a painting competition for the students at K.B. School, Channi Himmat Jammu with the Topic "Environment protection through Net Zero emissions" wherein Sandeep Kumar Raina Territory Manager LPG Jammu, Kashmir, Ladakh and Himachal areas was Chief guest.

Mr. Raina while speaking on the occasion explained the technical aspects of Net Zero emissions and world protocols, and how Bharat Gas is contributing towards the same. He said that maximum use of renewable energy is the need of the hour and every effort should be made by every one for Zero emission so that ecological balance is maintained. He said that if temperature will



increase by even a bit like say 1% its major impact would be there on ecological imbalance and by that the glaciers will start melting and its major impact would be there on sea shores besides other areas and would come in danger. He said that major target and focus of this year Saksham programme is net Zero emission and this could be achieved by collective efforts of all.

To encourage the students and to bring awareness Painting Kits & Certificates were distributed among the students. Sh Rakesh Verma

represented Maa Vaishno Devi Bharat Gas and gave Safety tips to the Children. School Principal Ms. Radhu Gupta gave Keynote to the students on the Topic "She while speaking on the occasion besides thronging light on net Zero emission elaborated that KB Public School Jammu, was established by visionary late Dr. Masud A Choudhary (former A.D.G.P. founder KCSBU/founder CIDCD) for the upliftment of marginalized section of society especially for Schedule tribe / Gujjar community. The school caters to 1400 stu-

dents upto class 12th and the major focus of the school management is towards environment protection.

The children were encouraged with the event and made innovative paintings to highlight the need for Environment Conservation and efforts towards Net Zero.

It is worth while to mention here that top 3 students of these Saksham programmes will be awarded in a joint closing ceremony going to be organised by IOCL/HPCL/BPCL jointly on 8th May.

Sham Sharma, Kulbhushan, Dil Bahadur listen to public grievances

LG Administration must ensure release of encroached Migrants' lands in time bound manner: Sham Lal



JJ NEWS SERVICE

JAMMU, MAY 04: The Jammu & Kashmir Administration led by LG Manoj Sinha must ensure that the illegally occupied lands of distressed Kashmiri Migrants are freed from the opportunistic encroachers in a time bound manner, stated Sham Lal Sharma, J&K BJP Vice-President & former Minister.

"The Modi government has the prime intention to provide healing touch to the distressed people and

communities especially like Kashmiri Migrants who are internally displaced mainly from Shopian, Anantnag and other places. Kashmiri Migrants' deputation expressed their displeasure over the manner in which the departments are using a dilly dallying approach in processing their requests regarding their lands even after orders from the LG Administration.

Accompanied by BJP Library Incharge Kulbhushan Mohtra, and Swachh Bharat Abhiyan Incharge Er. Dil Bahadur

strong notice of the issues

by a deputation of Kashmiri Migrants composed mainly from Shopian, Anantnag and other places. Kashmiri Migrants' deputation expressed their displeasure over the manner in which the departments are using a dilly dallying approach in processing their requests regarding their lands even after orders from the LG Administration.

Accompanied by BJP Library Incharge Kulbhushan Mohtra, and Swachh Bharat Abhiyan Incharge Er. Dil Bahadur

strong notice of the issues

Jamwal, Sham Lal Sharma was listening to the grievances of a large number of people belonging to different areas of Jammu & Kashmir at party headquarters, Trikuta Nagar, Jammu.

Individuals and Deputations of people from various areas of Jammu & Kashmir had reached Trikuta Nagar office to meet these leaders with their grievances. They narrated their woes and sought kind intervention of the party leaders to get their problems solved like improper and delayed repair of streetlights, repair of drinking water supply pipes, old age pension, revenue and many others.

Sham Lal Sharma gave patient hearings to the problems presented by the people, which were immediately taken up with the concerned officials of the departments stressing for early resolution so that the people are not made to suffer. Prof. Kulbhushan Mohtra and Er. Dil Bahadur Jamwal coordinated the camp proceedings and diazried the issues presented in the camp.

Sunil, Johal distribute relief material among 300 families at village SM Pura

JJ NEWS SERVICE

SAMBA, MAY 4: Sarbjit Singh Johal, President BJP Kissan Morcha and DDC Ramgarh today organized a relief camp at Village SM Pura of Tehsil Ramgarh, district Samba.

On the occasion, Sunil Sharma, General Secretary BJP J&K UT and former Minister, Surinder Choudhary, Varinder Sharma, In-charge Shaheed Parivar were also present.

The relief material was provided by the Shaheed Parivar Fund C/o Hind Samachar and Punjab Kesari Group which was disbursed by Sunil Sharma and Sarbjit Singh Johal among 300 needy families in the area. The relief comprised Atta, Rice and complete kitchen kits so as to ensure the basic food requirements of the indigent people.

Speaking on the occasion, Sunil Sharma, former BJP minister said that in the present scenario philanthropy has become the need of the hour and noble and blessed people have always come forward to



extend support to the needy people.

Recalling the philanthropy displayed by the great journalist Lala Jagat Narayan during his lifetime, Sunil Sharma also paid glowing tributes to him and said that his immense contribution in the field of journalism should be remembered for ages to come. He also complimented Padma Shri Vijay Chopra for upholding the philanthropic and charitable legacy to serve

the needy people in the society.

While addressing the gathering, DDC member Sarbjit Singh Johal informed about the aim behind holding the distribution camp. He said that the main patron behind providing relief material for the needy people is Padma Shri Vijay Chopra.

He said that the Shaheed Parivar Fund management has been sending relief material for the past about 25 years. He said that today

736th truck of relief material was received by him for distributing the relief material among the needy border people in the region.

Among others who were present include BDC Chairman Darshan Choudhary, Madam Dimple Suri, Madal President BJP Sh. Ajay Sharma and Shiv Choudhary, Chaman Lal, Sarpanch Roop Choudhary, Tejinder Singh, Parveen Sharma and Smart Singh.

Campus placement drive conducted at Government ITI Jammu

JJ NEWS SERVICE

JAMMU, MAY 04: One day campus placement drive conducted on Thursday under the close guidance of Er. Rashid Sheikh, Principal Govt. ITI Jammu to provide the employment opportunities to the ITI pass-out, trained.

The drive was conducted by Staffing Solutions Qness Ltd for ITI certificate holder for all trades with Min academic qualification 12th Pass for the post of Executive in Banking Sector (Credit Card). HR, Staffing Solutions Qness Ltd Jammu and her team interacted with the trainees and conducted interviews of the trainees. Karan Singh, Surveyor/ I/C Placement chief/ the trainees about the company recruitment



criteria and emoluments and pre-counseling placement session was also conducted for the students. Lt. Sumit Chandail Associate NCC Officer Govt ITI Jammu thanked all the resource persons

from the companies for the campus placement of the students and impress upon the students to participate in the various placement drives with full enthusiasm and make full use of their professional

and technical skills for employability to various organizations.

He also appreciated the efforts of training and placement cell for conducting such recruitment drives.

2 Days National Seminar on 'Recent Developments in Analysis & Related Areas' organized by Dept of Mathematics Commences

JJ NEWS SERVICE

JAMMU, MAY 04: A two days National seminar on 'Recent Developments in Analysis and Related Areas' and 30th Annual Conference of Jammu Mathematical Society (JMS) organized by the Department of Mathematics, University of Jammu commenced today at University of Jammu. The seminar was inaugurated by Prof. Naresh Padma, Dean Academic Affairs, University of Jammu. He gave an overview of the University of Jammu as a research-intensive university which is leading in implementing NEP-2020 at undergraduate level. Calling upon the stakeholders of the department and the participants of the conference, Prof. Naresh Padma said that institutions are known in terms of their academic contributions through their research papers, which should be published in internationally acclaimed journals. He hoped that fruitful academic deliberations in the seminar will be helpful in creating awareness among the delegates participating in the conference.



The Guest of Honour, Prof. Tarun K. Das of University of Delhi while addressing the audience appreciated the efforts of the Department of Mathematics for sustaining the Jammu Mathematical Society for the past 33 years ensuring its growth. He congratulated the organizing team of the National Seminar and 30th Annual Conference of Jammu Mathematical Society. Prof. A.P. Singh, Department of Mathematics, Central University of Rajasthan, and former Head of Department of Mathematics of University of Jammu who presided over the Inaugural Function said that the purpose of the conference is to upgrade the mathematical knowledge and sharing of ideas. He clearly explained about power of mathematics in the sense which is created today may have applications in future concluding that quality research makes difference

and stressed upon the young research scholars present over there that they should not publish their research in Trash Journals and if research is of good quality, it will get published in good journals. Prof. K. S. Charak, HoD, Department of Mathematics, JU and President, Jammu Mathematical Society and Convener of the National Seminar after formally welcoming the delegates of the conference from various institutes of the country like University of Delhi, Banaras Hindu University, University of Kalyani, IIT Roorkee, IIT Ropar, IIT Bhubaneswar, Central University of Jammu, Central University of Kashmir, University of Kashmir, gave a detailed introduction to the National Seminar on

Recent Developments in Analysis and Related Areas and Jammu Mathematical Society and academic status of the department. Dr. Tirth Ram, Secretary (I/C) of JMS and Organizing Secretary of the Seminar, presented the Annual report of the society and conducted the proceedings of the Inaugural Function and also presented a formal vote of thanks. On the occasion, the Dean Academic Affairs, Prof. Naresh Padma, Prof. A.P. Singh, Prof. Tarun K. Das and President JMS Prof. K. S. Charak also distributed prizes among the winners of the first, second and third positions of One Day Students' Conference and Alka Memorial Mathematical Competition organized by the Jammu Mathematical Society in 2022 and 2023.

NC pays glowing tributes to Th. Kashmir Singh on his 2nd death anniversary

JJ NEWS SERVICE

JAMMU, MAY 04: Jammu and Kashmir National Conference on Thursday paid glowing tributes to former J&K Kashmir party leader Th. Kashmir Singh Advocate on his 2nd death anniversary, describing him as a leader par excellence who devoted all his life in service of the people of Jammu and Kashmir.



Leading the party cadre in paying floral tributes to Th. Kashmir Singh Advocate, at a function held at Sher-e-Kashmir Bhavan here this afternoon, Provincial President Jammu Mr Rattan Lal Gupta highlighted the immense contribution of the veteran leader in the development and progress of Jammu and Kashmir. He further said that the departed leader worked with a sense of commitment, devotion and dedication.

Gupta said that Th. Kashmir Singh worked tirelessly for the upliftment of poor and down-trodden in different capacities as leader political and amment advocate. His contribution in strengthening National Conference at the gross root level in the Jammu Province remains a high point of his political career, he said, adding that the veteran leader made a distinct mark by serving the people, which will

serve as a source of inspiration for the coming generations. Mr Gupta further said that Th. Kashmir Singh worked for strengthening the fabric of secularism and brotherhood in the state of J&K. While paying tributes to Th. Kashmir Singh Ajay Kumar Sadhotra former minister and Central Secretary described the late leader as a person of immense qualities who remained at the forefront in solving problems of the people. He said that the veteran leader worked hard in various capacities as a party functionary, MLC and advocate for people belonging to all walks of life. His services shall be remembered for the years

to come. Paying tributes to Th. Kashmir Singh, Ajaz Jan former MLA and Provincial President YNC Jammu and Vijay Lochan Provincial President SC Cell said the towering leader left an indelible mark on the National Conference cadre by dint of his determination and hard-work besides strengthening the party at gross root level. He said the best tribute would be to strengthen the party at gross root level and make it a vibrant force to satiate the urges and aspirations of the people. He said that the late leader will be remembered for his high political caliber and having passion for serving the people, especially poor and down-trodden.

Several senior leaders, including: Ch. Wali Dad Ex-MLC, Ragbir Singh Manhas District President Jammu Rural A, Ghar Singh Corporator, Sardar Gurnam Singh Block President Jammu West, Sardar Parvinder Singh Block President Gandhi Nagar, Abid Magrey, Randir Singh Chib, Sardar Tejinder Singh District President YNC Jammu Urban, Rakesh Kumar Sharma District President YNC Jammu Rural A, Pinky Khalsa District President Women Wing Jammu Urban, Nitish Gowsami, S. Pritpal Singh, Vivek Gupta, Jagga Ram, Satpal, Ashwani Kumar and others.

GCOE Conducts One Day Workshop on Happiness



JJ NEWS SERVICE

JAMMU, MAY 04: GCOE Jammu organized a 'one day workshop on Happiness'. It was organized by Psychological Counselling Cell. Prof. Vinay Lata was the resource person for the workshop. She gave an extensive presentation on

the importance of happiness in life and how far it is beneficial for day to day lives of a human being. In her presentation she talked about various phases or aspects of happiness and how smiling can lift the burden of sadness by giving signals to the brain. Prof. Aekta Gupta, Principal GCOE Jammu, in

her address motivated the students for trying to keep happy themselves as well as happy in their surroundings. The best take away from this workshop was the smiles on everyone's face. Students and other faculty members also interacted and shared their views on the topic. Workshop was successful-

ly ended with plantation drive by Principal GCOE, faculty and students. The faculty members who graced the occasion were Prof. Anju Bala (DSW), Prof. Seema Kotwal, Prof. Satish Sharma, Prof. Radika Mahajan, Dr. Rajinder Kour, Prof. Anuradha Choudhary, Dr. Sushma Bala, Dr. Deep Kumar Bangotra, Dr. Shubhra Jamwal, Dr. Shalini Sharma, Prof. Seema Kumari, Prof. Neeraj Verma, Prof. Shapia Shameem, Prof. Sarita Dogra, Dr. Anuradha Seth and members from non teaching staff of GCOE. Students who contributed in workshop were Ms. Arushi, Ms. Neha Bashal and Ms. Heena Tabassum.

Jammu Smart City Ltd organised a workshop cum demonstration on Food Fortification



JJ NEWS SERVICE

JAMMU, MAY 04: In alignment with the Hon'ble Prime Minister Sh. Narendra Modi's vision to reduce malnutrition, Jammu Smart City Ltd organised a workshop cum demonstration on Food Fortification, which is a scientifically proven, cost-effectively, scalable, and sustainable global intervention that addresses the issue of micronutrient deficiencies. Jammu Smart city is taking various initiatives under Eat Right to create awareness regarding safe, healthy & sustainable dietary food habits among the citizens.

FSSAI operationalized for fortifying staples name-

ly Wheat Flour and Rice (with Iron, Vitamin B12 and Folic Acid), Milk and Edible Oil (with Vitamins A and D) and Double Fortified Salt (with Iodine and Iron) to reduce the high burden of micronutrient malnutrition in India. This workshop cum demonstration on Food Fortification was organized under Eat Right Initiatives of Jammu Smart City Ltd (JISCL) at Community Hall, Kameshwar Mandir, Ward No 52, south Extension Trikuta Nagar, Jammu where Chief Guest, Honourable Deputy Mayor Jammu, Sh. Baldev Billawaria launched the workshop and while addressing, he said that this is such an important

topic for which stakeholders and the public in general needs to sensitize at mass level and take this movement to every household. Ward No 52 Corporator/ Ex-chairman, Sh. Ajay Gupta was the Guest of Honour during the programme and he highlighted the importance of such programs and appreciated JSCL initiative for carrying out this campaign at gross root level. The programme was designed to highlight the essentials of food fortification and what further steps can be taken to sensitize the general public at the mass level and to take this movement to every household, the programme was introduced by Dr. Sushil Kumar

Sharma, Nodal Officer, Eat Right Initiatives, Jammu Smart City Ltd.

CDPO, Jammu, Dr Sakshi Mahajan shared facts about the impact of malnutrition on health and other related concerns due to nutrition deficiencies and thanks JSCL for conducting this workshop for ICDS Supervisors and Anganwadi workers.

Mr. Satish Kumar, an IEC consultant from Mavis IT Services Pvt Ltd, New Delhi presented a detailed presentation on the 'Role of IEC in Food Fortification awareness' which highlights how information and communication technology is leading the way in this by demonstrating the relevant examples and media content. Associate Professor Ashwani Khajuria, and Dr Divya Sharma delivered presentations on various facets of food fortification practices, nutrition values etc. The Students from Bharat Public High School, Sattwari also demonstrated the facets of Food Fortification and explained what activities they are doing in school to implement this topic in true spirit. Later, the function was concluded with a vote of thanks by Dr Sakshi Mahajan.

Awareness Talk on Women Empowerment organised at Sankari, Rajouri

JJ NEWS SERVICE

RAJOURI, MAY 04: Indian Army has made sustained efforts towards the empowerment of women in the remote areas of Rajouri District through various means, which is showing positive results. An informative lecture was organised at Govt Girls Higher Secondary School, Sankari, Rajouri District. The lecture was focused to create awareness amongst the local women-folk about various women-oriented Government schemes. The vibrant young attendees also exhibited keenness to join the Armed Forces after learning about the different entries



now available to them. The gathering appreciated the relentless efforts of Indian Army to uplift the social status

of women in the region and channelize Nari Shakti for social reforms and development of the Nation.

NSF Unit meets XEN Works JU



JJ NEWS SERVICE

JAMMU, MAY 04: National Secular Forum (NSF) Jammu University Unit today met with the Executive Engineer of work's Department University of Jammu regarding the

issue of repair of window glasses of the department of geology. The unit was led by Jammu District President Vikshay Vashist along with University President Roshan Sharma. Others who were present there were Aditya Khajuria, Abhishek Uppal,

Punnet Baksi, Aditya sharma, Ankush Babu, Umar Charak and some students of Geology Department.

The Department of Geology had sent seven letters in the past five months for the repair of window glass to the Works Department but they did not get any response from the Works Department till now.

During the meeting, they discussed the issue and gave five days' time for the repair of window failing which students will move to the Vice Chancellor of the university regarding their issue. The Executive Engineer of the Works Department assured that they will repair the window mirror in the next 2 or 3 working days.

Pakistan has no locus-standi on India's decision on G20 meetings: Raj Rattan

JJ NEWS SERVICE

JAMMU, MAY 04: Raj Rattan Raina BJP leader on Wednesday slammed Pakistan for time and again interfering in the internal matters of India despite having no locus standi.

In a statement issued to media fraternity, the BJP functionary said that Pakistan's objection with regard to India holding G20 meetings in J&K and Ladakh is unwarranted as the rogue nation has nothing

to do with the internal matters of the country. He said both UTs of J&K and Ladakh are the integral part of the country and Pakistan or for that matter any other country has nothing to do with the affairs of these two strategically significant regions of India. Raj Rattan said that Pakistan should focus on its own deteriorating economy and the plight of people instead of interfering in the internal matters of India whether they belong

to Kashmir, Ladakh or any other region. Launching a scathing attack on Pakistan, Raina slammed Pakistan terming it an exporter of terrorism. He said that it is unfortunate that Pakistan has chosen once again to rake up Jammu and Kashmir issue in wake of G20 meetings but it should note it down that such a stand is totally unacceptable to India as J&K was, is and shall remain the integral part of the country and Pakistan

need not to interfere in matters concerning this part or any other part of the country.

"The Union Territories of Jammu and Kashmir and Ladakh have been and will always remain an integral and inalienable part of India."

No amount of rhetoric and propaganda from any country can override this fact. Pakistan has no locus standi to comment on India's internal affairs," he added.

India-U.S. partnership is the defining moment of 21st century: Goyal

AGENCIES
NEW DELHI, MAY 4

Union Minister of Commerce & Industry, Textiles and Consumer Affairs, Food & Public Distribution Shri Piyush Goyal said that the India-U.S. partnership is the defining moment of the 21st century and reiterated the "ChaleinSaathSaath: Forward Together We Go" motto underscoring the depth of the partnership. During his Inaugural Address on US-India Partnership: Forging Ahead' at American Chamber of Commerce in India (AMCHAM) India's 31st Annual General Meeting today in New Delhi, he talked about diversifying and deepening India-US trade and investment ties for mutual growth and prosperity.

The Minister emphasised that the leaders of both the countries, Prime Minister of India, Shri Narendra Modi and President of the United States of America, Joe Biden, understand each other and work smoothly together to find solutions to complex geopolitical problems around the world. Shri Goyal mentioned the 5Ts-Talent, Technology, Tradition, Trade and Trusteship-identified by the Prime Minister as the vision for the India-U.S. relationship.

The Minister noted that the bilateral trade between India and U.S. has been the highest in the last couple of years and said that it is aimed to increase manifold in the coming years. He said the target of US\$2 trillion exports by the year 2030 is doable with the increasing eminence and recognition of India across the world and with strengthening partnerships with

like minded countries having shared values like the U.S.

Shri Piyush Goyal cited the example of many Indian companies having Indian or vice versa in the U.S. and India and highlighted how significantly they are contributing to each other's economy. The Minister said that these business relations are deepening the partnership between the two countries. He expressed hope that more and more U.S. based corporations will work together with Indian companies in the near future.

The Minister encouraged companies from the U.S. to establish their base in India and expand to newer frontiers like the markets of Africa and South-East Asia. He said that India offers assured prosperity and growth to the U.S. companies with the recent policy reforms undertaken with focus on the fundamental macro-economic parameters, affordable labour costs, inclusive and sustainable development and increasing ease of doing business.

The Minister said that the businesses in both countries can work together to expand to the next level in many sectors like defence manufacturing, pharmaceuticals, textiles, engineering products, auto components, electrical products, agricultural products, etc. on the merchandise side while IT, accounting, business processes outsourcing, research & development, tourism, etc. on the services side. He said that the bilateral trade between both the countries is growing rapidly and has tremendous potential to scale further heights. He said that the technical and managerial talent offered by India to

businesses around the world cements India's relationship with the world; he cited the example of many U.S. corporations having Indian or Indian-origin CEOs.

The Minister said that Amrit Kaal is the defining period for India in which the demographic dividend is contributing to the growth of the economy bringing prosperity & future for the country. He said that the reform processes undertaken by the government in the last 9 years will turn India into a global manufacturing hub. He said that the efforts of the government towards improving logistics infrastructure like connectivity, power, etc. is leading to better quality of life for the people of India and enabling the aspirational youth to contribute to the rapid development of India. Shri Goyal stressed that it is important for the industry to stand on its own feet with delivery of high quality products and services with government interference in business to the minimum.

The Minister said that there is multifarious interaction between India and the U.S. at various platforms like the Indo-Pacific Economic Framework for Prosperity (IPEF), U.S.-India CEO Forum, Quad, etc. He said that the comprehensive & strategic partnership between India and the U.S. is based on the strong foundation of shared values, commitment to the rule of law, transparency, freedom of business, freedom of media, independent judiciary, etc. The Minister said that there is complementarity between the India-U.S. economy and both countries collaborate to make prosperous and rational decisions.

He mentioned the significance of the recent visit of United States Secretary of Commerce, Ms. Gina Raimondo to India for the strengthening and deepening of the India-U.S. Partnership. He said that during her visit, Ms. Raimondo met the Prime Minister of India, Shri Narendra Modi and praised his visionary leadership in transforming India. He said that Ms. Raimondo noted the efforts of the Government in eliminating poverty and improving the lives of the people of India through the efficient use of technology and effective policy formulations.

The Minister said that India is committed to the fight against climate change and praised the performance of India as it performed better than the commitments it had made with being among the top 5 countries in performance on climate action. He said that India is consistent in the fight against climate change under the visionary leadership of Prime Minister, Shri Narendra Modi who brought less developed, developing and developed countries together for the signing of the Paris Agreement. The Minister appreciated the important role played by AMCHAM and the impetus provided by it for the India-U.S. partnership. He said that the collective effort between the leadership of both countries, warmth between people, etc. enables both the countries to partner in uncharted territories for mutual growth and development. The Minister also released two reports at the event: 1. The India edge - US Industries catalysing the growth trajectory and 2. Future of Urban Mobility- Integration of Platforms.

India-Israel Friendship - Beginning of a New Era of Industrial Research and Development Cooperation

AGENCIES
NEW DELHI, MAY 4

In a momentous milestone in S&T cooperation between India and Israel, a Memorandum of Understanding (MoU) on Industrial Research and Development Cooperation was signed between the Council of Scientific and Industrial Research (CSIR) under the Ministry of Science and Technology (MoST) of the Republic of India and the Directorate of Defense Research and Development (DDR&D), under the Ministry of Defense of the State of Israel.

Dr. N. Kalaiselvi, DG, CSIR and Secretary, DSIR thanked the Hon'ble Minister of State (I), Ministry of Science and Technology and Earth Sciences, GoI and Vice President, CSIR Society for gracing the meeting and his continued support to CSIR. She welcomed the dignitaries and gave an overview of CSIR, showcasing its technological and research prowess as also the ongoing collaboration discussions with DDR&D, Israel in Aerospace, Healthcare, Energy. Sharing CSIR's priority topics she concurred to the interest of DDR&D for furthering collaboration with Israel in high technology areas such as Artificial Intelligence, Quantum and semiconductors, synthetic biology etc.

Acknowledging the ongoing cooperation efforts of CSIR and his team, Dr. Daniel Gold, Head, DDR&D envisioned that the CSIR-DDR&D cooperation would be beneficial for the welfare of both the countries. He added that DDR&D welcomes collaboration not only with R&D organiza-



tions but also with startups and companies, venture capitals on both sides. He apprised that AI and photonics are strengths of Israel and welcomed cooperation with CSIR in High Technology sectors which would pave the way for building a better future.

Stressing the successful completion of three decades of India-Israel successful diplomatic relations, Mr. Naor Gilon, Ambassador of Israel to India emphasised the close friendly relations between Israel and India, which have culminated into a strategic partnership after the complimentary visits of Prime Ministers of both the countries in 2018. The present CSIR-DDR&D cooperation would add another feather and be a milestone for India-Israel relations.

Dr. N. Kalaiselvi and Dr. Daniel Gold signed the CSIR-DDR&D MoU in the august presence of Hon'ble Minister of S&T, Government of India and Vice President, CSIR Society, Dr. Jitendra Singh.

The MoU shall enable cooperation in the industrial R&D programs in mutually agreeable industrial technology fields through implementation of specific projects.

on Therapeutics between CSIR-Indian Institute of Chemical Technology (CSIR-IITCT) and M/5 101 Therapeutics for conducting clinical trials of a COVID-19 drug having enormous therapeutic potential was briefed; if successful this would prove to be highly appropriate and effective for preparation of future pandemics. The cooperation MoU between CSIR-IITCT and M/5 101 Therapeutics was also signed during the meeting.

In his remarks, Dr. Jitendra Singh said that it is a very important year in the S&T sphere of India under the leadership of PM of India as India is holding G20 presidency, celebrating the International year of Millets, as also India and Israel completed 30 years of successful diplomatic relations.

He apprised that CSIR has specialized laboratories in almost all the identified priority sectors therefore assured appropriate competence for this cooperation. For e.g. indigenous Hydrogen Fuel Cell bus by CSIR-NCL, purple revolution (Laver cultivation) by CSIR-IIM. He welcomed technology partnership with Israel and congratulated both sides for their efforts to strengthen the India-Israel relationship.

Dr. Rama Swami Bansal, Head, International S&T Affairs Directorate (ISTAD), CSIR thanked the Hon'ble Minister for his continued support to CSIR, the team from Israel for building and formalizing the cooperation and her colleagues from CSIR and MEA for their kind and gracious presence during the MoU signing meeting today.

FROM THE FRONT PAGE...

Technician killed, 2 pilots...

"At about 11:15 hours on 04 May 2023, an Army Aviation ALH Dhruv helicopter on an operational mission made a precautionary landing on the banks of Marua river in the Kishtwar region of Jammu and Kashmir," the Udhampur-based Northern Command said in a statement.

The pilots had reported a technical fault to the Air Traffic Control (ATC) and proceeded for a precautionary landing, it said.

"Due to the undulating ground, undergrowth and unprepared landing area, the helicopter apparently made a hard landing. Immediate rescue operations were launched and Army rescue teams reached the site," the statement said.

The injured were evacuated to the command hospital in Udhampur, where the technician - Craftsman Pabballa Anil - succumbed to his injuries, the Army said.

General Officer Commanding-in-Chief of the Northern Command Lt Gen Upendra Dwivedi paid rich tributes to the technician.

"Lt Gen Upendra Dwivedi, #ArmyCdrNC & All Ranks #NorthernCommand offer tribute to supreme sacrifice of CFN (Avn Tech) Pabballa Anil, in the line of duty during operational flying of ALH MK III near #Kishtwar #JammuKashmir & offer deepest condolences to the bereaved family," the Army's Northern Command tweeted.

Defence sources said the condition of both the pilots was "stable".

Locals in the area rushed to the site and helped rescue the injured men. Some videos showing Kashmiri-speaking locals comforting the injured while they awaited evacuation to hospital drew praises on social media.

The wreckage of the helicopter was found on the banks of the river, said Senior Superintendent of Police, Kishtwar, Khalil Ahmad Poswal.

He had earlier put the time of the incident at around 10.35 am.

For people in the area, helicopters are the only mode of transport during winter. Helicopters are also the only source of supplies, including rations.

There was some confusion earlier in the day over how many people were on board.

Won't allow enemy...

successfully. Brave troops remained under open sky for more than 48 hours waiting for the infiltrators," he said.

The Brigadier said that on May 03 an ambush spotted and killed two infiltrators. "They were fired at and two of them were killed. Entire area was searched and war like store along with eatables with Pakistan marking were recovered."

He added that regularly efforts are being made from

the other side of the border to disturb peace here. "All such efforts have been foiled. We are fully alert and every infiltration will be foiled," he said while praising the troops deployed at forward areas.

Meanwhile, SSP Kupwara while addressing the press conference said that they will continue to foil any attempts of enemy. "Alert troops are deployed at LoC. We continue to work jointly with army and share every intelligence input. No one can cross the LoC and disturb peace here," he said.

Two militants were killed in an encounter in Machil sector on Wednesday as security forces foiled an infiltration bid along the Line of Control in Kupwara district. (KNO)

National-level experts...

improve livestock sector and make it more sustainable.

The Lt Governor asked the visiting experts to work with the livestock to develop advanced technological tools for livestock farming to make it more efficient, resilient, sustainable and profitable to the farmers. The Lt Governor also observed that innovative techniques should be adopted to minimize the input cost and increase output for the farmers. He also said that livestock farming is one of the fastest-growing agricultural sub-sectors and we need enhanced collaborative approach in research and technology adoption to protect animal health and fodder management.

The Lt Governor also shared the key initiatives of the UT Government for the holistic development of agriculture & allied sectors and empowerment of the farmers, women and other stakeholders associated with the livestock sector.

VC SKUAST also presented the Lt Governor the project report on Tulip bulb production and publications by SKUAST-K on Stem Cell Therapy and Technology driven livestock farming.

J&K cop's son...

propagating and creating feelings of terror among communities following which his detention was ordered under section 8 of Public Safety Act and he was lodged in jail.

Soon after the joining of Senior Superintendent of Police, Rajouri, Amritpal Singh as new district police chief, four hardcore and notorious criminals including OGW, drug peddler and bovine smugglers have been booked under PSA.

Make concerted efforts...

of making the upcoming event a success with the cooperation of all stakeholders, reviewed various aspects of preparation, an official spokesperson said.

Srinagar has been given a massive facelift ahead of the G20 meeting.

MeT predicts rains amid...

for the famous tourist hot spot in south Kashmir. Kokernag recorded a low of 6.7 degree Celsius against 7.4 degree Celsius on the previous night and it was 1.7 degree Celsius below normal for the picnic spot of south Kashmir.

Gulmarg recorded a low of 3.8 degree Celsius against 3.5 degree Celsius a day ago and it was 0.5 degree Celsius below normal for the world famous skiing resort in north Kashmir's Baramulla district.

Kupwara recorded a low of 9.6 degree Celsius against 8.7 degree Celsius on the previous night and it was 1.2 degree Celsius above normal for the frontier district of north Kashmir, the MeT office said.

CRPF personnel dies...

He was part of CRPF deployed in Rajouri and Poonch after twin terrorist attacks in Dhangri village on January one this year.

Police SI Recruitment Scam...

malpractice. The CBI is investigating the sub-inspector recruitment scam.

"I am of the considered opinion that at this stage when the investigation is yet to be completed, it is the fittest case where bail ought not be granted and the petitioners/accused too have failed to carve out a strong case for bail in their favour," the judge said in his 10-page order on Wednesday.

Kumar and his son had sought bail from the high court after their earlier application was rejected by the chief judicial magistrate, Jammu. In their latest application, the petitioners claimed the records of the case clearly reveal that there is not an iota of evidence of their role in the leak of the question paper and that they have not committed any offence.

Senior additional advocate general and CBI counsel Monika Kohli vehemently opposed the bail plea on the grounds that they, along with other accused, have indulged in a criminal conspiracy with officials of JKSSB and M/s Merit Trac Bengaluru, the company assigned the task of conduct of written examination.

She said they are among 33 accused persons indicted in the case and have played a "key role" in the scam. "The investigation conducted so far has revealed that M/s Merit Trac Bengaluru was awarded the contract for conducting the written examination for the post of sub-inspectors in J&K and during the conduct of the examination, petitioners entered into criminal conspiracy with other accused based in Haryana for leak of

question papers and sale of the same to the candidates in lieu of money.

"Petitioners/accused are highly influential persons and may influence the prosecution witnesses, whereby, the investigation may be prejudiced and more so the career of hundreds and thousands of aspirants have been marred/spoiled, the investigation is underway and more accused are likely to be arrested for sustained interrogation," Kohli said.

She said that if the petitioners are enlarged on bail it will be difficult for the investigating agency to unearth the inter-state gangs operating in several states.

Agreeing with the CBI counsel, the judge said recruitment scam in government services undermines public confidence in the system and causes grave injustice to the deserving and meritorious candidates.

Kumar is accused of arranging vehicles on March 25, 2022 for transportation of candidates, including his son, from Jammu to Karnal for providing leaked question paper in lieu of money and was in constant touch with other accused persons.

On health issues of Kumar, the judge said the administration is under legal obligation to provide all medical facilities to the petitioners in judicial custody, if required. (Agencies)

2 people charred...

A magisterial inquiry headed by ADC Ramban has been ordered, they added.

"Learnt about unfortunate fire incident at a hotel in Sanasar area of district Ramban, in which two persons died and 5 injured. I'm in touch with DC, Musarrat Islam. All possible help being provided to the injured who are being shifted out for better medical care. Further assistance also be provided as required. My condolences with the bereaved families," tweets Union Minister Jitendra Singh.

LG expresses grief...

the loss of lives due to fire incident at a hotel in Sanasar. My heartfelt condolences to the bereaved families. Praying for the speedy recovery of the injured," the Lt Governor said.

The Lt Governor has spoken to the Deputy Commissioner and directed him to render all assistance to the kin of victims.

Two LeT terrorists...

he said. Additional Director General of Police, Kashmir, Vijay Kumar identified the slain as Shakir Majid Najar and Aman Hadad Seh from Shopian district who were associated with LeT.

"Both joined terrorism in the month of March 2023," he said.

Social, political organizations take out candle march in support of wrestlers'

Seek apology from Delhi Police for barbaric action

J I NEWS SERVICE

JAMMU, MAY 04: Various political and social parties today jointly took out a candle march as a mark of protest against the police action late last evening on national and international medal winning wrestlers who were sitting on a Dharma at Delhi's Jantar Mantar, seeking action against the President of Wrestling Federation of India (WFI) Brij Bhushan Sharan Singh over complaints of sexual harassment by several women wrestlers.

In this context, Manish Sahni, President Shiv Sena (UBT) J&K, Hoshiar Singh from Karni Sena, social worker Satish Panchhi, leaders and workers of dozens of various political and social organizations took part in the candle march in support of national and international



wrestlers sitting on a Dharma at Jantar Mantar.

The participants sought strict legal action and arrest of Brij Bhushan Sharan Singh for the allegations of sexual harassment leveled against him by women wrestlers and demanded a committee headed by a retired Supreme Court

judge to investigate the matter. They also sought an apology from the Delhi Police for the barbaric action taken against the wrestlers who have brought pride to the country. Pertinent to mention that the wrestlers had ordered beds due to rain and those who were

stopped by the police even before reaching the picket site. Meanwhile, there was a scuffle between the police and the protesters. According to reports, two wrestlers including Dushyant Phogat got hurt and women players were abused by police which is intolerable act.

AAP all set to win Jalandhar Lok Sabha seat with impressive margin: Tony

J I NEWS SERVICE

JALANDHAR, MAY 04: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and DDC Member Suchetgarh said that party is heading for a remarkable victory in Jalandhar Lok Sabha seat in the ensuing bye poll.

The senior AAP leader, while campaigning in favor of AAP candidate in Jalandhar, said that looking into the support of people which the Aam Aadmi Party has garnered, the Congress and BJP candidates have already conceded defeat because AAP's people friendly moves have successfully galvanized the electorate and this time the victory of the party is inevitable as it is purely on merit and party's performance across the State.

Tony said that AAP leadership is doubly sure that



the party will emerge victorious amidst the prevailing devastating both the Congress and the BJP candidates, who are in fray without any issue and are relying on unfounded propaganda against the ruling party.

He said that AAP is seeking votes in Jalandhar on the basis of its phenomenal performance and that is the plus point of the party, which will steer AAP candidate Susheel Kumar

Rinku towards triumph with a historical margin.

He said that people in Punjab are more than satisfied with the pro-people initiatives taken by the government led by Bhagwant Mann as public-friendly Delhi Model is being replicated in Punjab also to provide succor to the people especially the marginalized sections.

Tony asked the AAP activists not to get demoralized by the baseless propaganda by the Congress and BJP leadership as they are indulging in such tactics only because they had the firm idea about their candidates' decimation in the poll.

He assured the people that poll bonds of both Congress and BJP leaders are bound to be forfeited as no power can save them from getting a embarrassing debacle this time.

BJP displaced district discuss issues of migrants with Relief Commissioner

J I NEWS SERVICE

JAMMU, MAY 04: A delegation of Bhatti Janta Party Kashmir Displaced District lead by Chand Jee Bhat (District President KDD) & Hira Lal Bhat (Seh Prabari BJP Kashmir Displaced District) today called on Relief & Rehabilitation Commissioner (Migrants) Jammu. The delegation apprised the Relief Commissioner about the burning issues facing the Kashmiri displaced community and a thorough discussion was held on each of the issues. The delegation demanded that the Ration slips of those migrants, who are presently out of station because of one reason or the other, be given to their blood relations on production of his original migrant ration card, without any hurdle or hassle.

The worthy Relief Commissioner acceded to the demand and assured that there will be no any hard & fast rules for distribution of ration slips. While raising the demand for enhancement of monthly Cash assistance to eligible migrants, the Commissioner told that the

proposal for enhancement of cash assistance has appreciated the demand raised and assured the issue will be taken up higher authorities. The delegation while thanking the Hon'ble Lt. Governor and Relief & Rehabilitation Commissioner for the allotment of residential Quarters to PM package Employees at Baramulla, told the Commissioner that the process of allotment of these quarters must be quite transparent, in accordance to policy and allotment be made only to the

ing displaced families. The Commissioner assured that the allotment is being made strictly as per the policy of date of joining of the PM package employee in the District in a very transparent manner. It was also requested that the Relief Organization being the nodal agency of ECI for Kashmiri displaced community, must ensure that the maximum enrollment of the Kashmiri displaced voters is done.

SMVDU Scholar Declares Qualified for the Award of Ph.D

J I NEWS SERVICE

JAMMU, MAY 04: Har Mohan Singh, Researcher, School of Energy Management (SoEM), Shri Mata Vaishno Devi University (SMVDU) has been declared qualified for the award of Doctor of Philosophy (Ph. D) in Energy Management.

The candidate has worked on the topic "Solar Thermal Energy Based Photobioreactor System for Scale-Up Algal Biomass Production" under the supervision of Dr. Vineet V. Tyagi, Head, SoEM, SMVDU. He has published more than 05 research papers in SCI/SCIE (Q1, Q2 rank) and Scopus-indexed journals and also published 04 book chapters in International and National publishers. He has also presented papers in the International and National conferences of repute.

Har Mohan Singh is an awardee of the Senior Research Fellowship (SRF) in the programme of National Renewable Energy (NRE).

Modi govt is dedicated to the development of every remote region: Ashok Koul

J I NEWS SERVICE

JAMMU, MAY 04: The Modi government is dedicated to the development of every remote region which was earlier continually ignored by the previous governments, stated Ashok Koul.

J&K BJP General Secretary (Org.) Ashok Koul was addressing a meeting of senior party workers from Poonch, Former MLC Pardeep Sharma, DDC Sohail Malik, Prabhari District Poonch Rajinder Gupta, Rajesh Sharma District Poonch and other senior party leaders also accompanied him in the meeting.

While addressing a meeting of Constituency Core Committee and prominent party leaders, Ashok Koul sought the reporting of both Sashaktikaran Abhiyan (BSA) and emphasized on the role of strengthening the organiza-



tion at Booth level before facing the forthcoming elections. Ashok Koul stressed that all the party's organizational programmes must be done with the involvement of the prominent Civil society members like representatives of social organizations. He said that BJP is the home to everyone, so BJP

workers should go to everyone and be accessible to everyone. Koul also reviewed the party's ongoing organizational programmes in the Constituency especially focusing on PM's Mann Ki Baat and stressed that the programmes to listen to the popular AIR series 'Mann

Ki Baat' must be organized with the same spirit every month in the future in their respective Booths. Rajinder Sharma spoke in detail on the forthcoming party programmes. Rajesh Sharma presented the details of various organizational programmes held in the Constituency.

J&K witnessed unprecedented growth: Sat

J I NEWS SERVICE



JAMMU, MAY 04: Continuing the development spree in Jammu West, Former Minister and Ex. M.L.A. Sat Sharma (CA) along with Corporation Ward 40 Neelam Nargotra started Black topping works of Shankar Vihar and Vishal Nagar area of Jammu West Assembly segment. State Secretary BJP Ayodhya Gupta, Mandal President Keshav Chopra, BJP Media Incharge Pardeep

Mahotra, JE JMC Shabbah and several others accompanied the Former Minister. The works will be done under the supervision of JMC at an estimated cost of Rupees 22 lakhs. Speaking on the occasion, Sat Sharma said that BJP has delivered on the ground by always remaining on the forefront. He said that Jammu and Kashmir has witnessed unprecedented growth and that becomes more important because we know that

there was a time when Jammu and Kashmir lagged behind on every front for decades together owing to the wrong policies of Congress led Governments, he added. Sharma also took the opportunity to appeal to the masses for contributing to the noble cause by promoting the vision of Prime Minister, Narendra Modi of building a "clean and green nation". He also stated that BJP is on a mission of "Seva" and its only agenda is to serve

people in every way possible.

That is why BJP works on the slogan of "Sabka Sath Sabka Vikas Sabka Vishwas Sabka Prayas", Sharma stated.

Neelam highlighted the works pertaining to the development of the ward and said that every activist of the party is working on ground to assist the public and solve their grievances.

Ayodhya, Keshav and Pardeep spoke about the benefits of various schemes given by the BJP led Central Government to the public. They also credited Former MLA for taking up major developmental works in the Constituency.

Yash Pal Shivgotra State Secretary SC Morcha, District President SC Morcha Chaman Lal Bhagat, District Convener Employees' Cell K.L. Sharma, Abhishek Sharma, Paranjit Ravinder, Rahul Nargotra, Vikas Kumar, Jai Pal Sharma, LK Bhagat and others were present on the occasion.

Rajesh Gupta meet Gujjars at Nikki Tawi and listen to their problems

J I NEWS SERVICE



JAMMU, MAY 04: National Democratic Party Indian (NDPI) J&K UT said after mere few days J&K High Court's verdict, 'deaths by electrocution ignored as mere accidents' Jammu & Kashmir High Court constitutes committee to enforce statutory regulations a case of electrocution happened on Tuesday at Nikki Tawi Javed colony where a Buffalo died of electrocution.

Today NDPI Chief Rajesh Gupta along with NDPI office bearers visited at Gujjar Basti, Javed Nagar near Nikki Tawi Jammu. Local Gujjars explained about the electrocution incident to NDPI leader in which a Buffalo died on Tuesday. Rajesh Gupta



immediately spoke to the concerned PDD Xen Rajesh Kumar on phone and asked him to get the fault corrected immediately to stop the further untoward incident in this area and warn him such incidents must not happen again and there should be foolproof system. NDPI president demanded immediately compensation to the owner of Buffalo as J&K & Ladakh High Court recently constituted a committee to ensure the implementation of statutory safety measures and regulations enshrined in the Central Electricity Authority (Measures relating to Safety and Electric Supply) Regulations, 2010, in letter and spirit. The Committee will be headed by the Commis-

sioner/ Secretary, State's Power Development Department and consist of the Chief Engineers of the Department. Rajesh Gupta further added The Jammu and

Kashmir and Ladakh High Court directed District Magistrates of all districts in Jammu & Kashmir and Ladakh to ensure compliance with Regulation 58 of Central Electricity Authority (Measures relating to Safety and Electric Supply) Regulations, 2010 on a war footing, which provides for clearance above ground level of conductors of overhead lines, including electricity service lines. Other leaders who accompanied Rajesh Gupta were Umesh Manhas, S.Kuljeet Singh, Tilakraj, Sandeep Anand and Rajiv Luthra

CMO Doda conducts surprise inspection of PHC Kastigarh

J I NEWS SERVICE

DODA, MAY 04: To assess the provision of health services being provided to the public, the Chief Medical Officer Doda Dr Ab Hamid Zargar conducted a surprise inspection of Primary Health Centre Kastigarh in Medical Block Ghat and reviewed the functioning there. During the visit, the CMO enquired about the facilities being provided to the patients and checked the attendance register and supply position of medicine. He asked the staff present to provide the best medical facilities to the visiting patients in an efficient and hassle-free manner.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Need to upgrade infra in AWCs

Started with a noble objective to improve the nutritional and health status of children in the age-group 0-6 years, the Centre's flagship programme, Integrated Child Development Services (ICDS) Scheme for early childhood care and development, is in a mess in the Union Territory of Jammu and Kashmir. Reason: nearly 90 percent Anganwadi Centres are functioning in rented accommodations having limited facilities for children. These centres operating in rented accommodations are functioning either in a single room due to space crunch or don't have inadequate infrastructure for young children. The official statistics suggest that the total number of reporting Anganwadi centres in Jammu and Kashmir is 20,429 out of which only 2,280 centres have their own buildings while 18,016 are functioning from rented accommodations. In Jammu district, as many as 1,690 AWCs out of the total 2,013 are functioning in rented buildings, while all the 15 reported centers in Kishtwar districts don't have their own buildings. Of all 1,110 reported AWCs in Poonch district, at-least 1033 centres don't have their own buildings and functioning in rented buildings while just 75 centres out of the total 1,245 AWCs have their own buildings in Kathua. The government of India has sanctioned a total of 30,765 AWCs out of which 28,078 centres are operational in Jammu and Kashmir. As per the guidelines, the AWC should have basic infrastructure, including a sitting room for children, a kitchen and 600 square feet of playing area for children, along with child friendly drinking and toilet facilities. Last year, over five lakhs children (in the age group of 6 months to 6 years) were the beneficiaries of Supplementary Nutrition (SNP) in Jammu and Kashmir. The government of Jammu and Kashmir has approved the construction of 863 AWCs under MGNREGS out of which none of the structures has been constructed till date. Information with regard to the completion or under progress status of construction AWC buildings has not been received from J&K. Therefore, the same has been considered as under progress," the Centre said in a document tabled in the Parliament. Joint guidelines have been issued by the Ministry of Women and Child Development and the Ministry of Education directing the state governments and UT administrations to co-locate those AWCs which are running on rent or without sufficient infrastructure, to the nearby primary schools. There is also a provision of construction of AWCs in convergence with MGNREGS. The beneficiaries under the ICDS scheme are children in the age group of 0-6 years, pregnant women and lactating mothers. The prime objectives of the Scheme are to lay the foundation for proper psychological, physical and social development of the child and reduce the incidence of mortality, morbidity, and malnutrition and school dropout. The government should seriously look into the problem of space crunch in these centers and immediately take remedial measures so that young children don't face any inconvenience.

Unlocking treasures of the quantum universe

WORK ON QUANTUM COMPUTERS, TECHNOLOGY AND APPLICATIONS HAS TAKEN OFF IN SEVERAL PLACES, AND, PERHAPS, IT IS GOOD THAT IT IS NOT CENTRED IN ANY ONE PLACE. BUT WORK IS GOING ON IN ADVANCED RESEARCH CENTRES AND NOT IN UNIVERSITY SCIENCE DEPARTMENTS, A PROBLEM THAT HAS BEEN PLAGUING INDIAN SCIENCE FROM NEHRU'S DAYS. BASIC SCIENCE RESEARCH IN THE DIVERSIFIED QUANTUM PHYSICS FIELD, PURE MATHEMATICS AND MATERIALS SCIENCE IS NECESSARY, WHICH THEN COULD LEAD TO BREAKTHROUGHS.

PARSA VENKATESHWAR RAO JR

Quantum computers, quantum communication based on quantum technology, is the buzz worldwide. Quantum tunneling is an attempt to harness the sub-atomic particle, photon, as a means to carry information. A photon does not have material existence like the analogue transistors in computers now in use, occupy less space, move faster and can carry far more information than its counterpart. It has been emerging as a promising new frontier for some years. The US, the EU, China and India are all in it, and so are private tech giants such as IBM, Google, Amazon, Microsoft and Nokia. They think quantum computers and quantum communication will change the tech world as we know it.

So, it was not surprising that Finance Minister Nirmala Sitharaman had announced in 2020-21 Union Budget that Rs 8,000 crore, spanning five years, were being allocated to set up research and production facilities to forge ahead with quantum computers and communication, and that apart from the government, private players would take part in it as well.

On April 19, Union Minister of State for Science and Technology Jitendra Singh announced the Cabinet approval for the Rs 6,000-crore National Quantum Mission (NQM), which would undertake projects for research and development of quantum technologies.

Things have been happening at different places and levels. For example, in April 2021, the Indian Institute of Science Education and Research (IISER) in Pune set up a Technology Innovation Hub (TIH) in Quantum Technology with the support of the Department of Science and Technology (DST). It has 20 national-level institutes collaborating in research, including select IITs, the Indian Institute of Science, TIFR, Inter-University Centre for Astronomy and Astrophysics and SN Bose National Centre of Basic Sciences.

In August 2021, Minister of State for Electronics and Information Technology Rajeev Chandrasekhar had launched the Quantum Computer Simulator (QSim) toolkit to enable students and researchers to carry out work in quantum com-



puting, one of the verticals of the government's NQM in a 'cost-effective manner.' This project is a collaboration of the Indian Institute of Science, Bengaluru, Indian Institute of Technology, Koorkee, and Centre for Development of Advanced Computing (C-DAC) at Pune.

QSim is seen as an outcome of the project - Design and Development of Quantum Computer Toolkit (Simulator, Workbench) and Capacity Building. So, in more ways than one, work on quantum computers, technology and applications has taken off in several places, and, perhaps, it is good that it is not centred in any one place. But work is going on in advanced research centres and not in university science departments, a problem that has been plaguing Indian science from Nehru's days. Of course, quantum mechanics and quantum technologies will be part of the undergraduate and postgraduate science courses and they will be connected in many ways with NQM projects.

It is hoped that in a bid to show quick results, the NQM managers will not focus only on technological hurdles which need to be solved to move forward. Basic science research in the diversified quantum physics field, pure mathematics and materials science is necessary, which then could lead to breakthroughs. The science bureaucrats are not ruling out international collaborations, which could be exciting. The challenge comes when the funding has to continue even if

there are no quick breakthroughs, and even if some research projects reach a dead end.

That has been a key issue with science research all over the world and the Indian government has generally been short-sighted in this matter. And it would also be futile to paint pictures of a visionary future where quantum computers hold quantum information in folds of quantum cloud formations, where infinite information is the promise. There are real challenges on the way. The base of the quantum computer - the physical structure - which is very small as compared to the room-sized supercomputers of the present day - quantum requires temperature a little above absolute zero kelvin, ie minus 273.15 degrees Celsius or minus 459.67 degrees Fahrenheit. It remains a challenge all over the world. We need a supercool atmospheric condition to maintain a quantum computer. And the qubits, the content of the quantum computers, are considered to be unstable because they can flip any time. Stabilising the qubits is another hurdle.

Realistically speaking, the capacity to build a quantum computer is limited to 50 to 100 qubits, which is far more powerful than a supercomputer, but it is too modest in terms of its potential. So, it will be years before capacity increases can be made. What is needed is patience. We cannot look over the shoulder of researchers impatiently, whether they have made the breakthrough or not. An ideal

quantum computer can deliver the universe in the palm of our hands, but as a sceptical physicist observed, it is like a cold fusion which can release atomic energy at room temperature, a distinct theoretical possibility, but it remains a chimera as of now. Governments and global tech giants are sinking billions of dollars in quantum technology research. It may lead to the promised miracle, but it could be a failed project.

The problems we have been facing with global digital networks should make us aware that there is no perfect technology. We are putting in efforts in quantum technology - and constructing a quantum computer to create a 'fault-tolerant' system. It does not mean that we can abandon the enterprise of unlocking the hidden treasures of the quantum universe, which makes the wildest dreams of science fiction look tame with things like quantum teleportation.

The credit, indeed, goes to Prime Minister Narendra Modi's government that it has gotten on to the quantum technology bandwagon, even as India's first PM Jawaharlal Nehru put India on the path of atomic research and nuclear power, and the then PM Indira Gandhi opened up satellite communication through timely governmental investments. But it is time to look critically at what India managed to do, and failed to do, in these two fields which can be useful on the quantum technology journey. Critical awareness and a bit of scepticism are always useful.

Xi's new slogans to concretise his leadership

THE SLOGANS 'TWO SAFEGUARDS' AND 'TWO ESTABLISHES' WARN CADRES AND CCP MEMBERS AGAINST CHALLENGING XI'S POSITION AS THE 'CORE OF THE LEADERSHIP.' THEY ARE INTENDED TO STAVE OFF POTENTIAL CHALLENGES TO HIM. NONETHELESS, CHINA'S DIRE ECONOMIC SITUATION HAS LED TO WIDESPREAD POPULAR DISSATISFACTION.

JAYADEVA RANADEVASUBIR ROY

Buoyed by his success in securing a third term as President and putting his loyalists in top positions, Xi Jinping is now consolidating his position. Since the 20th National Congress of the Chinese Communist Party (CCP) in October 2022, China's official media has been in overdrive, focusing on a few themes intended to further bolster Xi's stature. This includes highlighting Xi's domestic policy initiatives.

Major official media outlets such as the People's Daily, the Guangming Daily and the party's leading theoretical fortnightly journal Qiu Shi ('Seeking Truth') are publishing articles, including signed commentaries, on these subjects almost daily. Many are authored by senior officials and party secretaries of provinces keen on flagging their loyalty - described in the days of Mao as "waving the Red flag to show the Red flag!" The themes are picked up by party organisations at the centre and those in the provinces, with provincial party organisations and congresses passing resolutions reiterating them.

The main themes aimed at the domestic audience are the "Two Safeguards" and "Two Establishes", both of which go together. The others

include ethnic unity, "common prosperity" and the latest, "Chinese-style modernisation".

The "Two Safeguards" and "Two Establishes" essentially concretise Xi's position and warn cadres and CCP members against challenging his position as the "core of the leadership."

The "Two Establishes" are: "To establish the status of Comrade Xi Jinping as the core of the Party's Central Committee and of the whole Party" and "To establish the guiding role of Xi Jinping Thought on Socialism with Chinese characteristics for the New Era."

The "Two Safeguards" are: "To Safeguard the 'core' status of General Secretary Xi Jinping within the CCP" and "To safeguard the centralised authority of the Party."

The slogan "Two Safeguards" was first coined in 2018, and concretised at the 20th Party Congress in October 2022 when it was incorporated in the Party Constitution. Within a fortnight, on October 30, the Chinese Communist Party's (CCP) watchdog anti-corruption body the Central Discipline Inspection Commission (CDIC), whose remit has enlarged to include monitoring violations of party discipline, disclosed that a senior provincial cadre had, in the first



such instance, been charged with "betrayal" of the "Two Establishes".

This signalled that disloyalty to Xi will attract punitive disciplinary action by the party. Virtually every party resolution and articles by senior officials now mention the "Two Safeguards" and "Two Establishes".

Ethnic unity has been the catchphrase of the CCP since 2017 when Xi emphasised the need to bring China's ethnic minorities into the Han cultural mainstream. It coincided with Xi assuming the chairmanship of the

Central Small Leading Group (CSLG) on the United Front in 2016. He promptly doubled the budget and personnel strength of the United Front Work Department (UFWD), which is in charge of ethnic affairs work and supervises non-CCP entities. 'Inspection' visits by senior CCP officials, including the chairman of the CPPCC and director of the UFWD, to ethnic minority areas and autonomous regions increased.

At the 20th Party Congress in 2021, the head of the UFWD was elevated

to the Politburo, indicating the higher priority now accorded to the UFWD.

Meanwhile, measures such as making 'putonghua', commonly referred to as Mandarin, the primary language of instruction in the ethnic minority schools, making Chinese the language for examinations for government jobs, etc., are continuing.

Additionally, the CCP is replacing the histories of China's ethnic minorities with revised versions approved by the Chinese central government.

These measures have triggered resentment among the ethnic minorities. At the same time, Xi has progressively reduced the representation of ethnic minorities in the CCP bodies as well as the PLA. "Common prosperity" is the other initiative of Xi aimed at rectifying the widening rural-urban income imbalance, rural-urban development inequalities and improving the Gini coefficient. The term "common prosperity" was pronounced by Xi in 2021. By then, the Gini ratio had grown to 57.7. This, Xi felt, would adversely impact the CCP's legitimacy and claim to leadership as also potentially destabilise his position.

In a bid to reassure Chinese businessmen, China's new Premier Li Qiang has sought to downplay the emphasis on "common prosperity".

Official newspapers like the People's Daily, the Guangming Daily and the Economic Daily, regularly publish commentaries and articles explaining common prosperity and stressing that it does not mean the redistribution of wealth by taking assets away from the people.

Entrepreneurs and businessmen have, nevertheless, not been assured and inquiries by wealthy Chinese wanting to immigrate has soared in the past two years.

Estimates are that they are poised to move out nearly \$50 billion. Xi, however, is adamant that income inequalities have to be reduced. "Common prosperity" was reiterated in the Work Report at the 20th Party Congress and again at the National People's Congress (NPC) plenum last month. These measures are all intended to consolidate the leadership role of the Chinese Communist Party as well as stave off potential challenges to Xi. Nonetheless, China's dire economic situation, low growth rate and rising unemployment have contributed to widespread popular dissatisfaction. While Xi is trying to arrest the economic slowdown and raise the people's living standards to the pre-pandemic levels, there is another evidence of the discontent within the CCP.



Aparshakti Khurana recalls worst advice of his career, reveals: 'I told my wife and cried over it'

Actor Aparshakti Khurana opened up on the worst advice of his career. In a new interview, he said that he talked about it to his wife Akriti Khurana and also 'cried over it'. Aparshakti revealed that a person told him that it will be difficult for him to succeed as he is 'very approachable'. He also recalled being asked not to talk to everyone.

Aparshakti's first Bollywood project was the sports biopic Dangal (2016). He was also part of Badrinath Ki Dulhania (2017), Stree (2018), Luka Chuppi (2019) and Pati Patni Aur Woh (2019). In 2021, he acted in Helmet, his first film as a solo lead.

In an interview with India Today, Aparshakti said, 'I was discussing with someone on how to take life a little ahead. He told me, 'Bada mushkil hoga tere liye (It is difficult for you).' I asked why so he said that I am very approachable. He advised me not to talk to everyone. I went back home and cried a little because I thought this was my one plus point in life. I got emotional. I always thought being a people's person and being present in a conversation physically and mentally is my plus point. I don't want to be the person who is just physically here but mentally somewhere else. This was the most important thing for me.'



I've learned and grown with every project I've worked on: Shriya Saran



Shriya Saran will soon be seen alongside Sharman Joshi in Music School. Directed by Paparao Biyyala, the film will be released soon. Three out of 11 songs from the all-time classic The Sound of Music (1965) have been adapted for the film, which is an Itaiyaranaja musical. DC had a tête-à-tête with the actress.

Excerpts
What is music to you?
Music means a lot to me. I love dance, it's part of my life, and music and dance go hand-in-hand. Music teaches us discipline. It teaches you to be happy. Art and culture should be an integral part of everyone's life.

Did you find this latest character difficult?
It is a well-sketched character. I love dance and music. It's my life. This is a serious topic but dealt very well. I enjoyed performing this character. The Sound of Music was the first English film I watched. I watched it again and again. I was excited, as the songs in this film have been adapted from The Sound of Music. The songs inspired me. The film has beautifully brought out the fact that people have pressure from the time they are born. It's a musical about kids trapped in a war zone.
Did your parents put pressure on you as a

"TU CHEEZ BADI HAI MUSK MUSK:" AMITABH TO ELON AFTER BLUE TICK BACK ON HIS TWITTER

Bollywood veteran actor Amitabh Bachchan took to his inimitable style to thank Twitter chief Elon Musk for restoring the blue checkmark on his social media handle. The Musk-owned social media platform had earlier removed blue ticks from legacy accounts, which had not purchased its paid Blue service and several celebrities including Bachchan, Sachin Tendulkar, Virat Kohli and others had lost their blue ticks. 'Tu cheez badi hai musk musk' posted the superstar on Friday, writing in Hindi using an eastern Uttar Pradesh dialect, after the trademark blue verification badge was back on the megastar's Twitter. Big B interchanged the lyrics of the song 'Tu Cheez Badi Hai Mast Mast' from the 1994 film 'Mohra' to thank 'big



brother' Musk. 'Hey Musk brother! We thank you very much! Blue Lotus (blue tick) is

added in front of my name! Now what do I tell you, brother? I feel like singing a song, Will you like to listen? Ok listen

'Tu cheez badi hai musk musk... tu chiz badi hai musk'

Bachchan had earlier taken to the social media platform to return his blue tick which he referred to as the 'neel kamal.'

The 'Piku' actor also folded his hands (he used an emoticon) urging for the return of his verification badge. The megastar claimed that he had already paid for the services.

Twitter had earlier announced the implementation of paid subscription service which charges USD 8 for blue verification badge on the microblogging site. Those who didn't pay up or buy the service in time lost the blue checkmark on their handles.

This creativity by the Bollywood legend left his fans in splits.

Jamie Foxx releases first statement after hospitalization: 'Feeling blessed'

Jamie Foxx has given a response for the first time after reports of his unknown medical complications came out in the public. The Oscar-winning actor took to his Instagram to express his gratitude for the concern and love showed to him in the past few weeks and wrote, "feeling blessed."

Jamie took to his Instagram to post a note which said, "Appreciate all the love!!! Feeling blessed." Many colleagues from the industry and fans reacted to the post and wrote in the comments. Star Vin Diesel commented with a folded hands emotion whereas actor Jeremy Renner, who himself suffered a tragic accident during the beginning of the year and subsequently recuperated, wrote, "Sending you strength and love." Actor Ansel Elgort wrote, "You are the greatest Jamie, please make a speedy recovery. You are a blessing to this world, we need you in it (red heart emoticon)." On April 12 Jamie Foxx's daughter Corinne Foxx had issued a statement on her Instagram. It said, "We wanted to share that my father, Jamie Foxx, experienced a medical complication yesterday. Luckily, due to quick action and care, he is already on his way to recovery. We know how beloved he is and appreciate your prayers. The family asks for privacy during this time." No exact details of the medical emergency were disclosed to the public. After about 6 days in medical care, it was reported that he is responding to the treatment. A few days back, Jamie's friend Charlie Mack, took to his Instagram and asked his fans to pray for the Oscar-winning actor. Charlie shared a picture with the message "Pray for Foxx!!!!". The caption read, "Good morning IG, I need you all to constantly keep our beloved brother @iamjamiefoxx up whom we all love & care for dearly in our Hearts, Minds & Prayers!!!! We need you back Bro. As I always state a true champion isn't the one that wins, it's the one that meets & overcomes adversity!!"

GAUHAH KHAN TWEETS VIDEO OF WRESTLER VINESH PHOGAT CRYING: 'IF IT DOESN'T BREAK YOUR HEART, YOU ARE A NON-LIVING THING'

While addressing a press conference after a scuffle broke out between protesting wrestlers and Delhi Police at Jantar Mantar on Wednesday, Vinesh Phogat broke down in tears. Sharing a video of the wrestler crying over the alleged assault faced by her fellow wrestlers by Delhi Police personnel, actor Gauahar Khan tweeted in support of the wrestlers, who have been on a public protest over alleged sexual harassment by Wrestling Federation India chief Brijbhushan Sharan Singh. Also read: Swara Bhasker, Sonu Sood support protesting wrestlers On Wednesday, an argument between some wrestlers and policemen turned violent in which two wrestlers suffered injuries, as per reports. Sharing the latest video of Vinesh and her fellow wrestlers from the protest site on Twitter, Gauahar demanded justice for them, and urged people to listen to their plight. She tweeted, "If this doesn't break your heart, then you are probably a non-living thing. These athletes have brought India



pride on international levels and they are being manhandled, sad!!!! They are fighting for justice, please listen to their plight!" She added the hashtags 'Indian wrestlers' and 'pride to her tweet'. While addressing the media on Wednesday night, Vinesh Phogat had said, "That Brijbhushan, who has done several misdeeds is sleeping peacefully at his home, and here we are even struggling to sleep on roads. Is this the day we brought medals for the country for."

The wrestlers have been protesting at Jantar Mantar in Delhi for the past couple of weeks against



Brijbhushan Sharan Singh. On Wednesday, the protesting wrestlers alleged that Delhi Police personnel had misbehaved and abused women wrestlers. The scuffle reportedly began after the police blocked the entry of a bed into the protest site. Vinesh Phogat also accused a Delhi Police personnel of using derogatory language against her. In a purported video being circulated on social media, Vinesh could be heard saying that police have beaten her brother, and he was profusely bleeding from his head. She also alleged that one of the drunk policemen had abused her.

Jennifer Lopez says her kids Emme and Max love Ben Affleck: 'He's a wonderful father figure to them'



Singer-actor Jennifer Lopez has called husband-actor Ben Affleck a 'wonderful father'. In a new interview, she also said that her children Emme Maribel Muniz and Max Muniz 'love him'. Earlier, Ben Affleck was married to Jennifer Garner. They have three children together - daughters Violet Anne (born December 2005) Seraphina Rose Elizabeth (born January 2009), and son Samuel Garner (born February 2012). Jennifer Lopez had twins Emme and Max with her ex-husband Marc Anthony.

In an interview with Today.com Jennifer said, "I think when you have life experience behind you, you realize what's really important. I love what I do. I have always said that, but since I had kids, that changed for me. Now, having a family in this way and being married, you start re-jiggering everything. What is really important? How much do I want to work? You start realizing what I want to do with my life." Talking about Ben and her kids, she said, "He's a wonderful, wonderful father and father figure to them. He has his own three beautiful children and then there's us and he's fantastic. He really steps up to the challenge of what that is and what that means and they love him. They love him. They appreciate him and so do I." Jennifer and Ben rekindled their romance in April 2021 and then announced their engagement after a year of dating on April 2022. The couple had first got engaged back in November 2002 but ended up splitting in January 2004. Recently, Ben opened up about his feelings for Jennifer at the second screening of his directorial venture Air. "This has been a joy, and I want to just enjoy this moment for one second. And I want to say that none of it would be possible - this company, this movie, this joy tonight - without the love and support of my wife who means more to me than anything in the world," he had said as quoted by news agency.



Katri- a Kaif preg- a- cy rumours refuse to stop; i- ter- et's obsessio- with 'is she due' reeks of casual sexism

When it comes to celebrity pregnancies or assumed celebrity pregnancies, political correctness gets thrown out of the window fast. Case in point: Katrina Kaif. Casual misogyny and the normalisation of sexism in Bollywood seems to be an everyday occurrence, just ask Katrina Kaif. Speculation about her personal life has been ceaseless. Katrina has been a tabloid fixture since she first appeared in the Amitabh Bachchan-starrer Boom in 2003. After enduring years of rela-

tionship rumours - with everyone from Salman Khan to Ranbir Kapoor - the actor now faces media (not to forget social media) speculation over whether or not she's pregnant. Katrina and actor Vicky Kaushal married in December 2021. Following which, her child-free status has been scrutinised every few months. Last year, around her birthday in July, the actor had endured another round of pregnancy rumours after being photographed in a flowy dress that 'carefully camouflaged her stomach' during a holiday in

Maldives. Comments on her Instagram post around that time included - 'Is she pregnant?' or 'Is she eating too much?' or 'Has she let herself go?' and 'Looks like a baby bump'. Some on social media had also shared comically zoomed-in photos of Katrina's presumed, but obviously non-existent, baby bump. Recently, a new wave of media reports again focused solely on Katrina's physical appearance, while others claimed she was 'hiding' from the media due to her alleged pregnancy. One report also

claimed Katrina tried to conceal the news by restricting paparazzi access to her. What does it say about the media, and society in general, to see famous women's bodies being picked apart in this way - not to forget the implicit suggestion that as a woman, being pregnant is the ultimate goal. The way famous women are treated by the media reflects a wider culture of sexism. Sadly, the vast majority of women in the spotlight will eventually find themselves the subject of misogynistic headlines. Be it Alia Bhatt, Dia

Mirza, Neha Dhupia, or most recently Ileana D'Cruz, who got pregnant before marriage, or Aishwarya Rai and Kareena Kapoor, who continue to face pregnancy speculation even after their decade-long marriages, the objectification and scrutiny women are put through is absurd. Another example? Bipasha Basu. For years the tabloids regularly sparked rumours that the actor was having a baby. Last year, she and longtime husband Karan Singh Grover did have a daughter, named Devi.

5 Myths About Exercise During Pregnancy

When it comes to pregnancy, there are a lot of rules. Many of them are necessary for the safety of you and your baby, while others have been disproven time and time again.

Many of those myths are about exercise. When it comes to working out when you're pregnant, there are many falsehoods that are almost gospel? and that may keep pregnant folks from exercising in the way that's best for them.

Exercise is an important part of most people's pregnancy journey. According to the American College of Obstetricians and Gynecologists, working out during pregnancy results in lower incidences of preterm birth, preeclampsia, gestational diabetes and more.

"There is so much fear - I like to reframe it as a lack of education both from professionals as well as moms, whether they're first-time pregnant or fifth-time pregnant? around safety," said Brooke Cates, the CEO and founder of the fitness app The Bloom Method. "Everyone wants to know: Is it safe?"

The answer to this question is yes. Not only is it safe, but it's extremely beneficial, too, Cates explained. "I would be as brazen to say it is a vital component to a healthy pregnancy, a more empowering birth experience and, really, an overall more embodying experience into motherhood," she said.

Of course, there are some instances in which medical providers do not recommend exercise, said Jessie Mundell, a



prenatal and postnatal fitness trainer. But this is generally only for people with very rare condi-

you're OK to work out. Myth 2: Your heart rate should stay below 140 beats per minute.

OVERALL, WORKING OUT WHILE PREGNANT CAN HELP YOU HAVE A HEALTHIER EXPERIENCE. IT'S TIME TO STOP BELIEVING THIS OUTDATED ADVICE.

tions. "For the majority of folks, it is considered safe and recommended for the health of the pregnant person and for the fetus... to be exercising in pregnancy," Mundell said.

Check with your doctor before starting an exercise plan and be sure to keep them updated on your fitness regimen throughout your pregnancy. If you notice any discomfort, get in touch with your doctor to make sure

"A big one is the myth that your heart rate shouldn't go above 140 beats per minute when exercising in pregnancy, and that recommendation has been unproven for decades now, actually," Mundell said.

Instead of going by your heart rate? which can vary greatly depending on the person, their body and their exercise experience? go by your rate of perceived exertion, or RPE, she said.

This means you need to listen to your body, which can be tough, Mundell added. But understanding your RPE can be a good way to know how your body is doing. "We tend to follow basically a rule of we want to be in the guidelines of a 6 to 7 RPE when it comes to exercise intensity," she explained.

That 6 to 7 RPE is on a scale of 1 to 10, and those numbers are unique to you. You decide what feels like an all-out 10 compared to a 1 or a 2. But a good rule of thumb is that an RPE of 1 shouldn't feel like any effort at all - like walking to the kitchen to put something away.

In the 6 to 7 range, you are feeling breathy but not breathless and your workout feels like a moderate challenge. "You feel like there's some

energy, some effort left in the tank," Mundell said. For a healthy person with a healthy pregnancy, doing exercises like running or moves that require jumping are generally safe, according to Mundell.

"There might be a time period that comes where folks feel uncomfortable in the abdomen, in the belly or in the pelvic floor itself and take those exercises out," she said. "But again, for some folks, they're OK to be running and jumping through the first [trimester], second trimester [and] some into the third trimester."

It'll depend from person to person, and this is another area where it's really important to listen to your body, she said. You should also consult with your physician about your specific pregnancy. If these (or any other) moves are making you uncomfortable, you can try out something else.

Many folks believe they need to stop exercising when they're used to as soon as they get pregnant, Cates said.

But if you love CrossFit, you can continue to go to your gym and take part in the exercises you know so well. Just modify the moves or adjust as necessary; you can even work with your trainer to get alternatives in the moment. "I might tell you it would be wise to scale your weight down significantly as your pregnancy progresses, but there is no reason you can't still go to that CrossFit gym and do aspects of the moves that you were doing pre-pregnancy," Cates said.

The Skinny On Brown Fat: What It Is + How To Activate It Naturally



Body fat has gotten a bad rap over the past few decades. From the demonization of dietary fats in '90s fad diets to the overwhelming societal pressure to lose excess body fat, there's an air of cruelty surrounding all fat-focused topics of conversation.

But the truth is, we need fat. It's not only completely normal to have body fat - it's absolutely essential for our general health (especially for women). Fat is where our bodies store energy, how we absorb essential nutrients, and even critically supports menstruation and reproductive health.

And as simplified as conversations around fat tend to be, different types of body fat have varying purposes. And one type, called brown fat, is particularly beneficial to our metabolic health.

What is brown fat? Brown fat, aka brown adipose tissue (BAT), helps produce body heat in a metabolic process called thermogenesis.

Because brown fat cells contain more mitochondria than white fat cells, BAT is able to convert energy from food into heat at a higher rate of efficiency. Generally speaking, metabolically healthy adults have higher amounts of brown adipose tissue.

How to activate brown fat naturally. Brown fat gets activated when your body temperature drops in cold conditions. While you can simply expose yourself to cold conditions (think working out in the snow or plunging in an ice bath), there are other ways to activate brown fat naturally.

Cut Calories (and Maybe) Add Years to Your Life



This is apparently not about losing weight but has more to do with the benefits of not over-fueling your cells. Scientists have found that cutting way back on food can double the lifespans of mice and add years for monkeys. And now there's new evidence from a big clinical study called Calerie, of a possible effect in humans based on a two-year trial that changed molecular markers of aging in calorie-deprived subjects.

Talking about reducing food intake can be a difficult subject. People enjoy eating and need to do it to survive. Not eating enough can be a problem, from malnutrition to eating disorders. And for those trying to lose weight, cutting down on food is notoriously hard. Surely, there has to be a better fountain of youth out there?

Indeed, the scientists behind the study hope the results might lead to understanding the secret sauce behind the life-extending property of calorie restriction, so people could get the benefit in more palatable ways.

AVOID THESE 4 COMMON MISTAKES WHEN GETTING DOWN TO RACE WEIGHT

WEIGHT IS AN IMPORTANT FACTOR FOR CYCLISTS, ESPECIALLY WHEN RACING IN HILLY TERRAIN. IT'S NO SECRET THAT SHEDDING A FEW EXTRA POUNDS CAN LEAD TO FASTER TIMES AND BETTER RESULTS. IT'S EASY FOR CYCLISTS TO MAKE MISTAKES WHEN TRYING TO LOSE WEIGHT, WHICH CAN HINDER THEIR PROGRESS AND EVEN HARM THEIR HEALTH. LET'S GO OVER THE MOST COMMON ONES.

There is a lot of information available online about nutrition and diet. Avoiding low-quality advice, not supported by scientific research, is crucial. Unfortunately, that's not enough. Just because something is scientifically correct doesn't mean it will work for everyone. The nutritional needs of a sedentary person are different from those of an endurance athlete, the same goes for pros and amateurs, cyclists and runners, young and old, male and female - the list goes on.

You have to be on the lookout for people trying to sell you quick fixes or miracle diets that promise rapid weight loss. It may have helped them but your

situation may be different. Working with a dietitian or a nutritionist who takes the time to know you and your training schedule is the best way to avoid this problem. If that's not an option for you, put in the time to evaluate if the advice you're reading truly applies to you.

Caloric overcompensation. Caloric overcompensation is one of the most common problems for cyclists, whether they are actively trying to get in shape or not. It basically means that when you are in a calorie deficit, either due to dieting or exercise, you eat even more calories than you just burned. Cyclists are most at risk for this if they go for a big ride without properly fueling for it. When



your body experiences a significant calorie deficit, it sends particularly strong hunger signals to the brain.

Some cyclists take it to the next level and outright use exercise as an excuse to overeat. Your best bet is to properly

fuel your training sessions and continue eating normally afterwards. Weight loss should be the result of getting your overall diet in check. Trying to outride a bad diet with under-fueled training sessions only leads to disappointment.

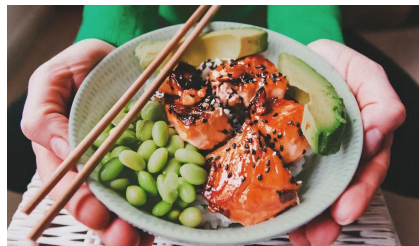
The all-or-nothing approach to diet and exercise is common among all athletes, not just cyclists. You start with a great nutritional and training plan and expect that you'll be able to follow it without issues throughout the whole year. Unfortunately, reality hits sooner or later, you'll get busy or ill and you start missing sessions and meals. It's very natural to feel like you failed and want to quit altogether. It really pays to anticipate what can derail your weight loss efforts. Think about these scenarios when putting together a plan. It will still suck when it happens but you'll at least be ready and avoid the all-or-nothing attitude that can lead you to give up completely.

Best Muscle-Building Foods: What to Eat to Gain Muscle

Maintaining muscle is key to maintaining a healthy, active lifestyle at any age. After age 50, muscle mass, specifically muscle in your legs, decreases by 1-2% each year, and strength by 1.5-5% per year, per the 2019 revised European consensus of sarcopenia published in Age and Ageing. This age-related muscle loss, called sarcopenia, can be reduced or prevented with two fundamental lifestyle changes: consuming the proper foods and including resistance training.

Here we share foods to include to improve muscle mass, and we look at the impact that resistance training has on our muscular and bone health.

How to Eat to Gain Muscle The foods you consume have a major impact on your body's ability to maintain or build muscle. Including enough dietary protein plays a big role in building and maintaining muscle mass. A 2018 study published in Nutrients found that in order to gain muscle, individuals would need to consume 1.6 g/kg of body mass in protein each day. For someone weighing 150 pounds (68 kg), this would equate to 109 grams of protein



each day. While protein is a key ingredient to muscle maintenance, it is not the only thing that you consider. Research, such as a 2019 article published in Frontiers in Nutrition, indicates that we should take a holistic approach and focus on an overall healthy diet pattern. Registered dietitian and culinary expert Carolyn Williams, Ph.D., RD, agrees. "It doesn't matter how much protein you're getting if you're not getting adequate calories overall," says Williams.

By including complex carbohydrates, lean protein and healthy fats in your daily diet, you can ensure that your body is receiving the nutrients it needs to maintain and build muscle. Williams recommends trying to consume four to five small meals at regular intervals throughout the day that provide approximately 20 to 30 grams of high-quality protein, along with complex carbohydrates and healthy fats, taking care not to exceed 40 grams of protein in any single sitting. "You have to have sufficient car-

bohydrates and overall energy," says Williams, "otherwise, the body will break down the protein you are eating to use for energy." 10 Best Muscle-Building Foods

The foods you eat and the type of exercise you include can help you prevent muscle loss.

- Avocados Avocados are an excellent plant-based source of monounsaturated and polyunsaturated "healthy" fats. In addition to helping lower bad cholesterol (LDL) and raise good cholesterol (HDL), avocados have the highest source of protein of any fruit. They are an excellent source of magnesium and potassium, which support muscle recovery. Further, they provide a good source of folic acid, which according to a 2019 review published in Archives of Pharmacological Research, may have a positive impact on muscle development. Beans Beans are high in fiber, vitamins,

- minerals and plant-based protein and low in fat. They are an excellent and economical source of leucine, one of the three amino acids used by muscles to give energy during exercise and thought to improve muscle growth. Eggs If you are looking for the perfect post-workout meal, you may want to include an egg. Researchers found that after a resistance workout, those who consumed a whole egg, not just an egg white, experienced increased protein synthesis that may stimulate muscle growth, per a 2021 study published in The Journal of Strength and Conditioning Research. Fatty Fish Tuna, salmon, snapper and yellowtail are all excellent sources of omega-3 fatty acids, a type of polyunsaturated fat, that have been found to help reduce muscle loss and function and could actually increase muscle mass, per a 2020 article published in Frontiers in Nutrition. Not a fan of fish? Try a fish oil supplement instead. Greek Yogurt

- Full of protein and gut-healthy probiotics, non-fat, plain Greek yogurt is an excellent choice for those looking to maintain or build muscle and reduce body fat. A 2019 study published in Frontiers in Nutrition found that participants who included non-fat, plain Greek yogurt as part of a post-exercise meal saw greater strength, muscle thickness and body composition than those who received a no-protein snack. Be sure to skip the blended, flavored yogurts as they often have high amounts of added sugar that would negate the potential health benefits. Oatmeal Whole grains are an excellent source of complex carbohydrates that your body needs for energy. Oatmeal provides a healthy mix of carbohydrates, plant-based protein, fiber and nutrients that will help to keep you full longer between meals. As with Greek yogurt, remember to skip the flavored oatmeal, as it is often high in added sugar. Go for plain oats instead, and try adding dried fruit for added vitamins and a hint of natural sweetness.



Div Com declares open Anti Drugs Sports Tournament at Khel Gaon Nagrota

EMPHASISES ON ERADICATION OF DRUG ABUSE AMONG YOUTHS FOR BETTER SOCIETY

J I NEWS SERVICE

JAMMU, MAY 04: Divisional Commissioner Jammu, Ramesh Kumar today declared open inter-Panchayat Sports Competition (Anti Drugs Sports Tournament) in presence of Deputy Commissioner Jammu, Avny Lavasa here at Khel Gaon Nagrota being organised by District Administration Jammu and Youth Services and Sports Department under the aegis of Nasha Mukti Bharat Abhiyan.

Additional Deputy Commissioner, Harvinder Singh; District Social Welfare Officer Jammu, Mamta Rajput, CMO Jammu, Dr Harbakh Singh, CEO Jammu Suraj Singh Rathore;



District Youth Services and Sports Officer, Sukh Dev Raj Sharma along with other senior officers from concerned departments were present on the occasion.

It was informed that sports competition in different disciplines would be conducted during the Inter-Panchayat Sports Competition like volleyball, Kabaddi, etc in which youth drawn from different panchayats of the district are participating.

Divisional Commissioner, while speaking on the occasion, appreciated the District Administration Jammu and Department of Youth Services and Sports for organising the sports activities and developing sportsmanship among the children to inculcate discipline and save them from drug addiction and other social evils. The Div Com said that many efforts have been made to create qualitative sports facilities up to Panchayat levels in the UT to channelize the energy of youths in the positive direction by encouraging activities through sports, education and drug de-addiction drives.

He exhorted that UT Administration is committed to provide better sporting facilities and infrastructure to the players of the UT so that they can perform better in the national and international competitions and bring laurels to the J&K. The Div Com alongwith other officials also inspected the stalls established by the Social Welfare Department and Health Department.

Arrangements for smooth conduct of 3- Day Historic Moungrī melā discussed at Udhampur



J I NEWS SERVICE

UDHAMPUR, MAY 04: The District Administration Udhampur today discussed the arrangements for the smooth conduct of three day historic Annual Shiv-Parvati Shrine (Moungrī) melā here at a meeting of stakeholder departments chaired by Additional Deputy Commissioner, Joginder Singh Jasrotia in presence of SSP Dr Vinod Kumar. The melā is commencing from 15th of May 2023 at Sar Dabber in Tehsil Moungrī. The meeting discussed arrangements for maintenance of road, Security, Sanitation, Health care, Transport, Drinking water, power supply, market rate checking, deployment of Fire tenders and hosting of Cultural programme and sports events.

The ADC directed all the officers to ensure all arrangements pertaining to their respective departments well in advance and in an effective manner leaving no scope of any complaint from any quarter. The Executive Engineer PHE was asked to make adequate arrangements for drinking water supply at the melā site while Xen PDD was directed to provide uninterrupted power supply till the culmination of the historic fair. The ADC directed the Executive Engineers PMCSY and PWD to take up the repair work of the road. It was decided that District Police would deploy adequate security personnel during melā days, while ARIO was asked to deploy a sufficient number of buses from different locations for the convenience of the devotees visiting the shrine. Regarding providing First aid facilities at the melā site, the ADC directed the Chief Medical Officer to deploy a team of doctors and an ambulance for the same. It was decided in the meeting that Tehsildar Moungrī would be the Melā Officer. The government departments were directed to put up their departmental stalls to showcase respective schemes and encourage the people to take benefit of the same. It was also decided that the Youth Services & Sports department, in coordination with the Education department, would organize a cultural programme and sports events at the venue. Patron in Chief Shiv Parvati caves Shrine Moungrī, Shiv Kumar Sharma apprised the meeting that a wrestling competition will also be organized on the last day of the melā on May 17th, 2023 which is one of the main attractions of the 3-day event.

Pr. Secy SDD lays foundation stone of 100 bedded hostel block at ITI Anantnag



J I NEWS SERVICE

ANANTNAG, MAY 04: Principal Secretary, Skill Development Department (SDD), Dr. Asgar Hassan Samoon today laid foundation stone of 100 bedded Hostel Block today at Industrial Training Institute (ITI), Ashajipora here.

During the visit, the Principal Secretary also took round of the institution and took stock of its infrastructure and other facilities.

The Principal Secretary during the visit inaugurated the computer lab for Software Testing Assistant Trade developed under SIRIVE scheme. He also inaugurated show room and guard rooms constructed during this year. The Principal Secretary during the visit expressed satisfaction over the functioning of institution.

Dr. Samoon later distributed certificates among meritorious students of various trades besides all India topers of tourist guide and mason trades were also felicitated.

PSPS Govt College for Women organises students' field visit to Old Age Home

J I NEWS SERVICE

JAMMU, MAY 04: The Department of Psychology of Padma Shri Padma Sachdev (PSS) Government College for Women, Gandhi Nagar, on Thursday organised a student's field visit to the Home for the Aged and Infirm, Amphalla to sensitise them about the social problems affecting the elderly. The visit was a part of their curriculum which focuses on holistic learning and giving back to the society. This activity was organised for the students of the second semester of the Psychology department. The students were apprised

about the functioning of the Home by the President I. D. Soni who explained that the Home was established about 59 years ago and caters to those who are either abandoned by their family members or those who have no living family members. Secretary Vijay Kumar Bhagotra informed about the facilities provided to the residents such as regular medical checkup by the doctors, emergency services among others. Every resident has been provided a single room and are provided with healthy meals and snacks throughout the day. The students interacted with the residents who shared their

experiences with them. R.C. Vaid and Vinod Kumar, members of the committee of the Home appreciated the gesture of the students and encouraged them to become better members of the society and contribute towards the well being of the needy people. The visit was managed by the faculty members and staff of the Psychology Department viz. Prof Eisha Gohil, Dr Ujjwal Sharma, Dr Syed Shehna, Rohini Sharma, Salinder Kumar and Kuldeep Kumar. Dr Suraj Mohini, HoD Sociology also accompanied the students in the visit to the Old Age Home.

DC Reasi review progress of Water Supply Projects under JJM

J I NEWS SERVICE

REASI MAY 04: Deputy Commissioner Reasi, Babila Rakwal today reviewed the progress of projects taken up under Jal Jeevan Mission (JJM) to ensure the entire 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 Pouni Kanah and Marhi Pouni Water Supply Schemes (WSSs) taken up under Jal Jeevan Mission (JJM) in Reasi district. While majority of the works have been completed under JJM, the

DC reviewed the progress of balance undergoing works at few places. The Executive Engineer Jal Shakti, Rakesh Kumar Gupta briefed that Augmentation of Water Supply Scheme Pouni Kanah Water Supply Scheme with retro fitting costing Rs 419 Crore would provide tap connection around 300 households. , while around 239 households are targeted to be connected through Augmentation of Water Supply Scheme at Marhi Pouni. The DC was apprised that pace of work on the twin projects is in full swing and more than 500 households in these habitations are being provided safe and adequate drinking water.

DC Rajouri; Vikas Kundal reviews performance of line departments on Good Governance Index

J I NEWS SERVICE

RAJOURI, MAY 04: Deputy Commissioner Rajouri, Vikas Kundal, today presided over a meeting to review the performance of the departments on District Good Governance Index (DGGI).

Detailed deliberations were held on the sector wise performance of different departments

including Agriculture and Allied departments, Commerce & Industries, Human Resource Development, Public Health, Public Infrastructure & Utilities, Economic Governance, Social Welfare & Development, Judicial & Public Security, Environment and Citizen-Centric Governance under Good Governance Index.

Addressing the officers, the DDC said that the Good Governance Index is a uniform tool to assess the status of Governance and the impact of various interventions of the Government on the ground. He asked the officers to analyse the last Good Governance Index to address the existing gaps and plan a strategy to bridge these gaps to achieve the desired results. He also stressed the need for continuous monitoring and

evaluation of governance indicators to identify areas for improvement and take corrective measures. He encouraged all departments to work collaboratively and adopt innovative approaches to further enhance governance practices in the district. The DDC also asked the concerned officers to put in place added efforts to provide best possible services to the common

masses so that they don't face any inconveniences. He also talked about the measures being put in place by the Government to ensure transparency and accountability in its functioning. The concerned officers were directed to ensure that necessary benefits under different schemes and programs are percolated to the last beneficiary of the district.

DC inspects patient care facilities in Associated Hospital GMC Kathua

SEEKS FOCUS ON ENCOURAGING INSTITUTIONAL DELIVERIES, AUGMENTATION OF HEALTH INFRA AND EXPERT HUMAN RESOURCE

J I NEWS SERVICE

KATHUA, MAY 04: Deputy Commissioner Kathua, Rakesh Minhas today conducted a surprise inspection of Associated Hospital of Government Medical College Kathua and took stock of the patient care facilities and services being provided to the people.

During the visit, the DC inspected Surgery OPD, Surgery Ward, Emergency, Recovery, Paediatric and Gynae wards, besides took a round of Blood-Bank, the hospital Laboratory and assessed the working of these sections.

He also interacted with patients and doctors to ensure about the current patient care facilities and health scenario. Inquiring about the



Rogi Kalyan Samiti of the Associated Hospital and expressed hope that a workable plan will be adopted to prioritise the issues to bring qualitative change in the delivery of healthcare services. While interacting with Doctors and staff members, he asked them to perform their duties with utmost dedication and honesty. Taking stock of the sanitation and hygiene, he directed the concerned to maintain sanitation protocol in premises of hospital for the safety of patients and the attendants. Earlier, Principal, GMC Kathua Dr Surinder Athri and Medical Superintendent, Associated Hospital Kathua Dr Sangeeta apprised the DC about various issues and infrastructure gaps.

maternity and child care facilities, the DC directed to encourage expecting mothers to opt for institutional delivery in the government health institutions. The DC also enquired about the status of ongoing augmentation work of 200 bedded medical block and other facilities coming up in the hospital. He said district administration and GMC authorities will work in tandem to provide best health care to the patients by strengthening medical infrastructure and expert human resources. The DC also took feedback on the functioning of

IIT Jammu offers Summer School Internships and Training Programs

J I NEWS SERVICE

JAMMU, MAY 04: The Centre for Essential Skills (CES) at the Indian Institute of Technology Jammu (IIT Jammu), in partnership with Nucleon, IIT Alumni initiative, is thrilled to announce the launch of its summer school program.

The program is designed to provide an exceptional opportunity to college and school students to gain practical experience and learning across a range of domains to enhance their career prospects. The internship & training programs offered include Web Development with Hands-On Projects, IoT & Mechatronics Foundations, Data Science, Blockchain & Web 3.0 including Growth with Professional Tools, Chat GPT and other Generative AI, Entrepreneurship & Business Essentials, Mastering No-Code

Technology, and placement related guidance. A special program is also designed for school students to build strong foundations in various domains such as IoT, Google Suite, Creativity & Design, and Communication & Personality Development including informative workshops on emerging tech such as AI, AR/VR, and Blockchain. The summer school program is open to all students from different disciplines, and it provides a unique opportunity to gain exposure and learn from experienced professionals. The program is an excellent way for students to expand their skill sets, explore new areas of interest, and make meaningful connections with various startups incubated at IIT Jammu. To register students can visit the website: <https://ces.iitjammu.ac.in/summer-school>.

DDC Rajouri reviews progress of work on border bunkers and PMAY-G Houses



J I NEWS SERVICE

RAJOURI, MAY 04: The District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers here to review the progress of border bunkers being constructed by the PWD and RDD and PMAY-G.

Reviewing the progress achieved by RDD, the meeting was informed that against the target of constructing 1892 bunkers, the work on 1528 bunkers is complete in all respects. Similarly, while reviewing the progress by the PWD sector, it was informed that out of 1274 bunkers, the work on 1265 bunkers is complete. The DDC directed for speedy tendering and allotment of remaining works so that the work on bunkers can be completed at the earliest to provide necessary benefits to the border residents.

The DDC also instructed the officers to put in all possible efforts to ensure that the set targets are achieved well in time. Stress was also laid on maintaining quality while executing work on the bunkers and the DDC made it clear that no laxity shall be tolerated in this regard.

The DDC also reviewed the progress regarding the construction of houses under PMAY-G and AWAS plus. He was informed that the work on 2761 houses out of the targeted 41492 houses has been completed in the district. He asked the concerned officer to make sure that the work on remaining houses is completed at the earliest. The meeting was attended by the Chief Planning Officer, Mohammad Khurshid, Assistant Commissioner Development, Vijay Kumar; Ex-En PWD(R&B) Rajouri, Sardar Khan and Ex-En PWD (R&B) Nowshera, VK Raina.

Leather Product Training With CSIR-CLRI-Chennai Organised By Industries Deptt Ladakh

JI NEWS SERVICE

LEH, MAY 3: In an ongoing endeavour to create an ecosystem of skilled women to become successful entrepreneurs, and enterprising Self-Help Groups, an awareness cum product demonstration training programme has been organised by the Department of Industries and Commerce, Ladakh with experts from CSIR - Central Leather Research Institute, Chennai at the Department of Handicrafts, from 2nd to 4th May in Leh and on 5th and 6th May in Kargi.

Secretary, Industries & Commerce Department, Ladakh Saugat Biswas interacted with the participants and enquired about their aspirations and expectations from the Department.



Biswas discussed with Assistant Director, Handicraft Department Dr. Stanzin Rabgais developing a section at the Brand Ladakh showroom for selling essential items - tools and tapestry - required for the production of leather products, etc. He stated that quality tools are a prerequisite for producing good products and stated that this step will ease the availability of such items, not easily available in Ladakh, as flagged by the participants.

Further, Biswas directed Joint Director, Department of Industries and Commerce, Ladakh to ensure that the participants receive the necessary support and facilities during the training programme.

Discussions were also held on organising a month-long hands-on training programme at CSIR Chennai in the coming months, specially designed for women entrepreneurs.

Executive Councillor Ghulam Mehdi, also present during the event commending the efforts of the Department, stated that the constant trainings and support have resulted in the change that can be seen in the quality of the products over the period of a year. Around 45 women are participating in the ongoing training programme.

Reasi: Awareness camp on women centric schemes held at Chamera -B Panchayat



REASI, MAY 04: District Hub for Empowerment of Women (DHEW) Reasi, in collaboration with Childline Reasi and Health Department, today organised an awareness camp at AWH, Chamera -B Panchayat Garm.

District Mission Coordinator, DHEW Monika Sharma gave a detailed information pertaining to women centric schemes like eligibility criteria and the procedure to avail benefits under different schemes like Restructured Marriage Assistance Scheme, Sukanya Samridhi Yojana, WHL-181, PMMVY, Women Entrepreneurship Programme like Tojawsini, PMEGP, Skill Development Programmes like SBI RSEFI, PMKVY.

The participants were also imparted complete information pertaining to the services being provided by One Stop Centre. The Camp was attended by a large number of women, AWW's, DHEW and Childline Team. Pamphlets were also distributed among the women. At the end of the programme, grievances of the women were also noted down and they were assured to provide assistance with the help of the concerned department.

Deputy Commissioner Rajouri reviews functioning of Revenue Department

CALLS FOR QUALITY DISPOSAL OF PUBLIC GRIEVANCES

JI NEWS SERVICE

RAJOURI, MAY 04: Deputy Commissioner Rajouri, Vikas Kundal, today took a comprehensive review of the functioning of the Revenue Department here at a meeting of the concerned officers.

During the meeting, a detailed discussion was held on various points including progress on geo-tagging of villages under Cadastral map, online revenue services being provided to the public, Sarkari Zameen Portal, disposal of public grievances and other revenue-related matters.

The meeting was informed that out of a total of 386 villages in the district 69 have been geo-tagged so far.

The Deputy Commissioner stressed the importance of expediting the geo-tagging process and asked the officers to complete the process at the earliest. Similarly, the DC also reviewed the progress under Sarkari Zameen Portal.

The importance of government priorities such as the digitization of Janabandies, efficient delivery of all online revenue services, and other public-friendly initiatives aimed at bringing transparency and accountability to the department were also highlighted during the meeting.

The DC emphasized the importance of providing prompt and efficient services to the public and urged



the officers to work with zeal and dedication towards achieving this goal. The Deputy Commissioner also directed revenue officers to educate the public about the online services and encourage them to take advantage of the same.

He also stressed the need for prompt disposal of online applications to ensure that the public receives timely and efficient services.

Officers who attended the meeting were ADC Rajouri, Rajeev Kumar Khajuria; ADC Nowshera, Kartar Singh; ADC Koreranka, Surinder Mohan Sharma; ACR, Imran Rashid Kataria; SDM Thanamandi, Vikas Dhar and Tehsilidars.

GDC Kishtwar takes out awareness Rally under Nasha Mukht Bharat Abhiyan

JI NEWS SERVICE

KISHTWAR, MAY 04: The NSS Unit of Government Degree College Kishtwar today organized an awareness rally from the College campus to the adopted village Panditgam.

This rally was organized under the banner of Nasha Mukht Bharat Abhiyan, an initiative of Government of India and was flagged off by the College Principal, Dr. Jyoti Parihar. She addressed the students and applauded their efforts to spread awareness among public in general and students in particular.

Around 70 students participated in the rally carrying posters and placards with messages urging the public to refrain themselves from tobacco/drug use.

DIET Shopian bids farewell to Principal Abdul Majid

JI NEWS SERVICE

SHOPIAN, MAY 04: The teaching and non teaching staff of District Institute of Education and Trainings, Shopian bid an affectionate farewell to Abdul Majid, Principal DIET, who attained superannuation recently.

Chief Education Officer, Shopian, Mohammad Mushtaq; Deputy Chief Education Officer, Shopian, Javed Ahmad Khan, Sr. Lecturers, Lecturers, Teachers and DIET Faculty both Teaching and Non Teaching were present on the occasion.

The officers and officials on the occasion praised the officer on his superannuation and highlighted his exemplary services for Education Sector in District Shopian, especially works undertaken by the Principal and his team. They praised his qualities and capabilities as educator and administrator in education sector in the district.

Speaking on the occasion, the Principal DIET, Abdul Majid while sharing his 34 years of experience in Education Sector advised the whole gathering to promote/strengthen the Education Sector in district by involving personal efforts and professional competencies for which a district body like DIET has a comprehensive mandate.

The retiring officer praised the whole staff of the DIET, Shopian for their dedication, integrity and painstaking character while execution of services for the department. The officer while quoting Swami Vivekananda stressed the utilization and guidance of young blood in the department and praised the efforts of DIET Shopian, in achieving the targets set for the institute by SCERT, SED, SAMAGRA Shiksha J&K and Administrative Department especially in procurement and execution of works from time to time.

Orientation, Training Programme for intending Hajj pilgrims concludes at Kishtwar

DC, SSP address participants, extended best wishes

JI NEWS SERVICE

KISHTWAR, MAY 04: The orientation-cum- training program, organised for intending Hajj pilgrims by J & K Hajj Committee under the close management of District Administration Kishtwar, concluded in the Islamia Faridia College of Education, here the other day. The aim of this program was to provide essential information and guidance to the 106 intending pilgrims to ensure their safe Hajj pilgrimage.

Experienced trainers guided the Hajj aspirants about the various stages of the Hajj journey, including the Hajj rituals, health and safety measures, travel arrangements and other important aspects of the pilgrimage.

The program covered a range of topics, and its conclusion marks an important milestone in the government's efforts to ensure the safety and well-being of Hajj pilgrims.

Deputy Commissioner Kishtwar, Dr. Devarsh Yadav and SSP Kishtwar Khalid Ahmad Poswal also addressed the pilgrims and extended best wishes for the upcoming pilgrimage. 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. Training was organised by the J & K Hajj Committee under the close management of District Administration Kishtwar and under the supervision of Hajj Incharge District Kishtwar Haji Ayaz Ahmed.

DDC reviews progress on Rajouri-Thanamandi-Surankote road project; asks for timeline completion of project

JI NEWS SERVICE

RAJOURI, MAY 04: District Development Commissioner Rajouri, Vikas Kundal, today reviewed the progress of work on Rajouri-Thanamandi-Surankote road here in a meeting of the concerned officers.

Officers present in the meeting were ADC Rajouri, Rajeev Kumar Khajuria; ADC Nowshera, Kartar Singh; OC BRO 58 RCC, Major Manju Nath; ACR, Imran Rashid Kataria; AC Defence, Saleem Qureshi and SDM Thanamandi, Vikas Dhar and Tehsilidars.

It was informed that the total length of the road is 33 Km of which 13 Kms has been blacktopped and work of wet mix macadamization is complete on 20 Kms.

The DDC also asked the officers to ensure that the road is constructed as per prescribed specifications. He also directed the concerned department to expedite the completion of the road work and maintain quality standards in the construction. He directed the agencies to coordinate with each other to complete the project within the stipulated timelines as it is important for local connectivity and development.

Mandeep Kaur inaugurates 2-day training programme for RDD officers, officials

JI NEWS SERVICE

SRINAGAR, MAY 4: Commissioner Secretary Rural Development Department and Panchayati Raj, Mandeep Kaur today inaugurated a two-day training programme on "Decentralised Planning and the processes involved in Plan

Formulation" for officers and officials of the department here at Government Polytechnic College in Gogji Bag, Panchayati Raj, Mandeep Kaur, Khalid Majeed, ACDs, BDOs, Panchayat Inspectors, Panchayat Accounts Assistants, and Panchayat Secretaries and other concerned were also present on the occasion.

During the programme, the Commissioner Secretary emphasized the importance of the GDPD formulation and the participation of line departments in the Gram Sabha meetings for preparing a holistic and comprehensive developmental plan for Gram Panchayats that meets the aspirations of the locals.

She also underscored the need for organising training programmes for Chief Planning Officers (CPOs) of districts so that planning is done in an efficient manner.

During the meeting, Commissioner Secretary lauded the efforts of several Prabhari Officers in formulating excellent

GDPDs.

The training was simultaneous in Jammu on e-Governance at Government College for Women, Parade Ground. The training programme is aimed to enhance the knowledge and skills of the officers and officials in decentralised planning and e-governance.

Atal Dulloo roots for increased productivity in fisheries, livestock sectors

JI NEWS SERVICE

JAMMU, MAY 04: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo, today chaired the UT Level Approval and Monitoring Committee (AMC) meeting of the Pradhan Mantri Matsya Sampada Yojana (PMMSY) to finalise the action plan for PMMSY 2023-24 for the Fisheries Department.

The meeting shared the achievements of the department with the ACS and it was revealed that fish production increased by 28% between the years 2019-20 and 2022-23. Addressing the officers during the meeting, the ACS emphasised on setting up more trout hatcheries, mini feed mills, fish kiosks besides the other activities planned by the fisheries department should be amplified. He highlighted that the sector has a lot of scope for growth and increased productivity.

The proposed plan for the current year under PMMSY includes setting up of units and facilities to support fishermen and promote aquaculture development in both the private and government sectors. These include hatcheries, feed mills, tanks, markets and support services. Interventions such as a disease diagnostic lab and brood bank are also planned.

The ACS during the meeting was informed about the expected outcomes, including an increase in fish production,

CHAIRS UT LEVEL AMC MEET OF PMMSY



job creation, value chain strengthening, progress made under breed development activities for livestock and poultry, the establishment of a Regional Semen Production Laboratory and Semen Bank for sheep and goat and the propagation of Artificial Insemination centres.

During the meeting, the ACS emphasised the need for world-class training and capacity building to develop these sectors in J&K. The ACS also underlined that an MoU has been signed with New Zealand for the development of sheep husbandry sector in J&K. The meeting also covered other activities such as capacity building, exposure visits and insurance. The meetings were attended by Director General Sheep Husbandry Kashmir, Director Animal Husbandry Jammu/Kashmir, Director Sheep Husbandry Jammu,

Director Fisheries besides other officers of the concerned departments both in person and through video conferencing.

DC Kulgam, Anantnag jointly visit proposed Bypass road sites at Qazigund

JI NEWS SERVICE

KULGAM, MAY 04: The Deputy Commissioner Kulgam, Bilal Mohi-ud-Din Bhat and Deputy Commissioner Anantnag, Syeed Fakhruddin Hamid today conducted a joint visit to Qazigund area to take on spot inspection regarding the finalisation of alignment of Bypass Road on NH 444 in villages of Kurigam and Wangund.

The 4.2 km road stretch with proposed width of 24-30 metres on NH 444 connects Wathial, Kurigam Village with Wangund, bypassing Main Market Qazigund. The road shall be executed by Project Circle Division Srinagar (Executing Agency) upon the approval of Alignment, subsequent to today's visit. The concerned officials of the Project executing agency intimated the DCs about the completion of Survey on the project and regarding the best possible alignment avenues.

It was further intimated once the approval of the project is given, work on it shall be taken on war footing basis.

Women College Gandhinagar hosts interactive session on "LIBRARY E-RESOURCES: N-LIST and DELNET"

JI NEWS SERVICE

JAMMU, MAY 04: Department of Political Science of Padma Shri Padma Sachdev (PSPS) Government College for Women, Gandhinagar, organized an interactive session on "LIBRARY E-RESOURCES: N-LIST and DELNET".

The session was held under the patronage of the College Principal Prof. Minu Mahajan. The speaker of the occasion, Prof. Sonika, Librarian of the College familiarised the students about the various E-Platforms (both paid and free) subscribed by the College for knowledge enhancement of the students. She, along with Pankaj Talwadi guided students about different Log- in procedures and resolved their queries. The session turned out to be really beneficial for students especially for those who are struggling through financial difficulties as they were able to access over 5400 E-books, E-Journals, E-Papers etc available on certified portals like N-LIST and DELNET without any monetary burden. The session was coordinated by Dr. Pooja Charak, Prof. Parmjeet Singh, Dr. Harmeet Singh and Dr. Vandana Sharma from the Department of Political Science.

Div Com Jammu reviews development of new industrial estates in Kathua

CONDUCTS WHIRLWIND TOUR OF INDUSTRIAL AREAS; REVIEWS ONGOING WORKS, LISTENS TO ISSUES OF LOCAL INDUSTRIES

JJ NEWS SERVICE

KATHUA, MAY 04: Divisional Commissioner Jammu, Ramesh Kumar, today visited Kathua district and chaired a meeting of officers here at conference hall of the DC office complex to get appraisal of issues related to the development of new industrial estates besides discussing modalities to augment facilities in old industrial areas of Kathua district.

At the outset, the Deputy Commissioner Kathua Rakesh Minhas gave a brief overview of the roadmap of facilities and infrastructure being created at different industrial estates viz Sahar Logate, Forelain, Budhi and Bhaghalhi.

The issues ranging from construction of approach roads, temporary power connections to industries for construction purpose, provision of power supply, issuance of requisite NOCs were chiefly discussed. The Divisional Commissioner called for proactive anticipation of



District Administration and concerned departments to develop a favorable ecosystem for setting up more industries in Kathua.

Besides giving brief status of the issues related to the Revenue Department by Deputy Commissioner Kathua, senior officers of JPDC, SIDCO, SICOP and GM DIC Kathua also apprised Divisional Commissioner about the headway achieved so far in developing industrial estates. Ramesh Kumar said

Kathua district being the gateway of Jammu and Kashmir has a standalone advantage of bordering with neighboring states which has been alluring to the industrialists from every part of the country.

The Divisional Commissioner also asked the Director Industries & Commerce, Jammu and MD SIDCO/SICOP to ensure early resolution of the issues and ensure speedy development of the estates through detailed deliberations with all stakeholders.

GDC Kishtwar organises Guest lecture on "Career Opportunities in Plant Sciences"

JJ NEWS SERVICE

KISHTWAR, MAY 04: Department of Botany, Government Degree College Kishtwar, in collaboration with the College's Career Counseling and Guidance Cell today organised a Guest lecture on "Career Opportunities in Plant Sciences".

The Guest Speaker on the occasion was Prof. Namrata Sharma (Professor and former Head of the Department of Botany, University Of Jammu).

The session began with the welcome address by the College Principal Dr. Jyoti Parihar. Faisal Mushtaq, H.O.D. The Botany Department introduced the guest speaker to the audience, mostly students of semester 2nd, 4th and 6th.

Prof. Namrata Sharma, in her lecture, discussed various opportunities and avenues in plant sciences from Academics, Bureaucracy to Entrepreneurship.

She also highlighted the areas in which botanical knowledge can play an important role in addition

to vibrant self employment opportunities. Various cases including examples of successful entrepreneurs were given who after applying simple botanical knowledge got huge success in raising their net worth and becoming a source of inspiration for millions.

The speaker also focused on the need that besides modern biotechnological approaches, even the conventional breeding experiments can also play an important role in increasing our food basket and as we have already witnessed it during the period of green revolution. She gave the example of

Kissabel Apple which has been developed as a result of a cross between a crab apple and a traditional eating apple; it is described to be sweeter than a Granny Smith but shares a similar level of acidity.

Prof. Namrata Sharma highlighted about various exams such as ACF, JKAS, UPSC, IFS, ARS, Higher Education and Scientist etc. in which plants science can play an important role and shared the details of number of students from Botany Department who are now sitting on various prestigious positions in both public and private sector.

DC Kathua distributes Disaster Response kits among 'Aapda Mitra' volunteers



JJ NEWS SERVICE

KATHUA, MAY 04: District Administration Kathua today distributed 'Disaster Response Kits' among nine newly trained 'Aapda Mitras' here in the Office chamber of Deputy Commissioner.

Deputy Commissioner, Rakesh Minhas along with ADC Deepika Rana handed over the kits to the trained 'Aapda Mitra' which also contained certificate of participation, I-Card and a T-Shirt. The group of the Aapda Mitras has undergone 12 day training at Central Training Institute (HC, CD, SDRI) Kot Bhalwal, Jammu. Aapda Mitras were imparted training in water rescue and mountaineering rescue besides fire-fighting skills, flood rope crossing, rappelling, climbing and rescue from higher buildings.

During the 12 Day training at Central Training Institute (HC, CD, SDRI) Kot Bhalwal, Jammu, Aapda Mitras were imparted training in water rescue and mountaineering rescue besides fire-fighting skills, flood rope crossing, rappelling, climbing and rescue from higher buildings.

DDC chairs introductory meeting of District Development Council Anantnag

JJ NEWS SERVICE

ANANTNAG, MAY 04: The District Development Council (DDC) Anantnag, S.F. Hamid today held an introductory meeting with the District Development Council at Dak Banglowe Khanabal.

DDC Chairman, Vice Chairman, all the District Development Council members and BDC Chairpersons attended the meeting.

During the meeting, the DDC emphasized the important role that council members play in implementing developmental programs and welfare schemes for the betterment of the general public.

He stressed the need for planning and monitoring of developmental projects and welfare schemes to achieve assigned targets in a timely and efficient manner.

The council members raised several public-oriented demands, including the macadamization of roads, upgrading of health facilities in rural and remote areas, rationalization of staff in educational institutes and issues related to roads, water supply and health facilities.

The DDC assured council members that all genuine demands will be examined and incorporated into projected plans. He also stressed the importance of sectoral officers remaining available to the call of PRI's and taking them on board in planning, execution, and monitoring of developmental works under District UT and centrally sponsored schemes.

The chairman, vice-chairman, and other members appreciated the initiative taken by the DDC for having an introductory meeting and expressed their willingness to work together for the development and welfare of the district.

The meeting was a productive and positive step towards achieving the goals of the District Development Council and improving the lives of the people of Anantnag.

ADC Anantnag, JD Planning, BDC chairpersons, BDC members and all other sectoral officers were also present in the meeting.

DC Pulwama reviews progress of Works under Jal Jeevan Mission

Put in every effort to achieve timely & desired results: Basharat to Officers

JJ NEWS SERVICE

PULWAMA, MAY 04: In order to take an appraisal of the progress of effective implementation of Jal Jeevan Mission (JJM) schemes, the Deputy Commissioner (DC) Pulwama, Basharat Qayoom today presided over a meeting of concerned officers at DC Office Complex, here.

At the outset, the DC in his opening remarks asserted that the implementation of Jal Jeevan Mission scheme is being monitored by District Administration Pulwama on daily basis and every effort is being made to ensure that 100% saturation is made for all works undertaken under JJM Scheme.

During the meeting, the DC reviewed in detail the physical and financial progress of the works being executed under the JJM.

While discussing the measures for water quality monitoring and surveillance system, the meeting was informed that Pulwama district is provided with 5 testing labs for quality water through Field Testing Kits till date. Asserting that JJM is a major flagship programme to cover all households, the DC directed all the officers to work in coordination and ensure smooth execution of JJM works in their areas.

He directed that besides all households be connected through tap water, all pending schools, Anganwadi centres, health centres and panchayat ghars shall also be provided with tap water connections under JJM scheme across the district.

Meanwhile, various issues and bottlenecks were comprehensively discussed during the meeting wherein the concerned officers sought the timely disposal of these impediments so that the target is achieved within the stipulated time frame.

Distt Admin Kupwara ropes religious leaders in War against Drugs

ULEMAS CONFERENCE HELD FOR SANITIZATION, SPREADING AWARENESS



JJ NEWS SERVICE

KUPWARA, MAY 04: The District Administration Kupwara has roped in different religious leaders, Ulemas of Masjids and other religious institutions of Kupwara district to spread awareness at grass roots level about the negative impact of drug abuse in the society. On the directions of Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray a Conference of Ulemas, Imams (religious leaders) was held today at the conference Hall of DC Office complex Kupwara.

The Well attended Conference was chaired by Additional Deputy Commissioner (ADC) Kupwara, Gh. Nabi Bhat. Addressing the conference, ADC appealed to religious leaders, Ulemas and Imams to use their voluntary services for spreading awareness about drug abuse and

its consequences in society. He appealed to Molvis to aware people to eradicate the drug menace and deliver the sermons particularly on Fridays and after every prayer so that awareness about negative effects of drug abuse and drug trafficking menace is generated and spread at the ground level and Drug Addict Patients are properly identified, treated and rehabilitated. ADC said that the District Administration is focusing on a multi-pronged strategy to combat menace of drug abuse in Kupwara district. Police has launched a massive crackdown on drug peddlers, drug traffickers to break the supply chain of drugs and District Administration is counseling, treating and rehabilitating the drug abuse victims. Irfan Bahadur, Assistant Commissioner Revenue (ACR) Kupwara on the occasion said that Drug-Free-Kupwara is a chal-

lenge in which every individual has to play his or her vital role.

Raising concerns on the alarming situation in substance abuse, ACR Kupwara said that Kashmir Valley is slowly becoming India's drug hub. A recent study has revealed that JK&K is currently at the number two position among the top drug abuser states in the country. Several Ulemas and Imams also expressed their concern over the rising drug abuse and its consequences.

They reaffirmed that they will play their role in disseminating awareness to people about negative impacts from the podiums of Masjids and other religious places, so that youth are safeguarded from dangerous exposure to different kinds of drug abuse.

While welcoming the District Administration's efforts to invite them for this noble cause, different Religious Leaders said that they are ready to help the District Administration to eradicate this menace and make the Kupwara drug-addiction and drug trafficking free.

Conference was attended by CMO Kupwara, other officers of Administration, a large number of Imams of Masjids, Ulemas from different Darul-Uloom and other religious institutions of the district.

Jal Shakti Abhiyan- 'Catch the Rain': DDC B'pora chairs review meeting



JJ NEWS SERVICE

BANDIPORA, MAY 04: The District Development Commissioner (DDC) Bandipora, Dr. Owais Ahmad today chaired a meeting to review the status of the works under Jal Shakti Abhiyan (JSA) and its implementation across the district. The meeting was informed that in District Bandipora 133 sites were identified under Amrit Sarovar, out of which 59 have been taken up, out of which 49 have been completed. It was given out that 73

sites were identified in Bandipora, 58 in Sonawari and 02 sites in Gurez. Dr. Owais instructed all the concerned officers to speed up the work under JSA 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. Owais laid stress on ground water recharging and rain water harvesting. He said that every drop of water is valuable and vital.

Senior Assistant Gm. Mohd Akhnoo of Inf. & PR B'pora accorded warm send-off



JJ NEWS SERVICE

BANDIPORA, MAY 04: The Department of Information and Public Relations Bandipora has accorded a warm farewell to Ghulam Mohammad Akhnoo, Senior Assistant on his superannuation after rendering about four decades of dedicated service in the department. District Nodal Officer Coordination and ACD Bandipora, Mohammad Ashraf Hakak lauded the contribution of retiring officials and wished him a healthy post retirement life.

The District Information Officer Bandipora, Jahangeer Akhnoo on the occasion highlighted the contribution of the official towards the department and congratulated him on attaining superannuation.

The official will be remembered for his loyalty, hospitality and contribution to the department, he added.

He also wished him a happy and prosperous post retirement life. The retiring employee thanked all his colleagues for their support and cooperation during his tenure in the department. As a token of love and honour gifts were presented to the retiring official on behalf of the Department.

B'la Bar Association bids farewell to outgoing PD&SJ, Mobile Magistrate

JJ NEWS SERVICE

BARAMULLA, MAY 04: Bar Association Baramulla on Wednesday accorded a warm farewell to the outgoing Principal District & Sessions Judge Baramulla, Mohammad Yousof Wani and Mobile Magistrate Baramulla Sajad-ur-Rehman during a grand function organized, here. Ist Additional District and Sessions Judge Baramulla Shabir Ahmad Malik, NIA Judge, Pawan Kumar, Munsif Judge Baramulla, Zahoor Ahmad Ganje, President Bar Association Baramulla

Farooq-u-Din, Senior Advocate Nilofer Masood besides Bar Members, Advocates and other concerned participated in the farewell function. All the Bar Members, Advocates present in the function lauded the working style and leadership qualities of both the judges and extended their best wishes for their new assignment. Speaking on the occasion, President, Bar Association Baramulla said that the Principal District and Sessions Judge and Mobile Magistrate have given their best in their respective fields and have set examples in their work fields.

NORTHERN RAILWAY E-TENDER NOTICE			
Sr DEN/WFR acting for and on behalf of the President of India invites open tenders (E-Tenders) against below listed tenders and available on www.reps.gov.in with closing date-25.05.2023 up to 15:00 hrs. Bidders will be able to submit their original revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. In place of Earnest money deposit "Bid Security Declaration" is to be submitted on prescribed form as available in document section on portal.			
Tender Type	Tendering Section	Bidding System	
Open	Works	Single Packet System	
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time	
03.05.2023	11.05.2023	25.05.2023 15:00 hrs.	
S.No.	Tender No.	Details of Tender	
1	37-2023-24-BDGM-DRM-FZR	Construction of wiremesh steel fencing with concertina wire between southportal and of TMSB to Char Chinar Railway bridge, concrete box bays 6'6" for entry posts at both ends of tunnel, 5 nos. of guard rooms 10'x12' for entry posts at both ends of tunnel & Misc. allied works at BAHL on BAHL-BRML section.	
Advertisement Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion
1,88,37,061.48/-	2,44,200/-	60 Days	12 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.			
Tender Notice No. - TR/W/CRMA-19/2023-24-BDGM-DRM-FZR Date: 04.05.2023 1360/2023			
SERVING CUSTOMERS WITH A SMILE			

J&K State Taxes Deptt bags SKOCH award 2023

DEPTT HONOURED IN FINANCE SILVER CATEGORY FOR THE SUCCESSFUL IMPLEMENTATION OF GST

JJ NEWS SERVICE

SRINAGAR, MAY 04: The State Taxes Department of Government of Jammu and Kashmir has bagged the SKOCH Award 2023 in Finance Silver category for the successful implementation of GST.

The award is a recognition for the State Taxes Department and the taxpayers who have been an integral part in the implementation of the GST across Jammu and Kashmir.

The Commissioner State Taxes Dr. Rashmi Singh highlighted the achievements of department and the various innovative measures taken by Additional Commissioner Kashmir Shaheel Maqbool, Additional Commissioner Jammu, Namrita Dogra; Additional commissioner Tax Planning

J&K, Anika Kar, and efforts put by all the officers and officials of the State Taxes Department, J&K for translating the concept of One Nation One Tax of GST regime into practical action and for rooting implementation of GST in a pragmatic way. During the award process, the department first got order of merit certificate based on its first round of presentation and thereafter final judging was done on final presentation delivered today by Commissioner with queries responded to by both the Additional Commissioners.

The innovative strategies applied by the department for outreach and awareness were appreciated by the forum besides approach of State taxes department in combining a promotive approach along with preventive and bringing better convergence of all stake-

holders that was highly applauded.

Pertinent to mention, the SKOCH Awards 2023 recognized outstanding initiatives and efforts in the fields of governance, finance, health, education, and other domains.

The SKOCH Awards have become an annual event which honours individuals and organizations that have made significant contributions to the development of India through innovative and sustainable solutions. The awards aim to encourage the spread of best practices, promote the culture of innovation, and recognize excellence in governance.

This year, the Skoch Awards recognized several noteworthy initiatives, including those aimed at strengthening healthcare infrastructure, promoting financial inclusion, empowering women, enhancing digital literacy, and



SKOCH AWARD 2023 FINANCE SILVER STATE TAXES DEPARTMENT GOVERNMENT OF JAMMU & KASHMIR (UT) SUCCESSFUL IMPLEMENTATION OF GST

fostering sustainable agriculture, who have worked tirelessly to bring about positive change in their communities.

Ghulam Nabi Azad calls on Lt Governor



JJ NEWS SERVICE

SRINAGAR, MAY 04: Sh Ghulam Nabi Azad, former Chief Minister of J&K and Chairman, Democratic Progressive Azad Party (DPAP) called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today. Sh Azad discussed with the Lt Governor various important matters with regard to the development of Jammu Kashmir and welfare of the people.

DDC Poonch inspects Mughal Road stretch & preparedness for its opening

CALLS FOR EXPEDITIOUS WORK ON RESTORATION OF TRAFFIC ON MUGHAL ROAD



JJ NEWS SERVICE

POONCH, MAY 04: District Development Commissioner Poonch Yasin M. Choudhary on Thursday conducted an extensive tour of Mughal Road stretch and inspected the ongoing snow clearance and developmental works.

He was accompanied by SDM Surankote Rizwan Asgar, ARIO Poonch Basharat Mehmood, Xen Mughal Road and other concerned officers of technical departments. During the tour, the DDC enquired about the feasibility of opening of Mughal road for regular traffic movement. Pertinently, opening of Mughal road on time was high on demand of local people from the past few weeks as it eases the movement of vehicles and significantly reduces the travel time compared to Jammu Srinagar national highway. However, unseasonal extension of snowfall this year has delayed the opening of Mughal road as snow clearance process has to start afresh amid fresh snowfall. Deputy Commissioner appreciated the team of engineers for tirelessly working for early restoration of traffic on Mughal road. He also directed the Xen Mughal road to speed up the work with men and machinery so that it can be made through for traffic soon.

Executive Engineer Mughal road briefed DDC that snow clearance work on Mughal Road was started but it got stalled due to fresh snowfall and bad weather conditions and he assured that they would complete the snow clearance work within 5 to 6 days.

This was the first visit of Deputy Commissioner Poonch Yasin M. Choudhary to Mughal road stretch soon after joining the office few days back.

Reasi Administration demolishes illegal house of terror accused Mohd. Auraf Sheikh

JJ NEWS SERVICE

REASI, MAY 4: District Administration Reasi has demolished the illegal house of a terror accused Mohammad Auraf Sheikh S/o Ghulam Ud-Din Sheikh R/o Barsanal Gulabgarh, Tehsil Mahore.

The house was illegally constructed on State land under Khaska No. 602/457/1 at village Barsanal Tehsil Mahore. The entire exercises was conducted in close co-ordination with District Police and in presence of independent witnesses as well as locals of the area.

The accused Government teacher was terminated by the Government when his involvement in two blasts was established by the police.

Earlier, the State land encroached by the accused was retrieved by the District administration in the anti encroach-



ment drive carried out by revenue department.

Taking serious note of the involvement of teacher turned terrorist in illegal construction, the District administration conducted the entire exercise which started at 1:00 pm and concluded at 6:00 pm in the evening. Pertinent to mention here that the terror accused was found involved in blast cases in bus at Kadal near Katra and at Narwal, Jammu. In this regard a case FIR No. 141 /2022 P/S Katra u/s 13/16/18/20/23

DEO reviews progress of Special Summary Revision 2023



JJ NEWS SERVICE

UDHAMPUR, MAY 04: District Election Officer (Deputy Commissioner, Udhampur) Sachin Kumar Vaishya today reviewed the progress of ongoing Special Summary Revision 2023 process in the District here at a meeting of EROs and AEROs of all the 4 constituencies of the District.

Detailed discussions were held on various aspects regarding provisions and parameters of Special Summary Revision and the progress achieved in the District so far.

The DEO exhorted upon the EROs, AEROs, to complete the revision of special summary including addition of new voters/left out voters and deletion of duplicate voters before the assigned due date. The DEO asked the officers to activate men and machinery and complete the process of SSR 2023 within a given timeline. By DEO was asked to submit a progress report on daily basis. The officers and officials associated with the SSR were emphasized to work with dedication and zeal to ensure that the whole exercise is completed within a time bound manner with 100 per cent enrolment of eligible voters and directed them to complete registration of eligible voters within stipulated time.

DC Shopian for tightening noose on drug peddlers, intensifying IEC activities

Chairs NCORD meeting; emphasises on massive engagement of youth, local committees in fight against Substance Abuse

JJ NEWS SERVICE

SHOPIAN, MAY 04: In order to review the measures taken by the stakeholder departments to curb the substance abuse and narcotics trade in the district, the Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today convened District Level Committee meeting of Narcotics Coordination (NCORD) at Shopian here.

The DC was intimated about the action taken reports and measures being taken by the police, revenue, drug control, health, social welfare, excise and other departments to curb the menace. He also reviewed the institutional facilities in place in the district for drug rehabilitation and treatment.

He asked officers of concerned departments to be coordinated and more effective efforts to contain the

drug peddling and tighten noose on peddlers, including on medical stores found involved in the trade.

The DC instructed for intensifying poppy destruction drives, massive IEC campaigns through various media and across the educational institutions.

He exhorted the YS&S department to ensure the involvement of youth and students in various sports activities.

Both DC and SSP emphasised upon

the need of conducting awareness camps in schools and colleges on mass scale to sensitize the youth about hazards and ill effects of consuming drugs. SSP Shopian Tanushree also intimated about the action taken by the department to control the menace.

ACR Shopian, SDM, Zainapora, ASP, Shopian and other concerned district/tehsil officers were present in the meeting.

DDC Udhampur reviews progress under Jal Jeevan Mission in district



JJ NEWS SERVICE

UDHAMPUR, MAY 04: To review the progress of Jal Jeevan Mission in the district, the District Development Commissioner Udhampur, Sachin Kumar Vaishya convened a meeting of Officers of Jal Shakti Department and other concerned at Mini Conference Hall DC Office Udhampur. Superintending Engineer Hydraulic Circle Udhampur alongwith Technical team and Additional District Development Commissioner Ghan Sham Singh were also present. At the outset Executive Engineer, Ashok Kumar Sharma briefed about the progress of all the 159 schemes executed under Jal Jeevan Mission to provide safe drinking water supply in rural areas.

All the executed schemes and their latest status was discussed during the meeting and instructions were issued to concerned to intensify the process of execution. The directions were also issued by the District Development Commissioner for speeding up the tendering process and the completion of the schemes in a mission mode manner. While reviewing the progress of the scheme, the DDC said that the Jal Jeevan Mission is centrally sponsored scheme launched by the government of India with an objective to provide safe drinking tap water to all households across the nation. He asked the Jal Shakti Department to gear up the men and machinery in coordination with other departments for effective implementation of the scheme on ground.

The DDC exhorted the officers of the Jal Shakti Department to work with enthusiasm and zeal for the effective implementation of the schemes in letter and spirit in the district. He urged the general public to come forward for availing the benefits of various schemes and programmes.

DDC exhorted that PRIs should be actively involved in planning of Jal Jeevan Mission and sensitization of public regarding Jal Jeevan Mission.

KISAN SAMPARK ABHIYAN is big hit among J&K Farmers

57,000 farmers participate in first Two Rounds; 17 More rounds to follow until August 31, 2023

JJ NEWS SERVICE

SRINAGAR, MAY 4: The KISAN SAMPARK ABHIYAN has been a resounding success, with 57,000 farmers participating in the orientation programme during the first two rounds, which began on April 24. The second round, held from May 1 to May 3, saw a massive turnout of farmers. The programme has covered a total of 525 panchayats in two rounds conducted until May 3.

An overwhelming response has been received from the farming community in all districts across the UT. The Agriculture Production Department in the UT of J&K is currently engaged in an extensive farmer orientation exercise, the first of its kind. Under the KISAN SAMPARK ABHIYAN, ambitious goals have been set to reach every

farmer in every Panchayat of the UT within the next four months. The exercise started on April 24 and will continue until August 31, 2023, planned under the HOLISTIC AGRICULTURE DEVELOPMENT PROGRAMME (HADP), a turnaround programme recently approved by the UT Govt in the agriculture sector.

All districts in the UT are holding the Kisan Sampark Abhiyan - Orientation programme at the same time. The first three days of the week are designated for the program's operation. The government has released a thorough calendar specific to each district. Officers and officials from the Agriculture, Animal/Sheep Husbandry, Horticulture, Sericulture, and Fisheries Departments who were trained in advance during the 641 training sessions held through-

out all districts from January to April are acting as the resource persons for the farmers' orientations. A creative method has been implemented to use short films/videos to describe the various initiatives and projects.

The farmers will be shown a total of 49 short films/videos about HADP and other centrally supported programmes at various locations in J&K.

The use of audiovisual aids to explain the schemes engaged and engrossed the farmers. In addition to this, a Q&A session was held following each video screening session to address farmers' concerns. Pamphlets/brochures detailing all programmes were given to the farmers in Hindi, Urdu, and English. These brochures also included contact information for every department under the UT's agriculture production department.

A Baseline survey/Skill gap study of the farmers is also being carried out simultaneously during the Kisan Sampark abhiyan. The data of farmers is being captured using IT tools to have a holistic assessment of the state of agriculture and farmers in the UT.

Through the use of KISAN SATHI - the IT Dashboard created for the schemes - farmers were informed about the method of application under these programmes. Farmers can quickly register on the KISAN SATHI Portal and apply for any of the schemes without having to physically visit an office by scanning the QR codes on the pamphlets.

Farmers were also made aware of DAKSH KISAN, a Learning Management System (LMS) designed to help them increase their skills. The Agriculture Production

Department has created DAKSH KISAN, a first-of-its-kind learning management system exclusively for the farmers in the country, where farmers can enrol for free in 118 skill-building courses, organised according to the agro-climatic zones of the J&K UT. Farmers can register for free and enrol in any skilling course of their choice at the DAKSH KISAN Portal by scanning the QR code.

Power shutdown

JJ NEWS SERVICE

SRINAGAR, MAY 4: Power Controller Kashmir has informed that, the power supply to Receiving Stations Pnirjura, Choudrigund and Arabama shall remain affected on May 05 from 10 am to 4 pm.