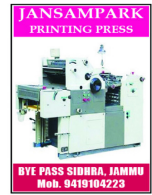




JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 111 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages223@gmail.com

Lt Governor conducts on-site inspection and reviews ongoing construction work of Transit Accommodation at Zewan

AGENCIES
SRINAGAR, MAY 14

Lieutenant Governor Shri Manoj Sinha conducted on-site inspection and reviewed ongoing construction work of the transit accommodation for PM Package employees at Zewan, today. The Lt Governor appraised the progress of works being carried out at the site, and directed the officials for timely completion of the project. The housing colony at Zewan will have 39 blocks



comprising 936 residential units. Earlier in the month of April this year, the Lt Governor had inaugurated newly constructed 576 residential accommodations for PM Package Employees at Baramulla, Bandipora, Ganderbal & Shopian. Shailendra Kumar, Principal Secretary, Public Works (R&B); Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Kumar Bidhuri, Divisional Commissioner Kashmir and other senior officials were present.

PM interacts with Walmart CEO Doug McMillon

AGENCIES
NEW DELHI, MAY 14

Prime Minister Narendra Modi said he held insightful discussions with Walmart CEO Doug McMillon, and he is happy to see India emerge as an attractive destination for investment.

In a tweet, the PM said of his meeting with the Walmart CEO on Saturday: "The meeting with Mr. Doug McMillon, CEO of @Walmart, was a fruitful one. We had insightful discussions on different subjects. Happy to see India emerge as an attractive destination for investment."



The Walmart CEO thanked the Prime Minister for the meeting and said the company is working toward exporting \$10

billion a year from India by 2027 and is looking to make India a global export leader in toys, seafood and other goods.

"Thank you Prime Minister @narendramodi for a great conversation. We are working toward exporting \$10B per year from India by 2027 and are committed to strengthening logistics, skill development & supply chains to make India a global export leader in toys, seafood & other goods."

"The visit with Prime Minister @narendramodi reinforces the shared value we bring working alongside India. Together, we'll continue to support the country's manufacturing growth and create opportunity." - CEO Doug McMillon."

CONTINUED ON ► PAGE 4

China, Russia are increasing their military collaboration, Japan's foreign minister warns

JNEWS SERVICE
STOCKHOLM, MAY 14

Japanese Foreign Minister Yoshimasa Hayashi expressed concern on Saturday about Russian and Chinese military cooperation in Asia and said the security situation in Europe could not be separated from that in the Indo-Pacific region since Moscow's full-scale invasion of Ukraine.

Speaking at a meeting of European and Indo-Pacific foreign ministers in Sweden, Hayashi said Russia's war in Ukraine had "shaken the very foundation of the international order" and must face a united response by the international community.

"Otherwise, similar challenges will arise in other regions and

CONTINUED ON ► PAGE 4

Security forces bust militant hideout in J&K

JNEWS SERVICE
SRINAGAR, MAY 14

Security forces on Sunday busted a militant hideout near the site of an encounter in Jammu and Kashmir's Anantnag district, officials said.

They said there was a brief exchange of fire earlier at Andwan Sagam area of Anantnag early morning following a tip off regarding the presence of militants in the area.

"As the security forces approached the suspected area, the hiding militants



ing the presence of militants in the area. "As the security forces approached the suspected area, the hiding militants

fired upon them and the fire was effectively retaliated," a security official said. However, he said after

the initial fight there was a lull and no fresh contact was established with the militants so far.

Security forces later busted a hideout near the site of the encounter and recovered some arms and ammunition, blankets and eatables, he said.

"Police and security forces are on the job," a police spokesman said, adding further details are emerging.

Weather turns pleasant as rains lashes most parts of J&K

JNEWS SERVICE
SRINAGAR

Most parts of Jammu and Kashmir were lashed by rains that turned the weather pleasant even as Meteorological departments predicted a brief spell of rain or thunderstorm at scattered places on Sunday. The Met office said weather is likely to



remain mainly clear in J&K today. However, a brief spell of rain or thunderstorm may occur at scattered places toward late afternoon or evening. "There is no forecast of any major rain for the next one week", it said.

It said the weather is likely to remain partly cloudy with possibility

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BJP devoted to the welfare of people of J&K: Ravinder Raina

JNEWS SERVICE
JAMMU, MAY 14

Bharatiya Janata Party is devoted to the welfare of common people of Jammu & Kashmir, said Ravinder Raina in a meeting of senior party leaders at party headquarters, Trikuta Nagar, Jammu. J&K BJP President Ravinder Raina accompanied by General Secretary (Org.) Ashok Koul, General Secretary Adv. Vibodh Gupta and General Secretary Dr. Devinder Kumar Manyal was addressing a meeting



of senior party leaders to discuss the forthcoming party programmes.

J&K BJP Vice-President Sham Lal Sharma, Vice-President Yudhvir Sethi, BJP NEM Priya Sethi, Dr. Drakshana Andrabli, Adv. Sunil Sethi, Sarbjit Singh Johal, Vikas Choudhary,

Neelam Langeh, Sanjita Dogra, Arun Dev Jamwal, Pawan Sharma, YV Sharma, Tilak Raj Gupta, Sanjay Baru, Dr. Pardeep Mahotra, Ankit Gupta, Adv. Ishant Gupta, Parmeesh Mahajan, Narresh Singh Jasrotia, Ritika

CONTINUED ON ► PAGE 4

Northern Railways widens ambit in Kashmir as train set to reach Bla's Uri

JNEWS SERVICE
SRINAGAR, MAY 14

In a significant development, the northern railways is all set to start work on the 50-kilometers Baramulla-Uri stretch in Kashmir, for which tenders have been floated, officials said on Sunday.

Once the project is completed, the border area of Uri will get connected with the railways.

That Northern Railways is mulling to begin Final Location Survey (FLS) for new Baramulla-Uri line and for which proposals



are being invited by the Ministry.

"Tenders have been floated for Engineering survey work of a Railway line/roadway using

modern survey techniques such as Aerial Survey (Aerial Photogrammetric survey or Aerial LIDAR) and GPS

CONTINUED ON ► PAGE 4

Praveen Sood has been appointed as the Director of the Central Bureau of Investigation

AGENCIES
KARNATAKA, MAY 14

Director General of Police Praveen Sood has been appointed as the next director of the Central Bureau of Investigation, a government order said on Sunday.

Praveen Sood is a 1986-batch Indian Police Service (IPS) officer of the Karnataka cadre, officials said. Praveen Sood has been appointed to the CBI director's post for a period of two years from the date of taking charge

after Subodh Kumar Jaiswal completes his tenure on May 25, they said.

In the order, the Department of Personnel and Training said, "Approval of the competent authority is hereby conveyed to the appointment of Praveen Sood, IPS (KN-86) as Director, Central Bureau of Investigation (CBI) for a period of two years from the date of assumption of charge of the office vice Subodh Kumar Jaiswal, IPS (MH-85) consequent upon completion of his tenure."

Alarm bells ring among scientists, authorities after Alligator Gar Fish found in Dal Lake

JNEWS SERVICE
SRINAGAR, MAY 14

The discovery of a carnivorous Alligator Gar fish in Kashmir's famous Dal Lake has set the alarm bells ringing among scientists and authorities as its presence poses a great threat to the native fish species.

The ray-finned euryhaline fish having a mouth like that of an alligator was caught during a dewatering operation in the famous lake.

"This is an Alligator Gar fish which is normally found in North America and some parts of India like Bhopal upper lake and Kerala backwaters. Being a predator fish and a carnivore, it poses a threat to native species of Dal Lake," Dr Shafeeqa Peer, a scientist at the Lake Conservation and Management Authority (LCMA) told PTI.

Peer said it was a matter of concern as to how this fish has invaded the water system of Kashmir.

"What will be the fate of our native fishes? In certain places like Bhopal, it has been banned as it thrives on other small fishes. It poses a threat to other species and we have not yet come across this type of species here," she added.

Peer said the LCMA has now collaborated with the Department of Fisheries and Fisheries division of Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST)



to look for any other Alligator Gar fish in the lake.

"We will launch a massive hunt to ascertain whether it is just one fish, is it accidental or some-

body has played mischief? There are a lot of questions, especially from the ecology and biodiversity point of view," Peer said.

Attallah Khan, Senior

project officer at the fisheries department, said as of now, two Alligator Gar fishes have been caught. "These fishes are native to America but Aquarium keepers somehow get these fishes for their Aquarium and when they overgrow they take these fishes and put them in nearest water bodies," Khan said.

The officer said there was nothing to panic about as every step will be taken to safeguard the water bodies.

"We are taking custody of the fishes for a study in collaboration with the Fisheries department of SKUAST" and accordingly we will take necessary measures," Khan said.

He said the Biological Diversity Act 2002 prohibits the presence of any kind of invasive fish species that can be hazardous to natural fish fauna.

"This is a carnivorous fish, this is an apex predator, very predatory in nature. Whatever comes

in its way, it can kill that (fishes). Whenever any species of any fish is introduced which have predatory nature, it is detrimental for the local fish fauna of that area, same is with our fish fauna of Kashmir," he added.

Khan said there can be some more such fish. "As of now, we cannot say they have been adopted in natural water bodies of Kashmir because we have not come across such fish earlier," he said.

Shiv Sena vows to intensify its agitation against collection of registration fee for Amarnath Yatra



J I NEWS SERVICE

JAMMU, MAY 14: Seeking free registration of Annual Shri Amarnath Yatra for pilgrims, J&K Shiv Sena (Uddhav Balasabhe Thackeray) unit has decided to continue its ongoing agitation till the government will not consider its demand. This was stated by Manish Sahni, President J&K Shiv Sena unit while addressing a press confer-

ence at Party office here today. Sahni said that the Party High Command has given instructions to intensify and continue the movement until a decision is taken in favor of the above demands. He said that a team of party state leaders led by him had met party Yuva Sena chief and MLA Aditya Thackeray in Mumbai on May 11 and handed over a memorandum demanding

registration of Holy Shri Amarnath Yatra to be made free. Sahni said that Aditya Thackeray, while expressing his strong displeasure over the recovery in the name of registration from Hindu religious pilgrims, has raised his voice on this issue before the Governor of Maharashtra and the Lieutenant Governor of Jammu and Kashmir and assured an appeal for relief.

Following the instructions of Party High Command, Sahni informed that the Party is going to hold protest at Jantra Mantra in Delhi in the next few days in which senior leaders of the party including Shri Raj Mata Jhande Wale Mandir, Swami Rajeshwaranna Maharaj from Delhi, Avsant Samal, National President of Uttar Bharatiya Ekta Manch Ashok Tiwari, Delhi State President Vikram will join the protest. Sahni warned that the Party will continue and intensify its ongoing agitation till the government will consider its demand with regard to make registration free for Annual Amarnath Yatra this year.

Among those who were present in the press conference include President Mehila wing Meenakshi Chibber, Chairman

BJP accepts people's verdict with humility, down but not out: Kavinder Gupta

J I NEWS SERVICE

JAMMU, MAY 14: Senior BJP leader and former Deputy Chief Minister Kavinder Gupta on Sunday said that his party accepts with humility the verdict of people in Karnataka polls. In a statement issued to media persons, Kavinder said that BJP is down but not out as it accepts the judgement of people of Karnataka with deep sense of humility. The BJP stalwart however in a strong rejoinder to NC Chief Ferooz Abdullah and PDP Minister Mehboba Mufti, who gave statements against BJP after it lost polls in south Indian state, said that contrary poll result in one state is in no way reflects the mood of the country and soon the BJP will make a comeback. He said that BJP always respects the mandate of people in and for sure the anti incumbency has played a spoilsport for the party in Karnataka.



The senior BJP leader said that irrespective of poll outcome the Safron party shall continue to serve people from north to south and east to west, as BJP is merely not only a political party but a movement for which the nation is the top priority and rest of the things come later. In response to Omar's remark on delay in Assembly polls in J&K, Kavinder made it clear that BJP is ready for polls and as per Home Minister Amit Shah decks have been

cleared for early polls in J&K and the UT is witnessing poll preparations. He said that soon ECI team shall visit J&K and its upto ECI to announce election schedule in J&K. Kavinder said that overconfidence of parties like NC and PDP will make a nose dive after the poll outcome in J&K as people are with BJP and its agenda of development and peace, and not with the divisive parties which wanted to encash sufferings of the people by continuing to keep the pot of unrest boiling in J&K. The former deputy chief minister said that people in J&K are showing full confidence in the plans and policies of BJP and the colossal development which it has ensured in the last eight-nine years and therefore polls in J&K will in actual show the mirror to those dynastic parties, which have usurped the resources of the region in the last over 70 years to satiate their vested interests.

Yuva Bharat in collaboration with IIMC organises Dwand: Battle of words



J I NEWS SERVICE

JAMMU, MAY 14: Yuva Bharat in collaboration with Indian Institute of Mass Communication, Jammu organises an inter college debate competition on the theme 'AI can do more harm than good' in the Indian Institute of Mass Communication campus, Jammu, on Sunday, May 14. The illustrious panel had Dr. Vishal Sharma, head, Department of Electronics, MAM college as the keynote speaker while Dr. Dilip Kumar, Associate professor, IIMC and Amullaya Gupta, Coordinator, Yuva Bharat, were also the other prominent speakers present at the event. Defining the Yuva Bharat, Amullaya Gupta, Coordinator of Yuva

Bharat, said "Yuva Bharat is an organisation of the people, by the people and for the people". It will operate from Jammu and in the near future wishes to organise events on a grand scale that is 3 to 4 years back nobody had ever thought that anybody can earn by dancing, cooking or decorating their house etc. But, today it's in front of our eye, many people are earning through their hobbies and following their passion." "Seeing both positive and negative side of the coin is important," he added. He also took back AI to the age of mythology and explained how AI was prevalent in ancient periods. He said that 'AI has got its mention even in Hindu mythologies like Ramayan and Mahabharat'.

Further, Dr. Vishal Sharma, the keynote speaker and head of Department of Electronics, MAM college, spoke about the positive impact of Artificial Intelligence. He said "from now to few years back nobody had ever thought that anybody can earn by dancing, cooking or decorating their house etc. But, today it's in front of our eye, many people are earning through their hobbies and following their passion." "Seeing both positive and negative side of the coin is important," he added. He also took back AI to the age of mythology and explained how AI was prevalent in ancient periods. He said that 'AI has got its mention even in Hindu mythologies like Ramayan and Mahabharat'.

The event witnessed the participants from various colleges of Jammu like MAM College, Jammu University, Central University of Jammu and Indian Institute of Mass Communication. According to the rules of the competition, each participant had to either speak in favour of the topic or against- as in 'Artificial Intelligence does harm more than good'. While students like Nipun, Abrar Ullat, Arti Tunaak, Sneha Chambial spoke in favour of the motion while students like Kratika Sharma, Kumari Pooja, Ashmit Jambiyal, Bhoomi Kaul, Mohammad Ashfaq and Aditya Singh spoke against the motion. The event ended with the participants receiving the participation certificate and winners receiving cash prizes. Romani Gupta stood first in this competition and won the cash prize of 75000. While Kritika Sharma came second and Aditya Singh, student of IIMC, Jammu stood third. Finally, Dr. Dilip Kumar, Associate professor, IIMC, gave a vote of thanks and the event concluded.

Jyeshtha monthly Shivratri fast on May 17: Mahant Rohit Shastri

J I NEWS SERVICE

JAMMU, MAY 14: From the point of view of astrology, Lord Bholenath i.e. Shiva himself is the Swami of Chaturdashi Tithi and monthly Shivratri is celebrated on the day of Chaturdashi of Krishna Paksha of every month. Jyeshtha Masik Shivratri in the context of Masik Shivratri festival Shri Kailash jyotish avim Vedic Sanshanat President Mahant Rohit Shastri told that the Chaturdashi Tithi of Krishna Paksha of Jyeshtha month will start on Wednesday, May 17 at 10:29 PM and Chaturdashi Tithi will end on May 18, Thursday, at 09:44 PM. Ratri Jyeshtha Masik Shivratri auspicious time is being received on Wednesday, 17th May. That's why this year Jyeshtha Masik Shivratri will be celebrated on 17th May, Wednesday only. On this day, Shiva devotees start gathering in Shiva temples from early morning. Ganga water, milk, curd, ghee, honey, flowers, swach vastar, bilva leaves, incense, lamp, naivedh, sandalwood paste, seasonal fruits, Aak Dhatura flowers, rice etc. are offered to the Shiving after fasting, Worshipping Shiva on the day of Shivratri, reciting Shivratan, Rudrabhishek, Shiva Katha, Shiv Stotras and 'Om Namah Shivaya' by staying awake at night gives results similar to Ashwamegh Yagya and fasting on Shivratri leads to salvation. Shiva worship is the destroyer of all sins. Shivratri has special significance for women. Unmarried women pray to Lord Shiva to get a husband like them. On the other hand, married women wish

good luck for their husbands and family. Those observing the fast of Masik Shivratri should meditate on Lord Shiva Shankar throughout the day of fasting. After taking bath in the morning, a rosary of Rudrakshi is worn by applying Tilak of ashes. Worship of Shiva strengthens the will-power and communicates indomitable courage and perseverance in the heart. Special care should be taken not to eat Prasad offered to Bholenath, if there is Shaligram near the idol of Shiva, then there is no fault in eating Prasad. * Shiv worship according to zodiac * :- Performing Mahashivratri, monthly Shivratri, every day or every Monday will give great benefits and satisfaction to all Shiva devotees. *Aries* Mix jaggery, sugarcane juice or honey in the water of Shiva devotee of Aries sign, anoint Bhole, after anointment, apply Tilak on Shiving with red sandalwood and offer Belpatra to Shiva by writing Om Namah Shivay on the belpatra with red sandalwood as much as possible. Chant red flowers and Om Namah Shivay. Donate Shivpuran to 11 Brahmins. *Taurus* Taurus - Shiva devotees of this zodiac should anoint Shiva with cow's milk, curd, besides rice, white sandalwood, white aak, white cloth to Lord Shiva. And jasmine flowers should also be offered and Mahamrityunjaya mantra should be chanted. Vedpathi should donate Rudraksha beads to 11 Brahmins. *Gemini* Gemini - Shiva devotees of this zodiac sign should offer Rudrabhishek to Lord Shiva with sugarcane juice, apart from Bel Patra Shami Patra, also offer whole green

moong, bharg, durva and kush to Lord Shiva. Shiva devotees of this zodiac should recite Shiva Chalisa. And offer 11 Shiva Chalisa in the Shiva temple. *Cancer zodiac sign* Shiva devotee of cancer zodiac sign Bholenath Shiva should be anointed with milk, curd and desi ghee and also offer Sabut Akshat, white rose flower and conch flower while applying tilak with white sandalwood. Recite 11 lessons of Shivashtak along with donating white clothes to Shiva devotees. *Leo sun sign* Shiva devotees of Leo zodiac sign should anoint Lord Shiva by adding jaggery, red sandalwood and honey to the water. Apply red flower, red sandalwood tilak to Lord Shiva. Kheer made of jaggery and rice, distribute prasad in Shiva temple, recite Shiv Mahimna Stotra. Donate 11 garlands of Kamalagatta. *Virgo sun sign* Perform Rudrabhishek with sugarcane juice to Shiva devotees of Virgo zodiac, offer betel leaf, dhatura, cannabis and durva to Bholenath ji. Read or listen to the story of Shiva Purana. *Libra* Shiva devotees of Libra zodiac sign should anoint Shiva with jasmine oil, curd, perfume, ghee, milk, apply white sandalwood tilak, donate white clothes, offer sugar candy and pudding to Lord Shiva and donate in Shiva temple, Shivtantan Recite the hymn. *Scorpio* Devotees of Shiva of Scorpio zodiac sign should mix jaggery, red sandalwood and honey in water and anoint Lord Shiva with Pancharrit, offer saffron and red flowers to Lord Shiva, offer red pudding and donate. Remember the 1000 names of Lord Shiva.

Natrang stages comedy play 'Hangama Ho Gaya' in its Sunday Theatre Series



J I NEWS SERVICE

JAMMU, MAY 14: Natrang presented a super comedy play 'Hangama Ho Gaya' today in its weekly Sunday Theatre Series. Written by Ashok Mishra, this hilarious comedy was directed by Neeraj Kant which received repeated applause and laughter. Primarily an actor's show this situational comedy generated through the unexpected and highly

improvised events were appreciated by the audience. The entire hilarious action opens at the residence of a wealthy man 'Chaggu Mal' who had advertised for a suitable match for his only daughter and he had organized an interview for the same. Looking at the lucrative prospect, a huge crowd gathers at his gate and most of them come because of sheer greed without even looking at

their own eligibility of being the prospective groom for a girl of that much calibre. The situation becomes even more dramatic when a number of people add to the crowd without even knowing the purpose. The heartbeat of 'Chaggu Mal' fastens as all of them were without any worth, every new person entering the interview room adds on to his tension and palpitation. The prospective grooms were

also shown in a caricature manner where they had dramatic flaws which made the audience laugh and create situational and unavoidable comedy in the play. After a long and hard day, dealing with the meaningless and tiring interviews, 'Chaggu Mal' receives shocking news that the daughter for which he was looking for all this trouble, had already selected her life partner and informs him through a letter about her decision to marry him. Natrang actors who performed in the play included Mahikshit Singh, Mihir Gujral, Aadesh Dhar, Sheryaar Salaria, Abhimanyu Choudhary, Kushal Bhat, Kuldeep Angral, Vishal Sharma and Sumit Bandarai. Lights were operated by Neeraj Kant whereas the music was rendered by Brijesh Avtar Sharma. The show was coordinated by Mohd. Yaseen.

AAP's resounding victory in Jalandhar endorsed people's faith in party: Tony, Kundal

Dance on Dhol beats, distribution of sweets mark celebrations by AAP workers in Jammu

J I NEWS SERVICE

JAMMU, MAY 14: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and DDC Member Suchetgarh said that AAP's resounding victory has endorsed the fact that people in Punjab are more than satisfied with the work of Bhagwant Mann government. He was addressing party workers here at Narwal Pain during the celebrations of the victory of party in Jalandhar constituency. Senior AAP leader and former Minister Yashpal Kundal was also present. The workers earlier danced on the Dhol beats and distributed sweets among the people to mark the party's victory with thumping margins of over 58000 votes. It is pertinent to mention that the Aam Aadmi Party has broken Congress's 24-year grip on



the Jalandhar Lok Sabha constituency with a huge margin of votes. The victory marked AAP's re-entry to the Lok Sabha as CM Bhagwant Mann had resigned from Lok Sabha after winning the Assembly seat in Punjab before taking the charge as CM. Tony while speaking at the celebration site said that pro-poor policies of AAP have been acknowledged by the people of Punjab and the enormous margin of votes in the political contest is testimony to the fact that people are happy with the working of AAP in the neigh-

bouring state. Talking on the decimation of BJP in Karnataka Assembly election, Tony said that the poll outcome in the southern state is defeat of communal forces. He congratulated the people of Karnataka for ensuring victory of the secular forces and ouster of the party which plays politics using divisive agenda by creating wedge among people on the religious lines. Yashpal Kundal in his address said that only the AAP government in J&K can provide succor to the people like the cases of Punjab and Delhi. He said that people should gauge by themselves the difference between AAP and the parties which rely solely on communal basis creating fissures among the society and differentiating people on different lines including colour, caste and creed. He assured that the AAP government in J&K will ensure equitable development with no discrimination at all. Party leaders Amit Kapoor, Partap Jamwal, OP Jamwal, Mandep Choudhary, O.P Khajuria, Nirmal Mana, Appu Singh, D.C Raja and Parvinder Singh were also present.

NGO SUPPORT celebrates Women's Achiever's Award 2023



JIN NEWS SERVICE

JAMMU, MAY 14: Celebrations of Women's Achiever's Award 2023 was organised by NGO SUPPORT. An unmatched movement in Women's Empowerment. This award function is a testimony to the accomplishment of women across from various domains. The first of -its kind Women Achievers Award Ceremony, which has proven it's credibility over the past few years while consistently growing from strength to strength, was held at Anutham Hotel. The event was attended by Kunwar Rani Ritu Singh grace the

occasion as the chief guest. Dr. Shashi Sudan Principal Govt. Medical College Jammu presided over as the guest of honour. The Awe-inspiring evening recognised prominent women achievers who made an arduous attempt to bring the unknown, unsung Women to the Forefront from all spheres from society, without any bias. "Fare and transparent", the soul purpose is to empower women every year that we eagerly await to learn, meet and associate with the extraordinary Women Achievers and get a glimpse of their incredible journey. NGO SUPPORT works with the vision to encourage and empower women from Rural and Urban belts of J&K to pursue their dreams and nudge them towards success. Kunwar Rani Ritu Singh and Dr. Navneet Kour presented the awards to 32 women achievers and congratulated them for their accomplishments. Dr. Kour stated that, "it surprises me on how far we have come in this journey, as it has been exceptionally empowering women every year that we eagerly await to learn, meet and associate with the extraordinary Women Achievers and get a glimpse of their incredible journey. NGO SUPPORT has pledged to pursue and

to accomplish every year to enhance the lives of other women through this platform, so that the women get that bursts of enthusiasm to succeed. The chief guest lauded and said, " NGO SUPPORT is not just a brand or an award giving platform but it is a society with a revolutionary movement, a motivating force, and a ray of hope!! And we are all set for!! Welcome Women Achievers all across J&K. With the Women Achievers Award by NGO SUPPORT every year. The achievers celebrated with the cake cutting ceremony by Kunwar Rani Ritu Singh. The fun games for women were organised by the team of NGO SUPPORT. Dr. Alka Sharma anchored the entire event engaging the Audience with her extra ordinary presentation. The Sponsors for this event were Sanjeev Mahajan, Ashish Thakur and Mr. Tenny Madan. In her vote of thanks Dr. Navneet kour congratulated all the women's achievers and their mothers, and expressed her gratitude to all the guests and delegates.

GDCT organises one day tribal youth convention

JIN NEWS SERVICE

GANDERBAL, MAY 14: Gurjar Desh Charitable Trust (Regd.), a premier organization of Gujjars and Bakerwals of J&K, organized a "One Day Tribal Youth Convention" to felicitate & honour the meritorious Persons/Students who have excelled in the field of Sports, Media, Art/Culture & Academics today on May 14, 2023 (Sunday) in the Sahir Ludhianvi Cultural Hall of GDCT Complex Jammu. Dr. Shahid Iqbal Choudhary IAS, (Secretary to Govt. Tribal Affairs Dept./CEO Mission Youth) was the Chief Guest on the occasion. In the Welcome Address General Secretary GDCT Mr. Shareef Chouhan welcomed the Chief Guest & other Dignitaries, Trustees, Awardees, Staff & Students of K.B.P.S., Students & Scholars of Jammu University/Students of PG Gujjar & Bakerwal/Houses of Jammu, Media Persons, other prominent personalities belonging to different social organizations, Fanchs & Sarpanches. The prominent among those include Chairman Advocate Shah Mohammad Choudhary, Sr. Vice Chairman Ch. Arshad Ali, Vice Chairman Ch. Hamid Hussain, Financial Advisor Dr. Meraj Din, Master Hasham Ali Patron, Jnb. Bashir Ahmed Noon, Advocate Anwar Choudhary, Jnb. Sajad Majeed Chechi, Advocate Mushtaq Ahmed, Jnb. Shouket Pervez, Jnb. Mohd Aslam, Jnb. Mohd Yusuf

Khepar, Jnb. Er. Gulam Rasool, Jnb. Rashid Ahmed Chowdhary, Advocate Aslam Khan, Jnb. Mohd Khaliq, Jnb. Tariq Abrar, Mtr. Farida Javed, Mtr. Naseem Akhter, Dr. Mussarat Choudhary, Adv. Jameel Choudhary President Youth Wing GDCT, Mr. Yaseen Choudhary General Secretary Youth Wing GDCT, Jnb. Abdul Khabir Deputy Director Tribal Affairs Dept., Dr. Dawid Rahi, Haji Mohd Yusuf Jajnu President J&K Gujjar Bakerwal Conference, Jnb. Shabir Choudhary SSP Retd., Jnb. Abdul Gani SP Retd., Jnb. Sardar Khan SP Retd., Mtr. Parwaz Chouhan, Mtr. Shagufta Choudhary Assistant Warden P.G. G&B Girls Hostel Jammu, Jnb. Khalil Ahmed, Haji Abdul Fareed Phram, Jnb. Mohammad Shafi Chairman Gujjar Colony Welfare Committee, Jnb. Hafiz Ullah Sarpanch Raika, Ms. Shazia Choudhary, Jnb. Jalal Din Fani, Jnb. Mohammad Syed President Dhoodhia Gujjar Association Jammu Province, Mr. Basharat Phram, Ms. Radhu Gupta Principal. During Welcome Address the General Secretary also paid rich Tribute to Baba e Qoum Dr. Masud A Choudhary Founder GDCT. This programme is continuation of the mission started by Late Dr. Masud Choudhary Saheb to work for the welfare & upliftment of the community. This time GDCT decided to connect with the youth of the community by encouraging them to

work harder to succeed in their lives. Chairman of the Trust during his speech described the aims & objectives of the Tribal Youth Convention & he emphasized the youth to work hard & succeed in their respective fields of Education, Sports, Art/Culture & Media as well. During the Convention different items of traditional Gojri Culture were presented by different Artists like Gojri Geet by Ms. Anisa Karim, Gojri Bait by Mr. Gulnaz Chouhan, Traditional Gojri Dance & Song by Mr. Sadakkt Ali Bajran & Party, Gojri Rapp Song & Action by Mr. Amir Chouhan & traditional Gojri Song by Ms. Naseem Akhter Kasana. The audience present in the Hall were fully entertained by the live performances of the Artists & the performers were appreciated with loud clappings. The Chief Guest in his speech shared his long association, experience with Dr. Masud A Choudhary Founder GDCT, Founder VC BGSBU & former ADGP, he appreciated the contributions made by Dr. Masud Choudhary Saheb. He stressed on youth of the community to contribute their services to the society. He also appreciated the efforts made by GDCT management to Honour the Youth of the community. He further said that it will be a true homage to Baba e Qoum Dr. Masud A Choudhary.

Modi Govt committed to again make J&K first choice of film makers: Nitish

JIN NEWS SERVICE

JAMMU, MAY 14: Nitish Mahajan, BJP leader and Co-incharge Social Media Department, J&K, said that the BJP Government led by PM Narendra Modi is keen to again make Jammu and Kashmir first choice of film producers for shooting their flicks in nature's bountiful locations across the UT. In a statement issued to media persons, the BJP leader said that people having knowledge about J&K's past know well that in the 1960s, 70s and even 80s, Kashmir was the first choice of the Indian film makers but with the advent of Pak sponsored terrorism in the 1990s things got toppled and film makers started heading towards Europe and other destinations for shooting of their films giving a setback to people associated with the film industry in Kashmir. Nitish said that it was the revolu-



tion for film shootings. He said since the launch of New Film Policy, there has been a huge surge of film and web series productions over the past year. Nitish said that the burgeoning number of films, web series, and dramas shot in the region - totalling approximately 200 in the last year - stands as a promising sign of progress. The senior BJP leader said that film tourism will play a pivotal role in the region's revitalization plans and to boost the local economy which is the need of the time especially after the end of the pandemic which has affected the economy badly due to regular lockdowns. He said that the government has been taking many prolific steps to promote film tourism, especially the establishment of an online portal to facilitate film-related activities and enabling atmosphere for filmmakers. He said since the launch of New Film Policy, there has been a huge surge of film and web series productions over the past year. Nitish said that the burgeoning number of films, web series, and dramas shot in the region - totalling approximately 200 in the last year - stands as a promising sign of progress. The senior BJP leader said that film tourism will play a pivotal role in the region's revitalization plans and to boost the local economy which is the need of the time especially after the end of the pandemic which has affected the economy badly due to regular lockdowns. He said that the government has been taking many prolific steps to promote film tourism, especially the establishment of an online portal to facilitate film-related activities and enabling atmosphere for filmmakers.

Drug menace posing severe threat to youth population in J&K: Kesri

SHIV SENA HINDUSTAN FRAMES NEW UNIT AT DEOLI, BISHNAH

JIN NEWS SERVICE

JAMMU, MAY 14: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today framed party's new unit at village Deoli of Bishnah Block wherein Rajendra Kumar was appointed President and Raj Kumari appointed Women President, Chanchala Devi, Vice President, Ritu Kumari, Chairman, Lalita Kumari as General Secretary, Anjali Kumari as Secretary and Mossi Bala appointed treasurer. Prominent among those present on the occasion include Balveer Kumar, Balwant Fauji, Raj Kumar, Vishwanath, Labba Baba Sanjeev Kumar, Rajesh Kumar, Darshana Devi, Rajni Devi, Jyoti Devi, Vijay Luthra. Speaking on the occasion, Kesri said that drug menace is affecting both urban and rural areas. The availability and consumption of various kinds of drugs have been on the rise, posing a severe threat to the youth population. Jammu and Kashmir is



grappling with the drug menace. Factually, with a long border and Pakistan being the main hub of narcotics, Jammu and Kashmir has become a transit area for drugs, added Kesri. He said despite numerous measures, narcotics smuggling remains a significant problem even when Government continues to work towards strengthening its efforts to counter the drug menace and reiterated combined efforts are the key to this fight. Kesri claimed that Pakistan has often exploited drug/narco-terrorism as a weapon to generate trouble in J&K. Drug-addicted youth lose their cognitive ability and lock themselves in the chain of narco-abuses. Cognitive impairment accelerates and provides the incentive to radicalize youth in J&K. Pakistan leaves no stone unturned to exploit disorders of narco addicts, which is very unfortunate. Kesri maintained that numerous cases have been there where drug trafficking has been used to finance militant groups operating in the region. The government has taken several measures to combat the issue, including increased surveillance, interdiction operations, and arrests of individuals involved in drug trafficking. However, it remains a challenging problem to eradicate this menace due to the high profits generated by the illegal drug trade and the presence of organized criminal networks, added Kesri. Law enforcement agencies have reported seizing many drugs, including heroin, marijuana, and prescription drugs, to combat the issue. The government has also launched various initiatives and campaigns to raise awareness about drug abuse's dangers and prevent drug trafficking in the region but more needs to be done in this regard, added Kesri.

Sonal Sachdev crowned Mirchi Super Mom at Mother's Day celebration

JIN NEWS SERVICE

JAMMU, MAY 14: Celebrating Motherhood on the eve of Mother's day, a week long campaign Culminated with a super fun event 'Mirchi Super Moms' at Jammu Club. The event was organized by Little Millennium Pre school and Radio Mirchi 98.3 Jammu in collaboration with Volkswagen Jammu, Talla Jewellers, Facecraft salon & spa and Babu Express to celebrate the essence of Motherhood and to ensure that the Mothers take out time for themselves, leaving behind all the stress and day to day chaos. The event was an engaging and informative experience for all attendees, featuring a diverse and impressive lineup of panelists, judges, special guests, and motivational speakers. The panel discussion on 'How a mother takes care of everyone except herself' was moderated by Programming Head of 98.3 Mirchi Ms Shwetima Jamwal, whom we fondly know as 'Jammu di Kudi' and included Dr Ruby (gynaecologist), Dr Surbhi Kadiyar (Surgical oncologist), Shriya Abrol (child psychologist) and Aditi puri (Chief operating Officer P Mark). The esteemed panel provided insights and information on motherhood and parenting. The session focused on advising mothers about improving the quality of their lives while they are creating and nurturing the citizens of



tomorrow. A fulfilled Super Moms contest was also organised in a closely fought contest by over 50 participants who dazzled the gathering with their intrinsic and extrinsic beauty sprinkled with fun and frolic. It was very well hosted by the afternoon jock of mirchi RJ Tani who made sure not just the participants but the audience too stays engaged and entertained. Ms Sonal Sachdev was crowned as Super Mom, Ms Isha as 1st Runner up and Ms Sanchaita Pradhan as 2nd Runner up. The judges for the event included Pooja Jamwal, a lifestyle influencer, and a blogger; Maansi Gupta, Executive Director of MG Design School; and Diva Kapoor, jammu's first female certified tattoo artist and influencer. The event also witnessed Motivational speeches by Ms Kashish Gupta, MD Talla Jewellers and Dr Shelly Dhallam, MD Facecraft Salon And spa. The special guests

included Arti Mahajan, an entrepreneur, fitness expert, and social media influencer; Shally, a yoga teacher and cancer survivor; Dr. Irfah Dil Nawaz, a mom influencer, and digital creator; Komal Manhas, Bureau Chief News 18 India & CNN News 18; Sakshi Khullar, an artist, founder of SKA Studio; and Ilham Goni, a lawyer, entrepreneur, and mom influencer. Speaking on the occasion, Ms Akhila Magotra the Chief Learning Officer of Little Millennium said that Motherhood is a journey like no other. On Mother's Day as we celebrate the idea of motherhood, we also want to shine a spotlight on the extraordinary notion of supermoms. Through sleepless nights, endless cuddles, and boundless sacrifices, mothers show us the true meaning of selflessness and unconditional love. Awarding kudos to all the supermoms she advised to take a moment to recognize their immense dedication and

hard work. Mothers she added are the unsung heroes who make the world a better place, one child at a time with patience, love, and sacrifices for their children who are the building blocks of a brighter future. Mr. Chaitanya Gupta, Sales head & Station head, 98.3 Mirchi's Jammu Station also extended thanks to everyone present for always being such enthusiasts and for welcoming our new Mirchi RJs Mirchi RJ Rohit, Mirchi RJ Tani and Mirchi RJ Chaitanya and for making the event a grand success. He also talked about how the Mirchi team always plans to give the people of Jammu city, experiences to remember and making sure that everyone in the city has something exciting to look up to. Keeping the listener's continued interest in the brand, such shows aims to stay true to its brand philosophy 'It's Hot' by keeping the spark up and going and audience always entertained.

NDPI Chief strongly condemns the JMC staff's murderous attack on Kashmiri Pandit

JIN NEWS SERVICE

JAMMU, MAY 14: National Democratic Party Indian (NDPI) Chief Rajesh Gupta on Sunday expressed his anguish over murderous attack on unarmed Kashmiri Pandit Ravinder Pandita by Municipal Corporation Jammu employees in broad day light near Bus Stand Jammu. JMC staff was checking the illegal use of banned polythene carry bags from shopkeepers near Bus Stand Jammu. The Kashmiri Pandit man

Ravinder Pandita just requested the JMC staff that please don't harass the small vegetable vendors instead you should stop the manufacturing of polythene bags. As he uttered the same JMC staff 6 to 7 in numbers start attacking Ravinder Pandita with iron rods and wooden sticks and kicking him till he fell down unconsciously and he was bleeding profusely then police swung into action and took him to the GMC hospital. There is growing anger among Pandits living in Jammu against the

L-G administration. "One of the most incompetent persons from the cadres of BJP is currently heading J&K, resulting in low law and order situation in J&K. The price of L-G Manoj Sinha's incompetency is paid for by Kashmiri Pandits," NDPI president said. NDPI leader appealed to LG Manoj Sinha to book the goons of JMC and terminate them from the services. It is very astonishing that Kashmiri Pandits are not safe in Jammu itself where should go and there is no freedom of speech.

Piyush Goyal to co-chair the India-EU TTC Ministerial meeting

AGENCIES
NEW DELHI, MAY 15



The first Ministerial meeting of India-EU European Union Trade and Technology Council (TTC) is taking place in Brussels, Belgium on 16th May 2023. Union Minister for Commerce & Industry, Textiles, Consumer Affairs, Food & Public Distribution, Shri Piyush Goyal is one of the co-chairs along with External Affairs Minister (EAM) and Union Minister of State for Electronics and Information Technology (MeitY). The EU side is co-chaired by Executive Vice Presidents Mr. Dombrowskis and Ms. Vestager. The formation of the TTC was announced by the Prime Minister, Shri Narendra Modi and H.E. Ms. Ursula von der Leyen, President of the European Commission in New Delhi in April, 2022 with the objective of creating a High-level coordination platform to tackle strategic challenges at the nexus of trade, trusted technology and security.

On 15th May 2023, Minister Goyal will have a bilateral meeting with EVP Dombrowskis followed by Working Group-3 Stakeholder consultations in the presence of business leaders from both EU and India. The WG3 meeting focuses on Trade, Technology and Resilient supply chains and would have 6 business leaders from EU and India. In the afternoon, the Minister will attend a business event organised by the Federation of Enterprises in Belgium (FEB) and deliver the keynote address. This meeting would involve discussion over the economic footprint of Belgium enterprises in India along with further plans of investments in India. Besides, the three Indian Ministers would also call on the Belgian Prime Minister as well as the President of the European Commission.

Group 1 focusses on digital governance and connectivity while Group 2 deals with clean and green energy technologies. This event will also have about eight business leaders from each side in attendance who will present their views/suggestions. Shri Goyal will deliver a Special Address at this event. This meeting will also see participation of EAM and EVP Vestager. Later in the day, Minister Goyal will attend a bilateral meeting with European Commissioner for Internal Trade, Mr. Thierry Breton wherein issues pertaining to the SME sector, start-up ecosystem and e-commerce will be deliberated upon.

This would be followed by the first ministerial meeting of the India-EU TTC which will be attended by the External Affairs Minister, the Minister for Commerce and Industry and the Minister of State for Electronics and Information Technology. The following three Working Groups under the mechanism will report on roadmaps for future cooperation between the two sides: (1) Working Group on Strategic Technologies, Digital Governance and Digital Connectivity, (2) Working Group on Green and Clean Energy Technologies and (3) Working Group on Trade, Investment and Resilient Value Chains. The first ministerial meeting will lay the roadmap for the cooperation under all three working groups and provide direction to achieve desired outcomes before the next ministerial meeting in the coming year. During the high level meetings with senior leadership of the European Union as well as Belgium various issues of mutual interest including the ongoing negotiations for Free Trade Agreement (FTA), addressing issues of mutual market access, WTO reforms as well as cooperation in several areas of mutual interests would be discussed.

Coal Ministry to Organize Interactive Seminar in Mumbai on "Just Transition Roadmap" As side Event of 3rd ETWG Meeting under G20 Presidency of India

AGENCIES
NEW DELHI, MAY 15

The Ministry of Coal is to organize a seminar on the Just Transition Roadmap, in collaboration with Coal India Limited (CIL) under the G20 Presidency of India in Mumbai on 15th May 2023. To be organized at the Jio World Convention Centre, the seminar will be held as a side event of the 3rd ETWG meeting of the G20 Presidency of India.

The Seminar on Just Transition Roadmap will have two sessions; i.e., inaugural session, which will be followed by panel discussion session. Coal Secretary Shri Amrit Lal Meena will chair and moderate the panel discussion and inaugural sessions. The World Bank and Central Mine Planning and Design Institute (CMPDI) will also deliver presentations on the Just Transition aspects during the seminar. The Seminar aims to facilitate an inclusive dialogue among key stakeholders.

Recognizing the need for a balanced approach towards sustainability, this seminar will explore strategies and initiatives to ensure a smooth and equitable transition from fossil fuels especially coal-dependent economies to more sustainable energy sources without compromising energy security of the nation. During the seminar, a video highlighting Sustainable & Environment-Friendly Initiatives in Coal Sector will be showcased. The study report on Best Global Practices for Just Transition in Coal Sector and three booklets on Bio-reclamation/Plantation, Eco-parks/Mine Tourism, and G20 Special Edition of MineTech on Just Transition will also be released. The seminar will provide the right platform for experts from India and abroad to share their insights, experiences and best practices related to just transition. Participants will engage in interactive sessions and panel discussions. The seminar will witness the presence of dignitaries including government officials, international experts, industry leaders and renowned academicians. The event will encourage robust discussions, knowledge sharing, and collaboration among participants to foster a collective approach towards greener and more sustainable growth.

Delegates arrive for the 2nd G20 Culture Group (CWG) Meeting in Odisha and experience the 'Culture Unites All' Sand Art exhibit at Puri

AGENCIES
NEW DELHI, MAY 15



The delegates from G20 members, guest nations, and several international organisations arrived in Bhubaneswar, Odisha today for the 2nd G20 Culture Working Group (CWG) Meeting. The meeting aims to build on the discussions from the 1st CWG meeting held in February at Khajuraho and the expert-driven Global Thematic Webinars focusing on the four priority areas of the CWG: Protection and Restitution of Cultural Property; Harnessing Living Heritage for a Sustainable Future; Promotion of Cultural and Creative Industries and Creative Economy; and Leveraging Digital Technologies for the Protection and Promotion of Culture.

Meeting the press today in Bhubaneswar, the Minister for Culture, Tourism and DonER, Shri G. Kishan Reddy highlighted the unique theme of India's G20 Presidency "Vasudha Kutumbakam" and LIFE - Lifestyle for Environment. Shri G. Kishan Reddy remarked that it emphasises upon the concept of world as one family and aims for environmental sustainability and responsible choices, both at the level of individual lifestyles and national development. Talking about the agenda of the Meeting, the Minister explained there will be sessions on the four priority areas of the Culture Working Group - Protection and Restitution of Cultural Property, Harnessing Living Heritage for a Sustainable Future, Promotion of Cultural and Creative Industries and Creative Economy and Leveraging Digital Technologies for the Protection and Promotion of Culture.

Addressing the Press Conference Minister of State for Culture Shri Arjun Ram Meghwal said that after Shri Narendra Modi took charge as the Prime Minister, the restitution of Cultural property has been fast-forwarded. He said the discussion on 'Sustainable Future' will focus on what our next generation inherits. He also said that the Cultural sites should be linked with economic activities and tourism should be developed on such sites to promote employment opportunities for the locals. He also highlighted that technology will be promoted at the sites.

Various competitions at a global level. Sand Art is a unique public art form that has wide cultural significance throughout the world, especially in places with an abundance of deserts, beaches, and riverbeds. In many parts of the world, Sand Art is a popular medium for storytelling, used to convey mythological and religious narratives. India's G20 Culture Working Group launched the 'Culture Unites All' campaign emphasizing the importance of peaceful coexistence among diverse cultures and communities. The theme 'Culture Unites All' acknowledges that while cultural traditions and practices may differ significantly, they frequently share common values and beliefs. Culture can overcome boundaries, promote connections, and stimulate authentic conversations and comprehension among people, societies, and nations in all its forms.

The delegates were also treated to a variety of cultural performances, including Sankha Badan Tribal dance (Singer), Odissi dance, Gotipua and Sambalpur dance. These performances highlight the rich cultural heritage of Odisha and underscore the importance of preserving traditional art forms. The 2nd CWG meeting's discussion sessions begin tomorrow. The meeting brings together delegates from the G20 members, guest nations, and international organizations, to deliver their respective statements on the 4 priority areas outlined by the CWG. Through in-depth discussions and collaboration, the group aims to generate actionable recommendations for addressing critical cultural issues on a global scale.

An exhibition titled 'Sustain: The Craft Idiom' - 'Harnessing Living Heritage for a Sustainable Future' will be inaugurated tomorrow at Kala Bhoomi - Odisha Crafts Museum in Bhubaneswar, Odisha. The exhibition will be inaugurated by the Hon'ble Chief Minister of Odisha, Shri Naveen Pattnaik. The exhibition aims to create awareness amongst visitors, professionals, and policymakers about the harmonious coexistence between humankind and nature. The exhibition will be open to the public from the 16th to 22nd May, 2023. Apart from this, the delegates will have Master Class by craft practitioners, engage in traditional art, and a guided museum tour. Along with the sessions and bilateral meetings of the 2nd Culture Working Group meeting, the G20 delegates will also visit historic heritage monuments of Odisha such as the Sun Temple at Konark, a UNESCO World Heritage Site, the Udayagiri caves in Bhubaneswar.

An exquisite sand art exhibit by Padma Shri Sudarsan Pattnaik was organized at the Puri beach. Created to celebrate the theme of 'Culture Unites All', the sand art installation was inaugurated by the Minister for Culture, Tourism and DonER, Shri G. Kishan Reddy and Shri Arjun Ram Meghwal, Minister of State for Culture and Parliamentary Affairs. Credited as a pioneer of sand art in India, Shri Sudarsan Pattnaik is the recipient of the third highest civilian honour the Padma Shri, for his distinguished service. His sand art installations are world-renowned and has represented India in

The delegates will be treated to exciting cultural performances which represent the diverse and historic heritage of the state of Odisha. Following the discussions over the next 2 days in Bhubaneswar, the 3rd CWG meeting will be held in Hampi from 15-18 July 2023 and the Culture Ministers' Meeting is scheduled to take place in Varanasi from the end of August 2023.

FROM THE FRONT PAGE...

PM interacts with...

McMillon is visiting India along with other top Walmart executives, including Judith McKenna, President and CEO of Walmart International. Earlier, the Walmart top executives interacted with a cross-section of suppliers, entrepreneurs, artisans and MSMEs across key India programs and initiatives.

Weather turns...

of rain or thunderstorm may occur at isolated places on May 15-20. Srinagar and its adjoining areas were lashed by rains early today. However, the sun appeared with pleasant weather conditions prevailing all across. The day temperature was still 1.5 degree below normal of 23.9 degree Celsius. Srinagar recorded a low of 10.6 degree Celsius on Sunday which was normal for the day and it also received 4.0mm of rainfall during the past 24 hours till 0830hours today. Qazigund had a low of 10.0 degree Celsius which was 0.8 degree Celsius above normal for the gateway of Kashmir. Pahalgam recorded a low of 5.6 degree Celsius and it was 0.5 degree Celsius above normal for the tourist hot spot of south Kashmir. Kokernag experienced a low of 9.3 degree Celsius and it was normal for the picnic spot of south Kashmir. Gulmarg had a low of 3.0 degree Celsius which was 2.5 degree Celsius below normal for the famous ski resort in north Kashmir. Kupwara recorded a low of 7.4 degree Celsius and it was 2.2 degree Celsius below normal for the frontier Kashmir district on Sunday, the MeT office

EAM Jaishankar discusses...

Jaishankar met Latvian Foreign Minister Edgars Rinkevics and discussed ways to strengthen bilateral ties amid the Ukraine conflict. "Good meeting with FM @edgarsrinkevics of Latvia on EU-Indo-Pacific Ministerial sidelines. Spoke about

strengthening our bilateral relationship and on repercussions of Ukraine conflict. Also discussed our multilateral cooperation," he said in a series of tweets. "A good conversation on bilateral cooperation and Indo-Pacific with FM @G.Landsbergs of Lithuania. Also discussed Europe's perspectives of the world from our vantage points. Agreed to stay in touch," he tweeted after his meeting with Lithuanian Foreign Minister Gabrielius Landsbergs.

Jaishankar thanked his Romanian counterpart Bogdan Aurescu for the facilitation of Operation Ganga, an evacuation mission to bring back all the Indian nationals who were stranded in Ukraine. "Caught up with Romanian colleague FM @BogdanAurescu on EU-Indo-Pacific Ministerial sidelines. The aim for Operation Ganga facilitation. Discussed defense and energy collaboration. Benefited from his perspectives of the region," he tweeted. "Jaishankar arrived in Sweden from Bangladesh where he addressed the 6th Indian Ocean Conference on Friday

"Since the aggression of Russia to Ukraine, the security situation here in Europe and the security situation in the Pacific are not separable." Hayashi said as he arrived. "Most EU countries have provided military support to Ukraine and the bloc has imposed sanctions on Russia. Asked whether the EU was hoping to convince Indo-Pacific countries to align with the bloc's stance on the conflict, EU foreign policy chief Josep Borrell said, "We don't want to convince anyone. We just want to share our analysis of the causes and consequences of the war." He dismissed a question about whether it was possible to have a meaningful dialogue with the Indo-Pacific countries without China, saying the EU had plenty of other opportunities to talk to Beijing.

China, Russia are...

the existing order which has underpinned our peace and prosperity could be fundamentally overturned," Hayashi said. Japan firmly backs Ukraine in the war but China says it remains neutral while declaring a "no limits" relationship with Moscow and blaming the US and NATO for provoking the conflict. Japanese Prime Minister Fumio Kishida visited the Ukrainian capital, Kyiv, in March at the same time as Chinese President Xi Jinping met Russian counterpart Vladimir Putin in Moscow. Hayashi accused Beijing of "continuing and intensifying its unilateral attempts to change the status quo in the East and South China seas by force and increasing its military activities around Taiwan. "In addition, China and Russia are strengthening their military collaboration, including joint flights of their bombers and joint naval exercises in the vicinity of Japan," Hayashi said.

China, which claims most of the South China Sea as well as Japanese-held islands in the East China Sea, says it has the right to defend its sovereignty and development interests.

Hayashi also warned that North Korea was "escalating provocations" in the region by conducting ballistic missile launches "with a frequency and in a manner that are unprecedented". He joined dozens of ministers from the European Union and the Indo-Pacific region for the meeting just north of the Swedish capital. China was not invited to the talks. "Since the aggression of Russia to Ukraine, the security situation here in Europe and the security situation in the Pacific are not separable." Hayashi said as he arrived.

Some of the Indo-Pacific countries, including India and Pakistan, have called for an end to the Ukraine war but stopped short of condemning Russia for it. "We all try and address it in our own different ways," Pakistani Foreign Minister Hina Rabbani Khar said. "I think a lesson a country like Pakistan has learned is that percolation of conflict is never the answer; that we want an end to hostilities, an end to conflict, so people can go back to building lives rather than destroying more lives."

Asked whether the EU was hoping to convince Indo-Pacific countries to align with the bloc's stance on the conflict, EU foreign policy chief Josep Borrell said, "We don't want to convince anyone. We just want to share our analysis of the causes and consequences of the war." He dismissed a question about whether it was possible to have a meaningful dialogue with the Indo-Pacific countries without China, saying the EU had plenty of other opportunities to talk to Beijing.

"We are perfectly discussing the Indo-Pacific without China," Borrell said. "It doesn't mean we neglect China. It doesn't mean we want to substitute China. I don't see where the problem is." (AP)

BJP devoted to the...

Trehan, Danish Mishra, Adv. Neha Mahajan, Nitish Mahajan, Rakesh Pant and others participated in the meeting.

While addressing the meeting, Ravinder Raina asked the party leaders to work for the core strengthening of the party. He said that the BJP is the only political party in the country that works with the people and for the people for 365 days in a year that keeps it united with the people in their every need. He laid emphasis on strengthening the party at both-level, as Jammu & Kashmir will witness major elections in the near future.

Ravinder Raina told the party leaders that the Modi government has now successfully served the people for 9 years now and asked the leaders to plan the future party programmes to celebrate the occasion. He told the party leaders to contact the ground level workers and the common masses hailing from their booth area to apprise them of the works done by the Modi government, both at the National level as well as the schemes diligently designed to empower the residents of Jammu & Kashmir.

While discussing the future party programmes in detail, Ashok Koul told the party leaders to organize the party programmes with the involvement of all the local party sympathizers, supporters and the prominent locals. He laid special emphasis on the Parliamentary Constituency wise programmes in the whole region for the future party programmes. Adv. Vibodh Gupta and Dr. Devinder Manyal conducted the proceedings of the meeting.

Northern Railways...

(Differential Global Positioning System) levelling and creation of DEM," he said. He said that the overall track from Baramulla to Uri will be 50 kilometres, he said. Chief Area Manager (CAM) Kashmir Railways, Saqib Yousof also confirmed the development. He said it is good news for the entire Kashmir. Pertinently, the government has stated that Kashmir will be connected with Kanyakumari through rail link

Jennie won 22nd Sub Junior Girls title of Sport Climbing Championship



J I NEWS SERVICE

JAMMU, MAY 14: Jennie Bhagat of Muthi, Jammu won the prestigious Sub Junior Girls title of the 22nd Jammu District Sport Climbing Championship which concluded at Sprawling Buds ICSE School, Bantala, Jammu. In a tough contest with Simrandeep of Shiksha Niketan Jeevan Nagar, Jammu and Mishiti Sharma of Shangrilla Public School, Sarwal, Jammu Jennie topped the

40ft high fibreglass wall in style to emerge victorious. Simran and Mishiti Sharma bagged the Silver and Bronze medals respectively.

However, the Mini Boys category was dominated by climbers of Sprawling Buds ICSE School. Whereas Rudra Rajput won the Gold medal the Silver medal was bagged by Daksh Sharma. The Bronze medal was clinched by Narinder Singh of Shining Star Academy, Muthi,

Jammu.

There was interesting contest among the fresh budding climbers in the Mini Girls category in which Himani Chauhan of Sprawling Buds ICSE School secured the first position and 2nd and 3rd positions were bagged by Drishti Dutta and Deepika Sajgotra of St. Xavier Convent Sr, Secondary School, Barnai, Jammu.

Competitions in the Women's and Men's categories were not conducted because of lack of ade-

quate number of genuine climbers.

In the valedictory function Prof. Lalit Magotra, President of Dogri Sanstha, Jammu who is also advisor of Tawi Trekkers J&K, was the Chief Guest who along with Rahul Sharma, Chairman of Sprawling Buds ICSE School presented medals to the winners of the various categories.

Prominent among others present on the occasion included Ram Khajuria, Sr. Vice President, Shawetika Khajuria, General Secretary, Narinder Singh Slatia and Sakshi Magotra, Sr. members of Mountaineering Association of J&K; Secena Sharma, Director of Sprawling Buds School, Jammu and Suksham Verma.

The Jammu District Sport Climbing Championship in which record number of 503 climbers participated was sponsored by J&K Sports Council.

DRS Kids International School Bishnah Celebrates Mother's Day



J I NEWS SERVICE

JAMMU, MAY 14: A Mother is she who can take the place of all others, but whose place no one else can take.

Mother's day is a special day, for all children and mothers as, it celebrates the bond of love and affection that is everlasting. Mothers are the emotional backbone of the family, who have the magic touch to heal all wounds and make all things beautiful.

The event was held on 14th of May, as mothers were specially invited to spend a memorable day filled with activities and fun. A host of performances were planned to honor and appreciate all moth-

ers. The venue was aptly decorated in keeping with the theme. Attractive boards displaying the creativity of children were also displayed. The chief guest was Master of fran-

chise Drs Jammu Mrs Narjeet kour, Our Special Guest Director of Drs Gandhi Nagar Mr Ajeet Singh Sony and his wife Mrs Amanjeet kour. Mother's day cards, mes-

sages and photographs all adorned the venue. Mothers were participating in dance, singing, modelling, showing your talent and so many games. It was a fabulous day.

G20 meeting chance to promote tourism, boost economy: Dr Parneesh

J I NEWS SERVICE

JAMMU, MAY 14: Dr Parneesh Mahajan, convener Department of Training, BJP, J&K, on Sunday said the ensuing G20 working group meeting in Srinagar is an opportunity to showcase majestic beauty of Kashmir before the world leaders and also to boost the economy of the UT by rightfully projecting things. In a statement issued to media fraternity ahead of G20 meeting, the

senior BJP leader said that tourism is one of the mainstays of economy in J&K and this international event in the UT is an opportunity to bring to fore the various facets of the splendid beauty of Jammu and Kashmir before the visiting delegates as they could further the cause of promotion of tourism if the things were handled in promising manner.

Dr Parneesh said that by precisely utilizing this chance the stakeholders

can bring about desired results in inspiring the international guests to act as ambassadors of J&K when they go back home and bat for the beauty of Kashmir among their countrymen to ensure more tourist footfall and in turn bringing vibrancy in the local economy. He thanked Prime Minister Narendra Modi for providing this meaningful opportunity to the people of J&K to showcase the beauties which nature has offered to the region to

woo more tourists from abroad. The senior BJP leader said that J&K is a tourism state and the G20 event here will obviously have big leaders from other countries providing much necessary exposure at the international level. He anticipated that everything will go as per planning and the aforesaid event would finally give a push to tourism and economy, which are the much sought after entities these days as far as J&K is concerned.

Success is a Journey and not a Destination: Sat

J I NEWS SERVICE

JAMMU, MAY 14: Aishvika Gupta, a student of Presentation Convent School, Jammu scored 94.4 % in recently declared Class 10th exam results of CBSE. A felicitation program was organized to honor her for making the society proud of her achievement. Former Minister Sat Sharma (CA) honoured her in presence of a large number of people at Talab Tillo area of Jammu. He was also accompanied by UT Secretary BJP Ayodhya Gupta, Mandal President BJP Keshav Chopra, CA Lalit Gupta (father of Aishvika), BJP Medical Cell Convener Puneet Mahajan, Dr Rajinder Gupta and many others.

Speaking on the occasion, Sat Sharma said that children are the future of our country and her felicitations will remind all



other students that their hard work will always be acknowledged and honored, thereby motivating other students to put in their best efforts in their academic endeavors, he added. He lauded Aishvika for her resilience and commitment to excel in the exams. He also complimented her

parents and teachers for their countless efforts in ensuring that Aishvika worked hard to achieve this success. Sharma also advised the youngsters that "Success is a Journey and not a Destination" and asked them to work hard to fulfil their future endeavors.

Aishvika Gupta thanked the Former Minister and others who honoured her and said that she wants to do a 5 year LLB from National Law University and then wants to prepare for UPSC exams to serve the nation. She also appealed to youngsters to focus on hard work in their respective streams.

After devastation in Karnataka poll, drubbing awaits BJP in J&K: Rattan Lal

J I NEWS SERVICE

JAMMU, MAY 14: After devastating defeat in Karnataka Assembly election, another disgraceful drubbing is awaiting BJP in Jammu and Kashmir.

This was said by Rattan Lal Gupta, JK NC Provincial President Jammu in a statement issued to media persons here on Sunday.

The senior NC leader said that those who were boasting of making the country Congress-free have been ousted mercilessly by the people from each and every corner of south India. He said that Karnataka results have burst BJP's balloon as people have shown doors to the party which was taking along the divisive agenda all the time. He said that the party which relies on the bundle of lies has been marginalized and cut



to size by the people of Karnataka showing the path to other states which are awaiting polls in the coming time. The NC stalwart said that BJP should get ready to meet similar fate in other states and UTs especially the Jammu and Kashmir, where it has been running an authoritative government by sidelining the political parties and people's representa-

tives as if there was a dictatorship in the region.

Rattan Lal said that the saffron brigade is lingering the decision on holding elections in J&K and now with crushing defeat in the southern state of Karnataka it is likely that the party in power would drop the idea of polls in the UT.

The senior NC leader emphasized said that a popular government in J&K is the need of time but going by the mood of people, BJP has no guts to announce polls anytime soon. "How long will the Saffron party delay the polls? Whenever J&K will have elections, the BJP has to face the same outcome which it faced in Karnataka because the people across the country have understood well that this party has nothing except rhetoric and divisive politics", he maintained.

Police arrests 03 drug peddlers; Contraband substances recovered

J I NEWS SERVICE

SRINAGAR, MAY 14: Continuing its efforts to eradicate the menace of drugs from the society, Police have arrested 03 drug peddlers in Ganderbal and Awantipora and recovered contraband/ Psychotropic substances from their possession. In Ganderbal, a police party led by Incharge Police Post Shadipora under the supervision of DySP Hqrs Ganderbal at a checkpoint established at Batwina arrested two drug peddlers identified as Shabir Ahmad Zargar son of Bashir Ahmad Zargar and Mohd Ashraf Zargar son of Nazir Ahmad Zargar, both residents of Batwina.



During search, Codeine Phosphate, Petril Clonazepam & Spasmo Proxyvon Plus Capsules were recovered from their possession. He has been shifted to PS where he remains in custody.

In Awantipora, a police party led by Incharge PP of Reshpora as Sh. Ishaq Ahmad under the supervi-

sion of SDPO Awantipora Shri Mumtaz Ali Bhatti - JKPS at a checkpoint established at Kawani Brabandin intercepted a suspicious person.

During search, 600 grams of charas powder was recovered from his possession. He has been identified as Arshid Ahmad Dar son of Gh. Mohd Dar resident of Ladermand Awantipora. He has been arrested and shifted to PS where he remains in custody. Accordingly, cases under relevant sections of law have been registered at respective police stations and investigation has been initiated. We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law.

Quiz Competition organised at Govt Polytechnic College Jammu

J I NEWS SERVICE

JAMMU, MAY 14: Electrical Engineering Department (Government Polytechnic College Jammu) under the guidance of Er. Arun Bangotra Principal Government Polytechnic College Jammu organised Quiz competitions among the students of 4th semester and 6th Semester as a Part of Extra Curricular activities. Four teams Participated in today's quiz competition as Team -A, Team-B, Team-C and Team-D. Team-A won today's quiz Competition which consists of Shivam kumar, Pardeep kumar, kushal sharma and Ashwani Rao.



Er. Manjeet Singh H.O.D. Electrical Engineering Department threw light on the importance of Quiz Competition and motivate the students for attaining knowledge in

addition to their regular study work. Er. Vandana Chib and Er. Vicky Sharma faculty members of Electrical Engineering department conducted the proceedings of quiz pro-

gramme. Other faculty members of the department Er. Ilika Sharma, Er. Deevika Bhardwaj, Mr. Rakesh khullar and Mr. Ankush lagher were also Present.

Awareness only way to prevent complications of cancer and starting treatment at earliest: Ritika Trehan

J I NEWS SERVICE

JAMMU, MAY 14: Sparkle women's club along with KCV Diagnostic Centre headed by Dr Shikha Chowdhary in collaboration with Sure Diagnostic Specialized Lab headed by Dr Sumedha Mengi supported by Ritika Trehan, Chief Spokesperson BJP Mahila Morcha J&K UT, and GGP Societies, Rashtriya Hindu Kalyan Sangathan today organised Free Cancer Screening & General Awareness Camp to mark Mother's Day. In the camp, diagnosis service and tests like mammogram, bone densitometry, PAP Smear, PSA, Oral Screening, complete blood count and others were conducted free of costs. Prominent doctors present on the occasion



included Pediatrician Dr Pooja Kawte, Gynecologist Dr Shabnam, Ophthalmologist Dr Indu Gupta, Dr Jananar, Dr Bhardwaj and Dr Dimple Chopra.

Speaking on the occasion, Ritika Trehan said, "There was a time when if a serious ailment struck a poor person, he had to sell his entire property and land to get the treat-

ment. Our government has given thrust on several such aspects to provide healthcare for the poor at doorstep and at cheap rates under the flagship scheme Aayushman Bharat. She also appreciated the MOI government for establishing two Cancer institutes in the Union Territory one each in Jammu region and Kashmir region.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

De-freezing of 24 reserved seats to change arithmetic?

Uncertainty continues to prevail over the conduct of Assembly polls in Jammu and Kashmir post-abrogation of Article 370 and bifurcation of erstwhile princely state into two UTs. The people are eagerly waiting for any announcement in this regard. The uproar has already begun for de-freezing 24 seats 'reserved' for displaced persons of Pakistan occupied Jammu Kashmir (PoJK) after the recommendation of the Delimitation Commission. The Election Commission of India (ECI) too has made it clear that the matter is under the jurisdiction of the Union Government which will decide on de-freezing of these reserved seats. After a Jammu-based lawyer made an appeal, the ECI says the Central Government may consider giving representations to displaced persons of PoJK in the assembly of the Union Territory of Jammu and Kashmir. The Delimitation Commission constituted for the purpose of constituency delimitation in UT of Jammu and Kashmir has already ceased to exist from May 5, 2022, after the publication of its final Delimitation order in respect of UT of Jammu and Kashmir. The Delimitation Commission, while submitting its final report for the delimitation of 90 Assembly constituencies in Jammu and Kashmir on May 5, recommended that the Central Government may consider giving the displaced persons of PoJK some representation in the Jammu and Kashmir Assembly by way of the nomination of their representatives. The Commission during the public hearing received a number of representations from the Kashmiri migrants and displaced persons from PoJK. The Kashmiri migrants represented that they were persecuted and forced to live in exile as refugees in their own country for the last three decades. It was urged that to preserve their political rights, seats may be reserved for them in J&K Assembly and Parliament. The displaced persons from PoJK also requested the Commission to reserve a few seats for them. In the Legislative Assembly of the erstwhile State of J&K, there were 24 seats reserved for the residents of PoJK who were part of the undivided J&K before 1947. Refugees from PoJK living on this side of the Line of Control have raised the demand of de-freezing at-least eight of these reserved seats as per the proportion of their population. In the Reorganization Act of J&K passed by both Houses of Parliament on August 6, 2019, the UT of J&K has been granted 90 assembly segments with an increase of seven seats. In undivided J&K, there were 111 assembly seats before 1947. As 33 percent population from occupied areas had migrated to this side of LoC in 1947, refugees from those areas raised the demand of allotting them those reserved seats as per their population. The Government of India too has shown interest in empowering PoJK refugees and there is every possibility that the Centre may decide positively in favour of these refugees. Any such move will change political arithmetic in the new assembly as and when it is going to be constituted.

Celebrating Tomy's triumph

Retired Navy officer Abhilash Tomy's second position in the gruelling Golden Globe Race in ocean sailing is not merely about a podium finish. It's about fighting incredible odds, about never giving up, about the finest values and virtues that adventure sports engender

SRIKANT B KESNUR

On April 29, when Abhilash Tomy crossed the finish line in second position in the gruelling Golden Globe Race (GGR) in ocean sailing, it was, to misquote Neil Armstrong, one significant event for a man and one landmark moment for a nation. Tomy, a retired Indian Navy Commander, had notched up one of India's finest sporting achievements, in a field traditionally dominated by western nations. If leveraged properly and disseminated widely, this event has the potential of providing a huge impetus to sailing and can be as momentous as 1983 World Cup was for Indian cricket. However, that involves ruminating over various aspects of the ocean sailing ecosystem in our country and what the future portends.

To begin with, let's understand the full extent of Abhilash's achievement. First, sailing, implying travelling on wind power alone with no motor propulsion allowed — around the globe, non-stop, solo, is a field traditionally dominated by western nations. If leveraged properly and disseminated widely, this event has the potential of providing a huge impetus to sailing and can be as momentous as 1983 World Cup was for Indian cricket. However, that involves ruminating over various aspects of the ocean sailing ecosystem in our country and what the future portends. To begin with, let's understand the full extent of Abhilash's achievement. First, sailing, implying travelling on wind power alone with no motor propulsion allowed — around the globe, non-stop, solo, is a field traditionally dominated by western nations. If leveraged properly and disseminated widely, this event has the potential of providing a huge impetus to sailing and can be as momentous as 1983 World Cup was for Indian cricket. However, that involves ruminating over various aspects of the ocean sailing ecosystem in our country and what the future portends.

But he also overcame a few other demons that haunted him. First, he had experienced a setback during GGR 2018 when, after encountering a severe storm in south-eastern Indian Ocean, his vessel almost got wrecked and Abhilash lay with a broken spine for 72 hours awaiting rescue in one of the remotest parts of the world. His injury necessitated a surgery that involved fusing five vertebrae and inserting titanium rods in his spine. Rehabilitation began with learning how to walk again; thus, participation in the 'very race that killed him' was about mental toughness and getting a 'monkey off his back'. Second, despite his achievements, it was not easy for him to find sponsors and while his fellow competitors were preparing for the race, Abhilash was running pillar to post to find someone to back him and fund his equipment. Third, very unfortunately and for no fault of his, just a few weeks before the race, his yacht 'Bayanat' was involved in a collision with a Dutch merchant ship. This damaged his bow and necessitated urgent repairs, making it a



'touch and go' situation with respect to his participation. His mental state can well be imagined. Fourth, the race itself was no cakewalk and presented the full range of challenges that oceans do to those who dare them. Consequently, Abhilash's vessel was bruised and battered in unimaginable ways. It was his genius at innovation and 'jugaad' that enabled him to manufacture or conjure spares out of the unlikely of things; everyone in the GGR community acknowledged Abhilash as the ultimate DIY maestro.

Despite all this, he fought a thrilling race and finished second, missing out on the first place by a whisker's margin. Thus, his achievement is not merely about a podium finish; it's about fighting incredible odds and emerging triumphant, about never giving up, about the finest values and virtues that adventure sports engender. Abhilash credits much of his toughness, survival skills and sailing savvy to the Indian Navy which has, in the last decade and a half, done some heavy lifting to put eight persons in the circumnavigation club. The Indian Navy's ocean sailing journey began in right earnest in 1988 when INSV Samudra, skippered by Cdr Vijay Vadhera, went around the world, albeit with multiple rotated crews and a few stops en route. Later, Samudra undertook some more voyages involving ocean sailing expeditions. Concurrently, the Navy also acquired sail training ships — Varuna, Tarangini and Sudarshini — to train cadets during the ab initio phase.

However, the major impetus to the quest happened when the late Vice Admiral MP Awati, a true sailing visionary, mooted the idea of solo circumnavigation and relentlessly campaigned for it with the naval authorities. This bore fruit when Commander Dilip Donda became the first Indian to achieve this feat in 2009, followed by Abhilash Tomy in 2013 and six women officers in 2018. A silent contributor to this magnificent endeavour was Ratnakar Dandekar, a Goa-based shipbuilder who built most of the yachts used for these voyages. Following on these successes, and to give an institutional thrust and create a pool of qualified personnel, the Navy inaugurated the Ocean Sailing Node (OSN) in Goa a few years ago.

The node has a fleet of six vessels and, if reports are to be believed, preparations are afoot to soon flag off a woman-skipped solo-circumnavigation expedition.

While the Indian Navy has ploughed a lonely furrow in this domain, making it a more popular sport requires a 'whole of India' approach. Other stakeholders in the maritime realm need to buy in to the idea, the government needs to create more maritime infrastructure such as marinas to encourage a range of waterfront and open sea activities, and popular culture needs to celebrate the achievements of heroes like Abhilash to fire people's imagination. Abhilash's awesome achievement will have a true imprint only if an ocean sailing legacy is created in India. Abhilash has done his bit, now it remains for the rest of us to do ours.

States must adopt new laws to avoid boat tragedies

MAN-MADE DISASTERS, ARE EASILY AVOIDABLE IF SERVICE PROVIDERS DO NOT VIOLATE SAFETY NORMS AND THE AUTHORITIES IMPLEMENT THESE STRICTLY

PUSHPA GIRIMAJI

In almost all boat tragedies at tourist locations around the country, the predominant cause is gross overloading of the boat. The other contributory factors include the absence (or inadequate number) of life jackets, life buoys and other safety equipment, besides defective, unregistered boats driven by untrained, unlicensed drivers. In short, a blatant violation of boat safety norms by service providers and failure of the administration to prevent such violations and ensure consumer safety.

The reasons for the boat mishap near a beach in Mallapuram district of Kerala are no different going by the initial reports on the tragedy on May 7 that killed 22 persons on board the tourist ferry 'Atlantic'. Here, too, the boat, with a capacity to carry 22, was ferrying almost 40. Questions are also being raised about the design and structural compactness of the boat and the qualifications of the driver. But worse, the boat reportedly did not even have the mandatory registration to ferry tourists. Yet, the owner was allowed to operate, carry twice the number of passengers permitted on board and even set sail at a prohibited time — after dusk, compromising at every step, passenger safety. The complicity of the administration in this crime deserves more



severe punishment than that of the owner, because they had a statutory duty to protect those who took the cruise.

The grave tragedy should force not just Kerala but all other states and union territories to shed their apathy towards inland water transportation, tighten their enforcement machinery and bring transparency and accountability in the administration of the law. Besides, they should also move away from old rules framed under the over

100-year-old Inland Vessels Act 1917 and start implementing the Inland Vessels Act 2021 that came into force in 2022, replacing the old Act. The new Central legislation is aimed at improving the quality and safety of inland water transportation and heralding uniformity in the application of the law in the country.

Like the old law (the Kerala IV Rules, 2000, are framed under the old law), the new law, too, prohibits using or plying of any mechanically

propelled inland vessel without a Certificate of Survey and a Certificate of Registration. Since these provisions are meant to ensure the safety of the vessel, the law mandates expert scrutiny, beginning with the design and the construction of the ferry till its completion, so that the vessel meets all quality and safety standards in respect of strength, stability and buoyancy.

After the Certificate of Survey is issued, the owner has to apply for

registration from the registering authority, which will again inspect the vehicle for compliance with rules, presence of safety equipment, third-party insurance and passenger amenities. To further tighten this process, the new law specifically prohibits construction or modification of any vessel without the prior approval of the designated authority. For violation of this Section, it holds not only the boat owner, but also the owner of the yard where it was constructed or modified, liable for penalties.

Since overloading is the main cause of boats capsizing at tourist destinations, the new law empowers state governments to detain, forfeit or remove from its inland waters any mechanically-powered vessel carrying more than the permitted number of passengers. Such powers can also be exercised against ferries plying without the valid certificates of survey and registration. Besides suspension and cancellation of registration, the law imposes fines ranging from Rs 10,000 to Rs 3 lakh and imprisonment up to three years for various violations.

Of course, enforcement is the key and that is where most implementing agencies fail the consumers. In fact, even with the existing Rules under the old Act, the Mallapuram boat tragedy could have been averted if only the state government had

enforced them stringently. In this age of digital technology, it is not difficult to monitor cruises for overloading or any other violation through CCTV cameras. Besides, the ferries could be equipped with alarms that go off when they are overloaded. Seeking consumer feedback through helpline numbers displayed on boats would also help. To borrow an old saying, if there is a will, there is a way!

As per the National Crime Records Bureau, there were 270 cases of capsizing of boats in the country during 2021, resulting in 259 deaths and 30 injuries. Not all of them would have been tourist cruises, but almost all of them could have been avoidable, man-made disasters.

Meanwhile, I would urge all consumers to be extremely alert while going on a cruise on inland waters. Check the registration number and its validity and the maximum number of permissible passengers. Check the weather too on your mobile. Choose a life jacket that fits you and secure it properly. Never go on a boat filled beyond its declared capacity. Remember, a couple, who was on board the 'Atlantic' and survived, attributed it to their insistence on wearing life jackets! Another couple, too, escaped possible death, by refusing to board the overloaded boat.

— The writer is a consumer rights expert

Vidhut Jammwal Explains Why Patriotic Films Are Loved Universally

Bollywood action star and film producer Vidhut Jammwal, whose latest release 'IB 71' has hit the screens, spoke about why patriotic films give a tough competition to genres such as action, romance and comedy.

Bollywood action star and film producer Vidhut Jammwal, whose latest release 'IB 71' has hit the screens, spoke about why patriotic films give a tough competition to genres such as action, romance and comedy. In conversation with agencies, Vidhut, who comes from an army background said: "It has emotions. Everyone has different tastes but when it comes to the love for the country it's the same for all."

He added: "I have arguments with my close friends whether they believe they are more patriotic than me, or I am more patriotic than them. So this is an emotion which is universal. That's the only reason it works." Directed by

the National-Award winning filmmaker Sankalp Reddy, 'IB 71' tells the story of the Ganga hijack of 1971, which helped India gain a strategic advantage over Pakistan. 'IB 71' is presented by Gulshan Kumar, T-Series Film and Reliance Entertainment. The Action Hero Films production stars Vidhut Jammwal, Anupam Kher and Vishal Jethwa.

The film is produced by Vidhut Jammwal and Abbas Sayyed, and co-produced by Aditya Shastri, Aditya Chowksey and Shiv Chanana. The film is directed by national award winner Sankalp Reddy with the story by Aditya Shastri and the screenplay by Storyhouse Films LLP.



SWEDISH SINGER LOREEN WINS EUROVISION FOR THE SECOND TIME SINCE 2012



Swedish contestant Loreen came first with her song 'Tattoo' at the Eurovision Song Contest 2023, beating out 25 other countries to garner 583 points, reports 'Variety'. Loreen's win means the contest will likely be held in Sweden next year. Traditionally the winning country hosts the following year's contest. Sweden was followed by Finland's Kaarja with 526 points and Israel's Noa Kirel with 362 points, who took second and third place respectively, 'Variety' adds.

It is Loreen's second Eurovision win: she previously won the contest in 2012 with her song 'Euphoria'. Eurovision, which is run by the European Broadcasting Union (EBU), features musical acts from around Europe as well as a number of countries outside it, including Israel and Australia, who participate by virtue of their membership of the EBU, 'Variety' notes.

This year's Eurovision took place in Liverpool, UK, on behalf of last year's winner Ukraine after it was deemed too dangerous to hold Eurovision in the country following the Russian invasion. Ukrainian entry Kalush Orchestra won last year's contest, followed by the UK's Sam Ryder, who came a close second.

Eurovision was hosted this year by rapper turned 'Britain's Got Talent' judge Alisha Dixon, 'Ted Lasso' star Hannah Waddingham, Ukrainian rock star Julia Sanina and the popular longtime Eurovision commentator, Graham Norton, according to 'Variety'.

'THE AFRICAN IN ME ALWAYS WANTS TO CELEBRATE AFRO MUSIC AND DANCE,' SAYS NORA FATEHI

Actress-dancer Nora Fatehi and Nigerian singing sensation Rema set the stage on fire during her performance in Mumbai.

Rema aka Divine Ikubor's much hyped three city debut tour of India has kicked off.

Nora jammed with Rema on Guru Randhawa's 'Dance Meri Rani' which is also India's very first Afrobeats song. Prior to taking to the stage the duo exchanged pleasantries in the vanity van about their mutual love for Indian and African culture and music and their individual contribution to the Afrobeats industry.

Nora Fatehi Calls Constant Comparisons With Malaika Arora 'Disrespectful': It Takes Away From



Things I Am Doing

The 23-year-old Nigerian superstar sported outfits by Manish Malhotra on

stage and also wowed the Indian flag. Nora said: "Rema's show was truly spectacular and I enjoyed myself thor-

oughly on stage. He's such a talented artist with such a warm vibe and collaborative spirit. Being a North African, it's such a proud moment for me to witness how the Afro music and dance movement has become a mainstay in India now."

"It's amazing to witness how Afrobeats, just like Indian music, has become such a massive movement worldwide and it's a moment of joy for me since I've been largely associated with the genre for a long time."

Nora looks forward to collaborating with Rema and many more Afro artists in the future.

She added: "The African in me always wants to celebrate Afro music and dance on a big scale through my art."

Zaid Darbar Is Indebted To 'Strong Wife' Gauhar Khan As He Posts First Picture Of Newborn



Zaid Darbar shared a glimpse of his newborn son, whom he welcomed with actress Gauhar Khan on May 10.

Zaid took to Instagram, where he shared the first picture of the newborn baby. He also penned a note dedicating it to his "beautiful and strong wife."

"My biggest blessing. I am so grateful to the Almighty, for making this possible, I'm so indebted to my beautiful and strong wife for giving me this gift of a DAD to our lil angel."

"Thank you to everyone who sent their love and wishes via all mediums, we really appreciate every prayer made. Much love to one and all, please continue to bless us as a family."

Announcing the baby's arrival, a post read: "It's a Boy As salaam u alaikum beautiful world, says our bundle of joy. Arrived 10th of May 2023 to make us realise what happiness truly means."

"Our blessed boy thanks everyone for their love and prayers. Grateful and giggling new parents Zaid and Gauhar."

Shania Twain Signs Intimate Part Of Fan: 'There's A First Time For Everything'

Singer Shania Twain has said that "there's a first time for everything" after she signed a fan's thigh while on-stage during a gig in Canada.

Performing her Queen of Me tour, Shania made a permanent mark on one dedicated fan, reports mirror.co.uk.

Taking to Instagram, Shania shared a clip from her sold-out show which had around 15,000 fans in attendance.

The country icon, 57, shared a video that saw a fan standing on-stage, with the singer crouched down and armed with a permanent marker.

With his thigh on full display and in eye-line with the Canadian star, the fan hitched up his shorts to show off even more flesh.

Shania is seen scribbling her signature above a tattoo that the fan already had, which was of a bed with some boots underneath it.

The fan's tattoo was probably a nod to Shania's 1995 track 'Who's Bed Have Your Boots Been Under?', which played in the background of the video she shared.

Shania crouched down, donning a cobalt blue chiffon dress and



some knee-high cowboy boots. While her fan donned shorts, a black t-shirt with Shania on the front of it, and a beige cowboy hat. Leaving her fans gobsmacked - as well as the crowd that watched on, and her fans online - Shania autographed the top of her fan's thigh while grinning in the process.

"There's a first time for everything," Shania exclaimed in the caption alongside the video clip.

Fans were quick to comment on the post, with one writing: "I hope

he goes and gets that tattooed right away!"

And the man did indeed get Shania's autograph tattooed, because his wife seemingly confirmed that he did in the comments section when she penned: "This is my husband! He got it tattoo[ed]. Absolute dream come true."

The lady's husband even took to his own public Instagram page to share a picture of him on-stage with Shania, alongside a snap of his new tattoo.

Aastha Sharma, Rajveer Singh To Star In 'Neerja....Ek Nayi Pehchaan'



Actors Aastha Sharma and Rajveer Singh have been roped in to play the grown-up roles of Neerja and Abeer respectively in the upcoming drama 'Neerja Ek Nayi Pehchaan'.

The family drama revolves around the story of a mother (played by Sneha Wagh) and her unyielding love for her daughter 'Neerja', despite living in Kolkata's infamous red-light district, Sonagacchi. The show also showcases the journey of a young man named Abeer who grew up in a privileged background.

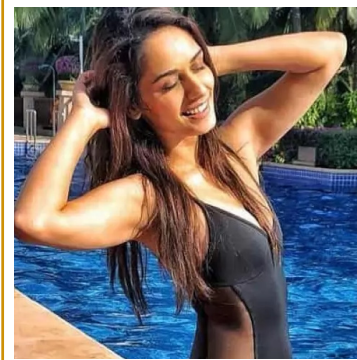
"Set to be seen essaying the role of Neerja, Aastha said: "I'm ecstatic to be portraying the character of Neerja, a young and innocent daughter who is blessed to have a loving and protective mother. Neerja's journey is one of hope, courage, and determination, and I feel fortunate to have been given the opportunity to bring her story to life."

"The show is not just about a mother's love for her daughter, but also about the resilience of the human spirit. I hope the viewers will be able to connect with Neerja's character and find inspiration in her story."

Rajveer Singh, who will be seen essaying the role of Abeer said: "The character of Abeer that I will be portraying is from a privileged background, whereas Neerja comes from a less privileged one."

"It's fascinating to see how the show beautifully illustrates the impact individuals from different socio-economic backgrounds can have on each other. I'm excited to bring this tale of love and the triumph of the human spirit in the face of adversity to viewers and hope it inspires them as much as it has inspired me."

'Neerja....Ek Nayi Pehchaan' will air on Colors.



CHHILLAR BIRTHDAY SPECIAL: HERE'S HOW THE FORMER MISS WORLD IS OWNING 2023

Having made India proud at the international level by winning the coveted Miss World 2017 title, Manushi Chhillar was the 6th Indian woman to have won the prestigious title post her predecessors including Reita Faria, Diana Hayden, Yukta Mookhey, Aishwarya Rai Bachchan and Priyanka Chopra. As the gorgeous actress turns 26 today, we list down a few of her notable achievements and recognition that makes her a force to

be reckoned with, in India and globally: One of the most educated women in Indian film industry, Manushi Chhillar made her foray into the world of entertainment with Akshay Kumar starrer 'Samrat Prithviraj'.

The film was a massive flop at the box-office, and even couldn't do that well on its OTT release. Yet, her performance was praised, and her impeccable journey after the crown has been instilled with sincerity, hard work, and decisions that were

taken by her intellectual instinct. Being extremely comfortable in her skin, Manushi Chhillar is articulate, confident and stands tall as an inspiration for many young girls. She is the proof that if one believed in oneself, kept their faith high, and put enough action, one can achieve any dream one sees for themselves.

Manushi Chhillar is a perfect combination of beauty with brains. She is the fourth 'Beauty With A Purpose' winner at Miss World from India

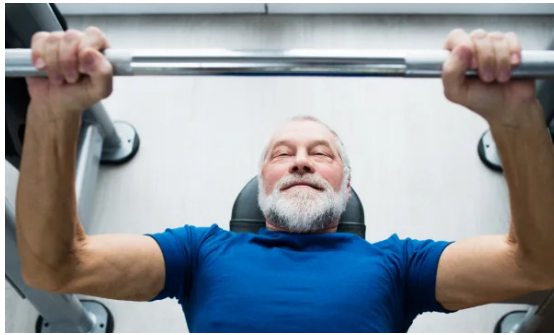
and first Indian to win both the titles together - Miss World and 'Beauty With A Purpose'. She has always been proud of her Indian values and traditions.

Time and again, Manushi Chhillar has showcased her impressive fashion game through her strong social media presence and her devotion to fitness is very inspiring. With Chhillar's global influence and her beautiful aura, her foraging into the world of international beauty brands takes her

one step ahead of her contemporaries.

She also became the first global brand ambassador from India for the biggest global beauty - Estee Lauder. On the work front, Manushi Chhillar will next be seen in 'Tehran' alongside John Abraham and 'Operation Valentine' alongside Varun Tej. She will also be seen in Ali Abbas Zafar's 'Bade Miyan Chote Miyan' alongside Akshay Kumar, Tiger Shroff, Sonakshi Sinha, and Alaya F.

SEVEN FITNESS HABITS THAT ARE DESTROYING YOUR BODY AFTER 60



You can still get into fantastic shape in your 60s and older! But you must be careful and selective of what you do—and what you avoid—as you exercise. Why? As your body ages, your recovery decreases, your mobility declines, and you may often experience nagging aches or issues that limit your movement. Yet if you continually commit bad mistakes on top of these issues, you can further hurt your performance and even your body. We're here to share some pretty common fitness habits that destroy your body after 60 that you should avoid at all costs. This way, you'll keep your body feeling great so you can

make steady progress regardless of age. While exercise improves your muscle quantity, soft tissue work improves your muscle quality. Using foam rollers, massage balls, massage canes, etc. releases knots and adhesions that make your muscles stiff, achy, and weak. They can also promote blood flow to your muscles, which speeds up recovery. Foam roll when warming up and cooling down from your exercise session. If you have particularly tight or tender muscles, do soft tissue therapy daily, and you will feel the difference in no time! Another one of the top fitness habits that destroy your body after 60 has to do with

favoring machine exercises. Machines give a false sense of safety. They seem safer, but they force you into rigid movements and fail to build the stability, balance, and coordination that comes from non-machine movements. Always use free weight or bodyweight exercises. Tools like dumbbells, kettlebells, suspension trainers, exercise bands, and stability balls let you perform hundreds of fantastic exercises to build a healthy and fit body. Unless you're severely out of shape, doing only cardio cannot create enough stimulation to increase your muscle size, power, joint and tendon strength, or bone density. Yet as you age, these things decline, so

the earlier you reverse it, the better you'll be in your 50s, 60s, and beyond. Do resistance training two to three times per week, and use

hand and static stretches afterward.) Beyond that, try yoga or just spend a few minutes every day doing gentle stretching. You're not taking breaks.

WANT TO GET INCREDIBLY FIT? AVOID THESE MISTAKES AND THRIVE!

heavier weights. On a scale from one to 10 (10 being the absolute hardest), it should feel like a seven or eight.

You're wearing gym "padding."

Unless it's for specific rehabilitation, avoid using gloves, braces, wraps, belts, etc. while exercising. They can limit your movement and ability to sense and feel what you're doing. For example, gloves seem to prevent calluses, but in reality, (1) you'll get calluses anyway and (2) you won't be able to grip your weights correctly, which throws off your technique. If you need those things, either avoid the exercises that necessitate them or do rehab exercises with a certified professional to heal those injuries in the first place.

You're not stretching. As you age, your muscles get tighter and joints get stiffer—this can cause aches and injuries during exercise (or even daily life). That's why it's so vital to dedicate time to improve your flexibility and mobility. Make sure to stretch before and after exercise. (Do dynamic stretches before-

Exercise is amazing, but remember that your body improves while resting, not while training. Each week, take at least one day off from training. To stay active, you can do light stretching or take a relaxing walk. Then, every three to six weeks, reduce your training duration and intensity for an entire week to recover. Once you return to your regular routine, don't be surprised if you become much fitter!

You're using poor technique. The last of these fitness habits that destroy your body after 60 has to do with using bad technique. Poor exercise technique compromises your performance, health, and safety. Also, exercise trains your brain and teaches you how to move during stress and fatigue. If you engrain bad movement patterns, your body will rely on them when tired, which skyrockets your odds of getting hurt. Always use the correct technique even if you're tired. It's always a smart idea to get a coach to show you how to do movements correctly.

7 Easy Life Hacks to Stay Fit Without Hitting The Gym



Are you tired of dragging yourself to the gym after a long day at work? Or maybe you're looking for some fun and quirky ways to stay fit without the monotony of the treadmill? Look no further! In this article, we'll explore seven easy life hacks to stay fit without having to hit the gym. From taking the stairs instead of the elevator to doing squats while brushing your teeth, these hacks are guaranteed to keep you healthy and happy, all while adding some excitement to your daily routine.

Take the Stairs
Taking the stairs instead of the elevator is an easy and effective way to burn some extra calories throughout the day. Climbing stairs is a great form of cardio and can help build strength in your legs and core. Plus, it's a low-impact exercise that won't put stress on your joints.

Walk or Bike to Work
If you live within a reasonable distance of your workplace, consider walking or biking instead of driving. Not only will this save you money on gas, but it's also an excellent way to get some exercise in without having to hit the gym. Walking or biking to work can help improve cardiovascular health, increase endurance, and reduce stress levels.

Stand Up More
Sitting for extended periods can lead to a variety of health problems, including weight gain and poor posture. To combat this, try to stand up and move around more throughout the day. Consider investing in a standing desk or taking regular breaks to stretch and walk around.

Use Resistance Bands
Resistance bands are an affordable and versatile piece of exercise equipment that can be used for strength training. They come in different strengths and sizes, making them suitable for people of all fitness levels. Resistance bands can be used to work out different muscle groups, including the legs, arms, and core.

Take a Walking Break
If you have a desk job, taking a short walk during your lunch break is an excellent way to get some exercise in during the day. Walking is a low-impact exercise that can help improve cardiovascular health, strengthen muscles, and boost mood and energy levels.

Do Bodyweight Exercises
Bodyweight exercises are an excellent way to build strength and tone muscles without needing any equipment. Exercises like squats, push-ups, and planks can be done almost anywhere and can help improve overall fitness levels.

Incorporate Movement into Daily Tasks
Lastly, try to incorporate movement into daily tasks whenever possible. This could mean doing some stretches while watching TV, doing squats while brushing your teeth, or taking the long way to the bathroom. These small changes may seem insignificant, but they can add up over time and help improve overall fitness levels.

One Dumbbell, Four Moves and 20 Minutes Is All You Need for a Total-body Workout

BUILD FULL-BODY MUSCLE WITH JUST A SINGLE DUMBBELL

Whether you're looking to blow the dust off of that pandemic purchase dumbbell that's been acting as a door stop all winter or just need a quick fire, minimalist workout that'll see you in and out of the gym in under 30 minutes, you're in the right place. This 20-minute, total-body muscle builder requires just a single dumbbell (or kettlebell), but promises to work everything from your shoulders, to your lats, to your legs and core.

After a thorough warm-up, start a countdown timer for 20 minutes and work your way through as many high-quality rounds as possible of the following four-move, full-body burner. If your weights are a little on the light side, crank up the reps, but focus on keeping your form

sharp and resting only as necessary to keep your reps tight. Make a note of how many rounds you manage to complete at the buzzer and aim to beat your score the next time you repeat the workout in order to ensure progressive overload and majored increasing your chances of seeing serious gains. Push Press x 5 (each side)
Clean your dumbbell onto your shoulders, palms facing in. Take a breath and brace your core. (A) Dip at the knees and use your legs to help (B) press your dumbbell overhead. Lower under control to your shoulder and repeat. Perform five reps on your weaker side before repeating with the opposite arm.
Single Arm Row x 10 (each side) Hold a dumbbell or kettlebell in your left arm, take a staggered stance and hinge at the hips until your arm is hanging at full stretch. Squeeze your opposite arm to create tension through your body (A). Keeping your torso still and avoiding excessive motion, row your 'bell



up towards your hip (B). Pause briefly, then lower the weight under control until your arm is straight. Perform 10 reps and then switch sides.
Goblet Squats x 15
Hold your 'bell close to your

chest (A). Sink your hips back and descend into a squat (B). Your elbows should come in between your knees at the bottom. Drive back up explosively. Repeat. Keep your shoulder blades locked down and back throughout and focus on keeping your torso long and upright.
4. Sumo Deadlift x 20
Lower your dumbbell to the ground between your legs, assume a wide stance and with your back straight squat down. With the dumbbell standing upright, grip it with both hands by the 'head', or handle if using a kettlebell (A). Keeping your chest up and core braced, push the floor away, driving back upwards to a standing position (B). Repeat. The burn will start to kick in here, but push through it for maximum

I did 70 plank tucks every day for a week - here are my results

You can tackle plank tucks in many ways, but whatever approach you try, they're a killer full-body exercise. I added to my ever-growing plank challenge repertoire at Tom's Guide and did 70 reps a day for one week.

If plank tucks haven't entered your workout regime before, the exercise works your shoulders, arms, core muscles, hip flexors, lower back and legs. To do plank tucks, you'll start in a plank position, jump both legs between your hands, then jump back again. But several variations fire up your core even more.

Along with some of the best plank variations we've tried, this one torched my muscles and ramped up my heart rate. If you plan to try them and haven't before, I recommend speaking with a personal trainer to check your form. Here's what happened when I hammered out nearly 500 reps — and ouch.

Start in a straight-arm plank position with shoulders stacked over your wrists
Engage your ab muscles, then bend your knees and begin to lean forward
Jump both feet between your



hands, lifting your hips as you move
Keep your weight in the balls of your feet, then jump both feet back under your starting position.

As mentioned, your core muscles are the primary focus. The move hits your rectus abdominis, transverse abdominis (deeper core muscles) and internal and external obliques. But that's not all. You'll also target your shoulders, arms, lower back, hip flexors and leg muscles.

I did 70 plank tucks every day for a week — here are my results
Well, doing a plank every morning for a week surprised our fitness editor, so what would 70 plank tucks a day do? I decided to find out.
DAY 1
Plank tucks can form part of cardio training as jumping raises your heart rate. I felt puffed after 70 reps on day one, and my abs, hips and quads were firing on all cylinders. It's similar to

plank jacks but without lateral leg engagement.
More than anything, I've got a limited range of motion during this exercise, and 70 reps took forever. Tall people (I'm 5'2, so I don't qualify) and anyone with tight hip flexors or wrist pain might struggle with the jump forward on this one, but there are ways around it.
DAYS 2 AND 3
For the next few days, I headed to the gym and hit the TRX — suspension trainers offer a brilliant plank variation if you need one. Stepping your feet through the handles and lowering them to plank height allows you to drive your knees toward your elbows from an elevated position; this helped me crunch my abs and draw my navel in without feeling restricted by a low starting position.

Equally, you could elevate your arms with push-up bars instead — if you want to practice jumping. Balancing your feet on a stability ball is a popular option for torching your muscles and challenging coordination and core stability.
DAYS 4 AND 5
By day four, it was time to mix it up again, as I had started to get bored. This time, I placed sliders underneath my feet and focused on driving my knees toward my elbows on the floor. To add further instability (which I instantly regretted), I then added a Plankpad underneath my shoulders (see the photo of when I started using a Plankpad every day below) and finished my reps with a wobble.
Writer Sam performing a plank on the Plankpad in her home (Image credit: Sam Hopes)
The friction creates a slight drag as you tuck your knees toward your hands, putting the lower body through the wringer. I found my shoulders more active using this method, and I practiced squeezing every muscle group to guide the sliders forward without dropping my hips or dipping into my lower back.
If you're building a home gym full of the best home gym equipment, sliders are an affordable way to elevate various exercises like alligator crawls and moving bear planks. However, you could just as easily use a dishcloth or sweatshirt if you want.

During the last few days, I decided to play around with time under tension (TUT), deliberately slowing down my movements to work my muscles harder for longer. I recommend only doing this if you need the extra engagement, but it helps me focus on expanding my breath and correcting form. If you struggle to control your breath, a 5-minute breathing exercise could help you bring awareness to it.
Verdict
My hips were feeling tight by the end of the week. I love any exercise that targets the hip flexor muscles, as they're some of the most underused and weak muscles in the human body, along with the glutes.
I finished up my last day with this one move to reduce hip flexor pain — it's my favorite lower back and hip stretch and the most underrated exercise in my books.
But you should add mobility and stretching (regularly to your exercise routine several times a week), not just when you feel tight. We cover more Tom's Guide-approved stretching exercises below.



Govt approves 4th 'positive indigenisation list' of sub-systems to promote domestic defence industry



NEW DELHI, MAY 14: The defence ministry has approved a fresh list of 928 components and sub-systems which will only be procured from domestic industry after a ban on their import kicks in under a staggered timeline of around five-and-a-half years.

The ministry on Sunday said the aim of the move is in sync with the government's overall aim to promote 'Aatmanirbharta' (self-reliance) in defence production.

It is the fourth such 'positive indigenisation list (PIL)' comprising line replacement units, sub-systems and components used for various military platforms, equipment and weapons.

"To promote 'Aatmanirbharta' in defence and minimise imports by defence public sector undertakings, the Ministry of Defence has approved a fourth 'Positive Indigenisation List (PIL)' of 928 strategically-important line replacement units/sub-systems/spares and components, including high-end materials and spares, with import substitution value worth Rs 715 crore," the ministry said in a statement.

The aim of the indigenisation list is to minimise imports by the defence public sector undertakings (DPSUs).

The defence ministry has set specific timelines for import ban of the items, spanning the period from December 2023 to December 2028.

This list is in continuation to the three similar PILs that were brought out in December 2021, March 2022 and August 2022.

"These lists contain 2,500 items which are already indigenised and 1,238 (351+107+780) items which will be indigenised within the given timelines," the ministry said. Of 1,238, 310 items have been indigenised so far, it said.

The items which were already indigenised comprised 262 from the first PIL, 11 from the second list and

37 from the third PIL, according to the ministry.

"The DPSUs will undertake indigenisation of these items through different routes under 'Make' category and in-house development through the capabilities of MSMEs and private Indian industry, thereby providing impetus to the growth in economy, enhanced investment in defence and reduction in import dependence of DPSUs," the ministry said.

"In addition, this will augment the design capabilities of the domestic defence industry by involving academia and research institutions," it said.

The ministry said DPSUs will soon initiate procurement action for these notified items.

In the last few years, the government has taken a series of measures to promote the domestic defence production. India is one of the largest importers of arms globally.

According to estimates, Indian armed forces are projected to spend around USD 130 billion in capital procurement over the next five years.

The government now wants to reduce dependence on imported military platforms and has decided to support domestic defence manufacturing.

The defence ministry has set a goal of a turnover of USD 25 billion (Rs 1.75 lakh crore) in defence manufacturing in the next five years, which includes an export target of USD 5 billion worth of military hardware.

BJP not able to come to terms with decisive verdict in K'taka its online hate factory working overtime : Cong

NEW DELHI, MAY 14:

The Congress on Sunday alleged that the BJP was not able to come to terms with the decisive verdict against it in Karnataka and was "manufacturing lies" and indulging in politics of polarisation.

The Congress on Saturday made a stunning comeback in the state, ousting the BJP from its lone southern citadel with a morale booster win.

In a tweet, Congress general secretary in-charge communications Jai Ramnath said, "Not able to come to terms with the resoundingly decisive verdict in favour of Congress from all sections of society in Karnataka, BJP's online hate factory is working overtime to manufacture lies."

"No doubt inspired by PM's politics of hate and polarisation. Desperation



of sick minds!" he said.

His attack apparently came over BJP IT department head Amit Malviya tweeting a video of a person raising a green flag with a crescent moon and star on it purportedly in Karnataka's Bhatkal.

"Bhatkal. Soon after Congress victory in Karnataka..." Malviya tweeted along with the video. In another tweet, the BJP leader posted a video purportedly from Belagavi and said, "Provocative slogans raised in Belagavi... Police watches on as Congress gets ready to form government in Karnataka... From Bhatkal to Belagavi, this is what 'Mohabbat ki dukaan' looks like."

"Congress's politics of appeasement will rip the social fabric of Karnataka..." Malviya alleged. In the May 10 elections to the 224-member Karnataka assembly, the Congress won 135 seats, while the ruling BJP and the former prime minister H D Deve Gowda-led Janata Dal (Secular) secured 66 and 19, respectively.

Hope Congress fulfills its poll promises made to people of Karnataka :Owaisi

HYDERABAD, MAY 14: With Congress emerging victorious in the Karnataka Assembly election, AIMIM president Asaduddin Owaisi on Sunday said he hoped that the grand old party will fulfill its pre-poll promises made to the public.

The Congress on Saturday made a stunning comeback in Karnataka, ousting the BJP from its lone southern citadel with a comfortable majority.

In the May 10 elections to the 224-member assembly, the Congress won 135 seats, while the ruling BJP and the former Prime Minister H D Deve Gowda-led Janata Dal (Secular) secured 66 and 19 seats, respectively. AIMIM had contested two



seats in the elections and lost both of them.

The Congress has promised to implement poll 'guarantees' - 200 units of free power to all households (Gruha Jyoti), Rs 2,000 monthly assistance to the woman head of every family (Gruha Lakshmi), 10 kg of rice free to every member of a BPL household (Anna Bhagya), Rs 3,000 every month for graduate youth and Rs 1,500 for diploma holders (both in the age group of 18-25) for two years (YuvaNidhi), and free travel for women in

public transport buses (Shakti - on the very first day after coming to power in the state.

"The people of Karnataka took a decision... (they) gave power to Congress. We expect them (Congress) to fulfill the promises they made to the people.

But, the work on strengthening of Majlis (AIMIM) in states be it Uttar Pradesh, Karnataka, Telangana, Maharashtra, Bihar, Jharkhand and Bengal will continue," the Hyderabad MP said.

On the results of the Karnataka elections, Owaisi said, "We did not succeed there. We will work hard. We won't be discouraged (with the poll outcome)."

Action against Bihar officials if PMAY-G 3rd tranche fund not released to beneficiaries soon :Minister

PATNA, MAY 14: The Bihar government has warned officials of strict action for delay in releasing the third instalment of funds to PMAY-G beneficiaries who have already completed construction work of their houses, a minister said on Sunday.

At least 37,974 of over 35.5 lakh beneficiaries, who have completed their houses till April 13, are waiting for the third tranche of funds under the Pradhan Mantri Awas Yojana-Gramin in the state, Rural Development Minister Sharvan Kumar told PTI.

The department will initiate action against officials concerned if they fail to release the third instalment of funds within a week to PMAY-G beneficiaries who finished the construction work of their houses under the scheme.

"I have instructed officials concerned in all 38 districts of the state that strict departmental action will be taken against them if they fail to release the second or third instalment of funds within a week to the beneficiaries, who



have already constructed their housing units, under the PMAY-G."

"There are still 37,974 beneficiaries who are waiting for the third tranche. If they (officials) fail to release funds to the beneficiaries, we will initiate departmental action against them, including withholding their salaries," the minister said.

Construction of a total 37, 04,375 housing units was sanctioned in Bihar under the PMAY-G.

"I received several complaints about delay in the release of funds (the second and third instalments) by the officials concerned during my recent visit to Sitamarhi, East Champaran, Siwan and Muzaffarpur districts.

"It was found that several beneficiaries under PMAY-G have completed construction of their houses by bearing expenses from their own pockets, but they are still waiting for the disbursement of the third instalment for the last several months. Our government will not allow such delays," the minister.

D a r b a n g a , Madhubani, East Champaran, Purnea, Araria, Sitamarhi, Aurangabad, Arwal and Banka are among the districts where the number of beneficiaries waiting for the release of the third instalment was high. Launched by the Union Ministry of Housing and Urban Affairs in June 2015, the PMAY-G is a flagship programme of the central government in its mission to provide affordable housing to all. Notably, the Bihar government had recently served notices to 2.21 lakh beneficiaries for not completing their houses under the PMAY-G even after disbursement of the entire amount (Rs 1.20 lakh per unit) in their respective

Demolished brick by brick Patna Collectorate lives on in memories of heritage lovers

NEW DELHI/PATNA, MAY 14: The date May 14, 2022 is indelibly seared into the memory of young architect Diptanshu Sinha when he saw the metallic claws of bulldozers raining the first blows on an iconic building of Patna Collectorate.

By May 17 last year, the British-era District Board Patna building famed for its pilaster Corinthian columns in the hall, had been razed into oblivion, while the Dutch-era Record Room building, barring a small frontage, was pounded into a mountain of debris.

In a few months, the cluster of historic buildings, endowed with high ceilings, massive doors, magnificent pillars, and carrying centuries of history within its walls, were flattened to make way for a new Collectorate complex.

The demolition of the Patna Collectorate which also featured in some of the key scenes of the Oscar-winning film "Gandhi", triggered a wave of grief among heritage lovers and Gandhians in India and abroad, and a year on the wounds still fester in the minds of many who fought to save the landmark.

"Barely a day had not even passed since the Supreme Court had rejected the INTACH's petition, and bulldozers had rolled into the campus of the centuries-old Collectorate, and dismantling began. Those who cared for this piece of history, were not even given time to say goodbye to it. When it was being torn down, I felt sad, weak and guilty," Sinha rued.

"Even after a year, I am unable to get the sound and sight of those demolition machines out of my mind. I will never forget that day," the 26-year-old architect lamented.

Sinha and several other Patna natives, living in India and abroad, and like-minded people from other countries, were part of a citizen-led movement 'Save Historic Patna Collectorate' that fought from 2016 onwards to save this "signpost of history".

The Supreme Court on May 13 last year rejected a plea by heritage body INTACH to save the centuries-old landmark, paving the way for its demolition.

The cluster of buildings, with the Dutch-era Record Room being the centrepiece in the 12-acre Patna Collectorate campus were razed in phases, the last demolition taking place in late December.

Bina Mishra, 70, who worked at the Patna Collectorate in the 80s as a deputy collector in charge of the District Record Room, says, Patna has been "robbed of its jewel" by demolition of the collectorate.

"I joined the Patna Collectorate office as a probationer in 1981, and even the old documents, some which are 200-300 years old, which were housed in the old Record Room were a veritable treasure. As a deputy collector in charge of it, we had got new racks and cabinets in those days for safekeeping of maps and 'khatihans' (revenue records)," she told PTI.

Patna-born Mishra said a record room was a "beautiful building which future generations should have seen". Besides the pillars on its facade, the elongated Dutch-era structure had huge free standing pillars inside the room, and the building should have been restored and not demolished, she said, adding it was a "gross mistake" to demolish the old Collectorate.

"Even though I left Patna for Ranchi, after my marriage in 1985, my roots are there, and every time I only need to read or hear one heritage building or the other of my city going down for Vikas. The beautiful century-old Sultan Palace is now also facing demolition. Patna needs to wise up, both policy-makers and the masses," said Mishra, who recently shifted to Delhi.

Patna Collectorate -- the headquarters of the district administration -- is now getting a new avatar, and work is going on in full swing to build a new multi-storey collectorate complex on the banks of Ganga, and it is expected to be completed in two years.

Among other key heritage structures lost in the Collectorate demolition include the British-era DM

Office Building, Dutch-era District Engineer's Office Building, SDO Office Building and Land Requisition Office Building.

Eight pillars from the facade of the now-demolished Record Room building were salvaged in compliance with the Patna High Court order of 2020 which had asked to not bulldoze the pillars of the Collectorate.

The district administration has planned to "suitably display the preserved pillars" in the upcoming complex, a senior official said.

Several historians, scholars, conservation architects, Gandhians and ordinary citizens have expressed their anguish over the demolition of the historic Patna Collectorate, and urged that "proactive steps" be taken so that no other public landmark in Patna should meet this "cruel fate".

Bharati Kumar, former head of the Patna University's History Department, who had opposed the demolition of the Collectorate, lamented that "heritage buildings in Patna are either being demolished in the name of development or not properly maintained out of institutional neglect".

Ironically, the Patna Collectorate is still mentioned as a cultural site on the official website of Bihar Tourism, along with an aerial photograph of the DM Office Building, which along with the Record Room building featured in "Gandhi" (1982).

Also, the Patna Collectorate, among other sites, are listed as heritage buildings in the 2008 Bihar government publication "Patna: A Monumental History".

Mumbai-based conservation architect Abha Narain Lambh, who has worked on conservation projects in many cities, some of which have won UNESCO awards, said demolition of old buildings "denudes the character" of historic cities.

"Demolition of old buildings leads to erasing tangible heritage and collective memories of a city. Patna should act wisely when it comes to its heritage buildings," Lambh told PTI.

Mukul Rohatgi, appearing for some of the families of the victims of the blasts. The senior lawyer also sought a stay on the high court's judgement. The Rajasthan government had on April 25 filed an appeal challenging the high court verdict in the case.

The top court on May 12 permitted family members of the victims of the blast to file an appeal against the verdict and listed the petition with that of the state government for hearing on Wednesday.

"Diary No... is taken on board. Permission to file SLPs (Special Leave Petition) is granted. Leave granted.

Liberty is granted to file an application for early hearing after respon-

Jaipur serial blasts: SC to hear appeal of families of victims against acquittal of accused

NEW DELHI, MAY 14: The Supreme Court has agreed to hear on May 17 an appeal by some of the family members of those killed in the 2008 Jaipur serial blasts challenging the Rajasthan High Court verdict acquitting four men, who were handed down death penalty by a trial court in the case.

The court was rocked by a series of blasts on May 13, 2008 when bombs went off one after another at Manak Chawk Khandana, Chandpole Gate, Badi Chaupad, Chhoti Chaupad, Tripolia Gate, Johri Bazar and Sangarneri Gate. The explosions left 71 people dead and 185 injured.

A bench of Justices Abhay S Oka and Rajesh Bindal considered the submissions of senior advocate

Mukul Rohatgi, appearing for some of the families of the victims of the blasts. The senior lawyer also sought a stay on the high court's judgement. The Rajasthan government had on April 25 filed an appeal challenging the high court verdict in the case.

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Liberty is granted to file an application for early hearing after respon-

ents are duly served. List on May 17...along with SLP(CrL)...(of Rajasthan government)," the bench ordered on Friday.

The Rajasthan High Court on March 29 had set aside the lower court verdict awarding death penalty to four accused in the case and slammed the probe agencies over their "shoddy investigation". The high court had also affirmed the acquittal of a fifth accused by the trial court. It had lambasted the investigating agencies for doing a shoddy investigation in connecting the chain of evidence and also directed Rajasthan's director general of police to take action against the officers involved in the investigation.



Cease-fire between Israel and militants in Gaza appears to hold after days of fighting

GAZA CITY, MAY 14: A fragile cease-fire between Israeli forces and militants in the Gaza Strip appeared to be holding on Sunday after a five-day clash that killed 33 Palestinians and two people in Israel.

The latest round of Gaza fighting was sparked on Tuesday when Israeli jets killed three top commanders from the Islamic Jihad militant group in response to earlier rocket launches from Gaza.

Those killings set off a barrage of militant fire and the conflagration threatened to drag the region into another all-out war until an Egyptian-brokered cease-fire took hold late Saturday.

While the calm appeared to bring a sense of relief to Gaza's 2 million people and hundreds of thousands of Israelis who had been largely confined to bomb shelters in recent days, the agreement did nothing to address the underlying issues that have fuelled numerous rounds of fighting between Israel and Palestinian militant groups in the Gaza Strip over the years.

In Gaza, residents surveyed the latest damage caused by their surroundings, with gaping holes left in the apartments serving as what Israel said were hideouts for the six senior Islamic Jihad members killed during this round.

Gaza's main cargo crossing with Israel reopened Sunday after warnings that keeping it closed would force Gaza's sole power plant to shut down, deepening a power crisis.

Israel was gradually lifting restrictions on residents in southern Israel, which had borne the brunt of the rocket fire.

Israeli officials expressed satisfaction with the latest battle, having killed at least six members of Islamic Jihad's top brass in what it says were pinpointed strikes based on solid intelligence.

But at least 13 of those killed in Gaza were civilians, among them children as young as 4 years old, as well as women.

Prime Minister Benjamin Netanyahu said the targeted attacks on the militants' hideouts would reverberate around the region.

"Israel's enemies in Gaza and much further than Gaza know that even if they try to hide, we are able and prepared to reach them at any time," he told a meeting of his Cabinet.

Israel has faced criticism in the past from rights groups over the civilian casualties in its bombardments in Gaza.



Israel says it does its utmost to avoid harming civilians in its strikes and says militants operate from within the territory's densely populated areas to fire rockets indiscriminately at Israeli communities.

Even if some of the strikes were precise, others destroyed the homes of uninvolved Palestinians.

"If they want to target a house, let them target it alone. Why destroy the whole neighborhood? Why?" said Mai Sarson, whose house in Deir el-Balah was reduced to ruins in an Israeli strike.

Throughout the fighting, Israel's repeated airstrikes targeting Islamic Jihad and its command centers and rocket-launching sites showed no signs of stopping the rocket fire, prompting Islamic Jihad to declare victory and sending cheering Palestinians out into the streets late Saturday.

The Israeli military reported over 1,400 launches throughout the fighting, with some rockets reaching as far as the Tel Aviv and Jerusalem areas.

Israeli jets struck more than 400 targets, according to a preliminary military tally, which also showed about a fifth of the rockets were mis-fired and landed in Gaza, while most of the rest were either intercepted or landed in open areas.

An 80-year-old woman and a Palestinian labourer who was working inside Israel were killed by rocket fire. A Palestinian human rights group said three people, including two children, were killed in Gaza by errant rockets.

It was the latest in a long series of battles between Israel and Palestinian militants in Gaza since the Islamic militant group Hamas seized control of the seaside territory in 2007.

Israel and Hamas have fought four wars, and there have been numerous smaller flareups as well. The more powerful Hamas has praised Islamic Jihad's strikes but

remained on the sidelines during the latest round of fighting, limiting the scope of the conflict.

As the de facto government held responsible for the abysmal conditions in the blockaded Gaza Strip, Hamas has recently tried to keep a lid on its conflict with Israel, Islamic Jihad, on the other hand, a more ideological and unruly militant group wedded to violence, has taken the lead in the past few rounds of fighting with Israel.

Saturday's deal did not address many of the causes of the repeated fighting, including Israel's ongoing blockade of Gaza, the large arsenals of weapons possessed by Hamas and Islamic Jihad and Israeli policies in the occupied West Bank and east Jerusalem.

The Gaza violence came after more than a year of fighting in the occupied West Bank, where the Israeli military has been staging near-nightly arrest raids and Palestinians have carried out repeated attacks.

Tensions could once again soar this week when nationalist Israelis hold an annual march through a sensitive area of Jerusalem's Old City, which the Palestinians view as provocative.

Israel captured the West Bank, east Jerusalem and Gaza in the 1967 Mideast war.

The Palestinians claim all three areas for a future state. Israel withdrew from Gaza in 2005, but Hamas subsequently overran the territory and expelled forces loyal to the internationally recognized Palestinian Authority.

Israel and Egypt have maintained a blockade over Gaza in what Israel says is a policy aimed at preventing Hamas from arming.

The Palestinians and international rights groups say the policy, which restricts the movement of people and goods in and out of Gaza, amounts to collective punishment.

Cyclone Mocha makes landfall along Bangladesh Myanmar coasts

DHAKA, MAY 14: Super cyclone Mocha made landfall along the Myanmar-Bangladesh coasts on Sunday after intensifying into the equivalent of a category-five storm, causing extensive damage to the southeastern coastlines and forcing the evacuation of over five lakh people in low lying areas.

The Cyclone Mocha, one of the most powerful cyclones seen in the country in nearly two decades - made landfall shortly after midnight on the Teknaf shorelines before making its way through the Naf River that divides Bangladesh and Myanmar.

The powerful wind uprooted trees and damaged roofs of several houses in Teknaf and Saint Martin's Island, which is situated about 9-km south of the tip of Cox's Bazar-Teknaf peninsula. There was heavy rain along with strong winds in St. Martin's, an eight-square-kilometre coral-reef island located in the Bay of Bengal.

"The eye' or the center point of the cyclone made its landfall shortly after midnight today on the Teknaf shorelines, coming through the Naf River, ahead of its anticipated time," Bangladesh Met office spokesman AKM Nazmul Huda told PFI.

He said the tail or the rest of the severe storm, which was categorised as a very dangerous category-five cyclone, might take more time to cross the coastlines.

Citing sources, the Dhaka Tribune newspaper reported that St Martin's Island, Teknaf Sadar and several other coastal areas have been affected by strong winds which uprooted trees, and blown away roofs of houses.

The administrative chief of Teknaf sub-district of Cox's Bazar Mohammad Quamruzzaman said the wind was blowing at a speed of over 200 kilometres per hour in Teknaf and its southernmost part Shahpori Dip along the Bay of Bengal.

Teknaf is close to Myanmar and separated from northern Myanmar

coasts by the Naf River.

Quamruzzaman said that extensive damage has been reported in Teknaf and Saint Martin's Island due to the cyclone.

"We have received news of several people being injured in these two areas," he added.

The weather officials said the Naf River was witnessing high tides that began at 11 am and would continue until evening.

Mujibur Rahman, the Chairman of Saint Martin's Island, said many houses on the island were blown away by the strong wind. "I have heard news of several people being injured," he was quoted as saying by the newspaper.

Storm surges of up to four meters could swamp villages in low-lying areas. There are fears it may hit the world's largest refugee camp, Cox's Bazar, where over one million displaced Muslim Rohingya refugees live in makeshift camps.

Earlier, the Bangladesh Met Office issued the highest danger signal 10 for Cox's Bazar.

Cyclone Mocha started hitting the coastlines of Bangladesh and Myanmar on Sunday after intensifying into the equivalent of a category-five storm. The powerful cyclone brought heavy rain and winds of up to 195 kph. The forecast was it will make landfall with heavy rains and winds on Sunday afternoon. The low-lying areas of Cox's Bazar and Chattogram are likely to be inundated by wind-driven tidal surges eight to 12 feet above normal.

Tidal surges of five to seven feet above normal are also likely to deluge low-lying parts of Feni, Noakhali, Laxmpur, Chandpur, and Bhola, bdnews24.com reported.

Meteorologists previously warned Mocha could be the most powerful storm seen in Bangladesh in nearly two decades.

Authorities on Saturday launched a massive evacuation campaign to relocate close to half a million people along the southeastern coastlines. Bangladesh has shut

down nearby airports, ordered fishermen to suspend their work and set up 1,500 shelters as people from vulnerable areas were moved to safer spots.

Officials said the government, with the support of UN agencies and aid workers, has kept tonnes of dry food and dozens of ambulances ready with mobile medical teams in sprawling camps of the Rohingyas who fled to Bangladesh from Myanmar.

Residents and officials fear the Mocha-triggered tidal surges could cause massive deluges and landslides, endangering the lives of those residing in hillside camps, where mudslides hit regularly.

The World Meteorological Organisation, a United Nations agency, had warned the super cyclone will cause heavy rain, flooding, and landslides around the coasts of Bangladesh and Myanmar.

"Cyclone Mocha is coming. We have kept the cyclone centres and taken all types of preparations to tackle it," Prime Minister Sheikh Hasina earlier said.

Bangladeshi authorities have set up 55 shelters at Bhasan Char offshore island, where nearly 30,000 of the Rohingyas refugees have been relocated from the mainland.

Bangladesh exclusively dedicated the Bhasan Char to the Rohingyas though most of them live in the mainland of Cox's Bazar adjacent to Myanmar borders. Most of them fled to neighbouring Bangladesh after a military-led crackdown in Myanmar in 2017.

Prime Minister Hasina earlier warned that the cyclone could disrupt electricity and gas supplies and particularly cause water stagnation in coastal areas.

"This cyclone (Mocha) is the most powerful storm since Cyclone Sidr of 2007," chief meteorologist Azizur Rahman said. Cyclone Sidr hit Bangladesh's southwestern coast killing more than 3,000 people and inflicting damages to the tune of billions of dollars.

Ukrainian president says counteroffensive does not aim to attack Russian territory



BERLIN, MAY 14: Ukrainian President Volodymyr Zelenskyy said on Sunday that his country is preparing a counteroffensive designed to liberate areas occupied by Russia, not to attack Russian territory.

Speaking during a news conference with German Chancellor Olaf Scholz in Berlin, Zelenskyy said Ukraine's goal is to free the territories within its internationally recognised borders.

There has been speculation that Ukraine might try to capture areas in Russia proper and use them as bargaining chips in possible peace negotiations to end the war launched by Moscow in February 2022.

Pressed by reporters on the issue, Zelenskyy said: "We don't attack Russian territory, we liberate our own legitimate territory."

"We have neither the time nor the strength (to attack Russia)," he said, according to an official interpreter.

"And we also don't have weapons to spare, with which we could do this." "We are preparing a counterattack for the illegally occupied areas based on our constitutionally defined legitimate borders, which are recognised internationally," Zelenskyy said.

The Ukrainian president is visiting allies in search of further arms to help his country fend off the Russian invasion, and funds to rebuild what's been destroyed by more than a year of devastating conflict.

A Luftwaffe jet flew Zelenskyy to the German capital from Rome, where he had met Saturday with Pope Francis and Italian Premier Giorgia Meloni.

It is his first visit to Berlin since the start of the war and comes a day after the German government announced a new package of military aid for Ukraine worth more than 2.7 billion euros (USD 3 billion), including tanks, anti-aircraft

systems and ammunition.

Zelenskyy thanked Scholz for Germany's political, financial and military support, saying the country is now second only behind the United States in providing aid to Ukraine - and joked that he is working to make it the biggest donor.

Scholz made clear that Kyiv can expect German aid to keep flowing. "We will support you for as long as necessary," he said, adding that it is up to Russia to end the war by withdrawing its troops.

After initially hesitating to provide Ukraine with lethal weapons, Germany has become one of the biggest suppliers of arms to Ukraine, including Leopard 1 and 2 battle tanks, and the sophisticated IRIS-T SLM air-defense system.

Modern Western hardware is considered crucial if Ukraine is to succeed in its planned counteroffensive against Russian troops.

Zelenskyy first met with President Frank-Walter Steinmeier, Germany's head of state, who was snubbed by Kyiv last year, apparently over his previous close ties to Russia, causing a chill in diplomatic relations between Ukraine and Germany. Since then, both Steinmeier and Chancellor Olaf Scholz have visited Ukraine, assuring Zelenskyy of their support for his country's fight against the Russian invasion. Announcing the new arms package, German Defence Minister Boris Pistorius said Berlin would help Ukraine for "as long as it takes."

Old rivalries, new battle as Thailand goes to the polls

Voting was underway in Thailand on Sunday in an election expected to deliver big gains for opposition forces, testing the resolve of a pro-military establishment at the heart of two decades of intermittent turmoil in the coup-prone country.

About 52 million eligible voters are choosing among progressive opposition parties - one with a knack for winning elections - and others allied with royalist generals keen to preserve the status quo after nine years of government led or backed by the army.

Opinion polls indicate the opposition Pheu Thai and Move Forward parties will gain the most seats but with no guarantee either will govern because of parliamentary rules written by the military after its 2014 coup and skewed in its favour.

Wongsak Na Chienmag was the first person to vote at his polling station in central Bangkok. "I'm already 88. It's not easy," he said, holding on to a crutch. "This is very important for the country."

Elsewhere in the capital,



prime minister hopefuls for the ruling party and opposition forces cast their votes early on Sunday, including incumbent Prime Minister Prayuth Chan-ocha.

The election again pits Pheu Thai's driving force, the billionaire Shinawatra family, against a nexus of old money, military and conservatives with influence over key institutions that have toppled three of the populist movement's four governments.

The seeds of conflict were sown in 2001 when Thaksin Shinawatra, a brass capitalist upstart, was swept to power on a pro-poor, pro-business platform that energised

taken up the mantle.

"May 14 will be a historic day. We will change from a dictatorship to a democratically elected government," Paetongtarn, 36, told cheering crowds on Friday at Pheu Thai's final rally.

"Every time we come to power we are able to bring prosperity to the people. I've entered politics to help the new generation, to support their families."

The populist approach of Pheu Thai and its predecessors has been so successful that rival forces that once derided it as vote-buying now offer strikingly similar policies.

The military-backed Palang Prachart promises a handout of 30,000 baht (889) each to 7.5 million farming families, a big increase in allowances for the elderly and infrastructure projects in Thailand's poorest region.

The United Thai Nation of Prime Minister Prayuth, who led the coup against Pheu Thai's last government, has pledged debt relief, cheaper electricity for low-income groups and subsidies for transport and crop harvesting.

Nepali sherpa becomes world's second person to scale Mount Everest 26 times

KATMANDU: A Nepali sherpa guide climbed Mount Everest for the 26th time on Sunday, hiking officials said, becoming the world's second person to achieve the feat.

Pasang Dawa Sherpa, 46, stood atop the 8,849-m (29,032-ft) peak, sharing the record number of summits with Kami Rita Sherpa, said Bigyan Korala, a government tourism official.

10ld rivalries, new battle as Thailand goes to the polls

2Bangladesh, Myanmar bracing as Cyclone Mocha set to make landfall

Kami Rita, who is also climbing on Everest now, could set another record if he makes it to the top.

Pasang Dawa reached the top with a Hungarian client, said an official of his employer Imagine Nepal Treks, a hiking company.

"They are descending from the top now and are in good shape," the official, Dawa Futi Sherpa, told Reuters. Sherpas, who mostly use their first names, are known for their climbing skills and make a living mainly by guiding foreign clients in the mountains.

Dawa Futi said a Pakistani woman, Naila Kiani, who also climbed the peak on Sunday, was the first foreign climber to summit Everest in this year's climbing season, which runs from March to May.

This could not be independently confirmed as many foreign climbers are now headed for the peak, a day after the ropes to the top were fixed.

Kiani, a 37-year-old banker based in Dubai, had climbed four of the world's 14 highest mountains before Everest, the Himalayan Times newspaper said.

Heritage Walk at Purmandal Utterbeni: Tourism Department, Samba Administration collaborate to promote cultural tourism, connect youth with their rich heritage

SAMBA, MAY 14: The Department of Tourism, in collaboration with the District Administration Samba and the Jammu Heritage Walk, organized a mega event -the Purmandal Utterbeni Heritage Walk, to connect the youth with the rich cultural heritage of Purmandal also known as chota Kashi on the river bank of Devika.

The event witnessed the participation of more than 200 enthusiastic locals, prominent citizens, and PRI members.

The Heritage Walk was flagged off by the District Development Council Chairman Keshav Dutt Sharma, Deputy Commissioner Abhishek Sharma, DDC member Avtar Singh, Joint Director Tourism Sunaina Sharma, in the presence of local Sarpanchs and prominent personalities.

The participants visited several ancient temples, including the Umapat Temple, Radha Krishna Temple (Gadhahar ji Temple), Adhmukteshwar, and Ranbhisweringh Temple, which have a historic relevance and cultural importance in the region. These temples are based on Shaivism and Vaishnavism Sanatana Dharma.

During the walk, the participants were informed by Ananya Salhotra, founder of the Jammu Heritage walk, about the fresco paintings, architecture of temples, traditional roots, the origin of Gupta Ganga Devika River and mentioned ancient scriptures. Also, the participants enjoyed traditional Dogra cuisine for lunch at Kabir Mandir which was arranged by the tourism department.

DDC Chairman Keshav Dutt Sharma said that connecting the youth with our heritage is essential to instill pride in them for our rich cultural heritage.

During the Purmandal Utterbeni Heritage Walk, the Deputy Commissioner Samba, Abhishek Sharma, emphasized the importance of preserving our cultural heritage and passing it down to future



generations. He urged the youth to take an active interest in their history and heritage, and to be proud of their roots. He expressed his gratitude to the Department of Tourism, the Heritage Walk Society, and all the participants for making the event a grand success. He also highlighted the importance of involving the local community in the heritage and that interventions like this have a potential not only to generate awareness but also generate employment.

The Joint Director tourism Jammu Sunaina Sharma informed that the tourism department is committed to promote the rich cultural heritage and historical importance of the region under the guidance of Secretary Tourism, Dr. Syed Abid Rasheed Shah and Director Tourism Jammu, Vivekanand Rai, who have also been actively working towards promoting tourism in the region and creating opportunities for the locals to showcase their culture and heritage to the world.

One participant Ananya Sharma, a student from Jammu University, expressed her appreciation for the informative and engaging tour of the temples, adding that she had learned a lot about the region's cultural and religious significance. Another participant, Vishal Singh, a local resident, commended the

organizers for the well-planned event and hoped that more such initiatives would be taken to promote the region's heritage and tourism potential.

Overall, the participants were thrilled to be a part of the heritage walk and expressed their gratitude to the organizers especially the Tourism Department, J&K and District Administration Samba

Azad extends condolence to Dr Manohar Lal over his brother in law's demise

J NEWS SERVICE

JAMMU, MAY 14: Democratic Progressive Azad Party Chairman & former CM Gulam Nabi Azad on Sunday expressed grief and shock over the untimely demise of Master Lakhpal Sharma, brother in law of Former Minister/MLA Billawal Dr Manohar Lal Sharma in a tragic road accident at Channi, Kathua. Mr Azad extended his deepest condolences with the bereaved family and prayed for the departed soul. "Sharma ji was the man of pious virtues and his untimely demise is a tragic loss for us all.

DCO Ramban inspects various medical shops, seals 2 unauthorized medical stores in Rajgarh

RAMBAN, MAY 14: The Drug and Food Control Organization carried out an intensified inspection of various medical stores in far-flung areas of the district Ramban to check the registration, authorization and record of availability and sale of medicines, besides checking standard parameters of medicines, available in the chemists shops.

On the directions of Deputy Commissioner Ramban, Musarrat Islam, Drug Control Officer (DCO), Ramban Intiyaz Ahmed today carried out an extensive inspection at a far flung area of Rajgarh.

He inspected various medical shops at Chuchatter, Chakka of Rajgarh and adjoining area.

During the inspection, Drug Inspector sealed 2 medical stores onspot for violation of various provisions of Drugs and Cosmetics Act.



Statutory drug samples of 02 drug formulations were lifted from the market particularly from far flung areas for determining the strength and purity. The chemists were warned of severe action under extant rules in case the mentioned deficiencies are not removed within a stipulated period of time. They were instructed to install CCTV cameras and ensure that the sale of Drugs is made only on a

valid and proper prescription.

The department also requested the general public to put a vigil on persons involved in the trade of Narcotics & Psychotropic drugs, and inform the concerned if they found any violation of rules. The team also sensitized the people to desist from taking medicines and health services from any unregistered medical stores and medicos.

2nd National Lok Adalat settles 118 cases in Kishtwar



KISHTWAR, MAY 14: District Legal Services Authority & Tehsil Legal Services Authority organized 2nd National Lok Adalat at District Court Complex Kishtwar.

The Lok Adalat was inaugurated by Principal District Sessions Judge, Manjeet Manhas & CJM Mahmud Anwar Alinsair, in presence of bar members and litigants.

Two benches were constituted and Lok Adalat took up 175 cases out of which 118 were settled.

Rs.7726595.00 was realised and distributed on spot amongst the litigants in MACT Claim and Bank settlement of loans, while an amount of Rs.10000.00 was realised as fine in petty/ summary trial offences, which were commuted on spot. Apart from this eleven matrimonial disputes were settled on spot.

Later, Justice Tashi Rabastan, Judge High Court of Jammu & Kashmir And Ladakh, who is also Chairperson State Legal Services Authority, distributed the settled claim amount on the spot amongst the litigants. Justice Tashi Rabastan also visited 'Bai Ashram', District Jail Kishtwar and 'Place of Safety' at Hidayal and also Aashiana—a home

for destitute children run by a Local NGO, Justice Tashi also interacted with the members of the Bar and Local Administration.

Amongst others, those who attended the Lok Adalat included, Member Secretary SLSA J&K and Ladakh, Mr. Amit Gupta, Dr. Devansh Yadav DP Kishtwar, Adil SP Kishtwar, Rajinder Singh and DySP DAR Sajjad Khan, Bar President I.H. Hamal, OP Parihar, and members of the Legal fraternity.

Rahul Sahai calls on VC JDA, discusses issues

J NEWS SERVICE

JAMMU, MAY 14: Rahul Sahai Chair PHDCCI Jammu apprised him about the activities PHDCCI is doing in Jammu & Kashmir and nationwide. Also sensitized about the yearly PHDCCI activity of Ambassadors meet at national level. He said that PHDCCI has been supporting various pragmatic initiatives of the UT of J & K and Central Government towards the economic, industrial, and overall development of J & K.

Rahul Sahai also presented various issues related to JDA he apprised him about Wrong Land classification done in master plan by the agency in which some areas / lands are wrongly classified into various colors Eg Green , Red , blue etc . Sahai further said similar green color is classified as Nursery / orchards / open space / Recreation / vegetation / waterbody buffer and same type of Red color is classified as Public and semi public / public utility / slaughter house etc which is very confusing and is not done real time . Sahai said Many people have certificates from revenue department that there land is For Eg : Commercial land (Banjar Kadem) but this agency has classified that land as Nursery / residen-



tial etc . Sahai said if land sale purchase will not happen it is a direct loss of taxes and development, he suggested to open the window to rectify the same at the earliest . Rahul Sahai Chair PHDCCI asked him to expedite the process of starting online services in JDA and informed that in 2018 on one file regarding transfer of property there use to be 101 signatures of JDA officers and transfer of property takes 1 year some time .

Sahai informed him about Change of land use applications pending with JDA . He further added that there were some amendments made to the J&K Unified building Bye-Laws (UBBL) and officially published in the J&K official Gazette . On 9th of March,2022 . Now certain applications for the change

of land use under these amendments only are pending with the JDA for more than 6 Months

Rahul Sahai Said that there are certain properties within Jammu Municipal Limits but under JDA for example Properties situated at Channi Bypass for which Change of Land Use is being granted by the JDA but the approval of map is being forwarded to Urban Transport Environment Improvement Committee (UTEIC) (which is now defunct) and no clarity is available on this issue that how to resolve this , lot of applications are still pending . Rahul Sahai brought under the notice of VC JDA that there are input by many people that people are selling JDA lands fraudulently and purchaser suffers . So he recommended to demark all the JDA lands

and proper boards should be there so that no one can trade that . Samar Dev Charak Co Chair PHDCCI said that there is need of regularization of commercial plots . Where residential and commercial areas are co-existing , only residential plots have been regularized and no decision has been taken for commercial plots .

For all-round development this needs to be streamlined and regularized at the earliest . For Eg : We have Apsara road / Gandhi Nagar / Trikuta Nagar / Channi etc he added .

Rahul Sahai also discussed issues related to Transport Nagar Jammu which included issues related to works going on in Transport Nagar under Jammu metropolitan Region Development

Authority (JMRTDA) project executed by JDA of Rs 33.57 crores which includes 9 kms of road 50 mm thick with bitumen macadam with 25 mm thick carpet , 9 kms of Rcc Drains , 5.4 kms of inter-nal roads / intersection with 80 mm thick drains , 3 kms of dividers with kerb stones , provision of electrification , sign boards and 6 no automatic electro mechanical barriers with self supporting steel structures for regulating entry & exit Roads . Sahai apprised VC JDA that contractor is not doing works as per the requirement and it needs to be checked at the earliest .

Sahai said contractor has started every lane , then stopped one and doing work in another side resulting chaos every where , many days work was stopped , Shop keepers are suffering due to less customers due to roads are blocked , tiles are not laying on full roads , Dividers width is huge which is not required and results in encroachment on divider . Width of Roads laying is also less (lot of space is left on both sides , which will create mess there) . Sahai said we want a separate meeting in which contractor and JDA's team and engineers are present so that stake holders could understand and suggest them the important things .

He also appreciated the ongoing works of the National Highway . He directed representatives of NHAI and construction companies to maintain the Highway and station adequate machinery at all vulnerable places to clear the blockades without any delay .

He instructed the concerned stakeholders to ensure completion of works by implementing all plans and directions issued from time to time for the smooth conduct of holy yatra .

Later, the ADC also inspected National highway four laning con-

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER DODA SHOW CAUSE NOTICE

Farooq Ahmed Wani S/O: Qadir Wani R/O: Ghat Anora Teh. & District: Doda (Registered Owner of vehicle No. JK06A-3499)

Sub: Suspension of Registration of vehicle bearing Registration No: JK06A-3499
Whereas, your vehicle bearing Registration No. JK06A-3499 (LMV) was booked by the District Police under Narcotic Drugs and Psychotropic Substance Act and an FIR No.249/2022 US 82/122 NDPS Act has been registered at Police Station , Doda as per the communication No. CRB/NDPS/23/22884-89 dated: 11-05-2023 received from the Sr. Superintendent of Police, Doda

Whereas, the Sr. Superintendent of Police, Doda has felt imperative to take stern action against the defaulter and it has been recommended by the Sr. Superintendent of Police, Doda that the Registration certificate of the above said vehicle be cancelled/suspended at an earliest under intimation to their office;

Whereas, if any Registering authority or other prescribed authority has reason to believe that any Motor Vehicle within its jurisdiction:

- (a) Is in such a condition that its use in a public place would constitute a danger to the public, or that it fails to comply with the requirements of this Act or of the rules made there under or
- (b) Has been, or is being used for hire or reward without a valid permit for being used as such, the Registering authority is empowered to suspend the certificate of the Registration

The show cause notice is hereby issued to you to explain your position (to give you hearing to ensure natural justice) why the Registration Certificate should not be cancelled/suspended for including in illegal transportation of Narcotic Drugs and Psychotropic Substance. The reply of "Show Cause Notice" should reach this office along with Registration Certificate of the said vehicle within 10 days from the date of issuance of this notice, otherwise it shall be presumed that you have nothing to say in your defense and the action as warranted under Law shall be initiated.

NO: ARTO/2022-23, 463-68 REGISTERING AUTHORITY SD/ (MEMBER SECRETARY, RTA, DODA) ASSISTANT REGIONAL TRANSPORT OFFICER, DODA DATED: 12-05-2023

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER DODA SHOW CAUSE NOTICE

Ajju Devi W/O: Rishi Kumar Sharma R/O: Sarti P.O. Sawani District: Ramban (Registered Owner of vehicle No. JK06-1397)

Sub: Suspension of Registration of vehicle bearing Registration No: JK06-1397
Whereas, your vehicle bearing Registration No. JK06-1397 (Maxi Cab) was booked by the District Police under Narcotic, Drugs and Psychotropic Substance Act and an FIR No. BY No.112/2022 US 8/20 NDPS Act has been registered at Police Station, Doda as per the communication No. CRB/NDPS/23/22884-89 dated: 11-05-2023 received from the Sr. Superintendent of Police, Doda

Whereas, the Sr. Superintendent of Police, Doda has felt imperative to take stern action against the defaulter and it has been recommended by the Sr. Superintendent of Police, Doda that the Registration certificate of the above said vehicle be cancelled/suspended at an earliest under intimation to their office;

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NO: ARTO/2022-23, 469-75 REGISTERING AUTHORITY SD/ (MEMBER SECRETARY, RTA, DODA) ASSISTANT REGIONAL TRANSPORT OFFICER, DODA DATED: 12-05-2023 DIP/1-1352/23

ADC Ramban visits Banihal, inspects Lamber Langer site

RAMBAN, MAY 14: Additional Deputy Commissioner, Ramban Harbansh Sharma today visited Banihal and inspected the larger site developed for Amarnathji Yatrias . Sub Divisional Magistrate Banihal, Zaher Abbas and other concerned officers were also present on the occasion.

He also inspected lodgment centres from Ramban to Banihal established for the stay of Yatrias.



He instructed the concerned stakeholders to ensure completion of works by implementing all plans and directions issued from time to

time for the smooth conduct of holy yatra .

Later, the ADC also inspected National highway four laning con-

Chief Justice reviews progress on One Stop Centre, DHWE, Khawaja Bagh

APPLAUDS DISTRICT ADMIN FOR RESOLVING CASES THROUGH COUNSELLING, LEGAL ADVICE

J I NEWS SERVICE

BARAMULLA, MAY 14: On second day of his visit to Baramulla, Chief Justice, High Court of Jammu & Kashmir and Ladakh, N Kotsiwar Singh, today visited One Stop Centre and District Hub for Women Empowerment (DHWE) at Khawaja Bagh and reviewed functioning of both the units. He had interaction with the staff there and was apprised of the various success stories of women victims.



Registrar General, Shahzad Azeem, Principal Secretary to Chief Justice, Mahinder Kumar Sharma, Deputy Inspector General of Police, North Kashmir, Vivek Gupta, Senior Superintendent of Police, Baramulla, Amod Ashok Naggure, ADDC, Ajaiz Abdullah Saraf besides functionaries of all concerned departments were present on the occasion.

Justice was satisfied with the working of the centres and extended appreciation to district administration for achieving marvellous progress by resolving cases through counselling and legal advice. He asserted that the center facilitates effective disposal of complaints received by OSC and also helps in collecting information about the problems faced by women in the district.

He said that all the recommendations discussed with the victims and staff will be forwarded to ensure that all necessary steps are taken to improve the welfare of women of Baramulla. He emphasised that women need to be confident in empowering themselves as they are the ones who shape the society. Further, Chief Justice also exhorted upon the officers to launch massive awareness drives across the district so that the women know and understand their rights.

Chief Justice interacted with the women victims and got appraisal of their concerns and issues. He also listened to various success stories of the women who were facing domestic violence. He was informed that Baramulla has recorded 236 cases registered with OSC including domestic violence, human trafficking, divorce, black mailing and others. During interaction, Chief

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Mayor SMC, DDC Member calls on Lt Governor



J I NEWS SERVICE

SRINAGAR, MAY 14: Sh Junaid Azim Mattu, Mayor, Srinagar Municipal Corporation called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

Sh Mattu discussed various development issues of Srinagar City with the Lt Governor. Sh Ajaiz Ahmad Khan, Member, District Development Council Tulail, Bandipora also called on the Lt Governor and apprised him of various issues of public importance and development of the district.

The Lt Governor assured the Mayor SMC and the DDC member of appropriate redressal of all the genuine issues put forth by them during the interaction.

DC Anantnag inaugurates "Nagar Diwas" programme

J I NEWS SERVICE

ANANTNAG, MAY 14: Deputy Commissioner Anantnag S F Hamid today launched the "Nagar Diwas" program from the picturesque town of Kokernag in the District Anantnag.

Speaking on the occasion the Deputy Commissioner informed that "Nagar Diwas" is an initiative started by the District Administration to ensure continuous and institutionalized coordination between the line Departments and Urban local bodies for facilitating speedy development and enhancing urban governance.

The Diwas witnessed participation from MC - President Kokernag, Councilors of the ULB Kokernag, SDMs, officials of all line departments and general public.

During the Diwas the public and their representatives shared their views and comments regarding the current development scenario in the town and their expectations from the administration.

Thereafter a detailed discussion was held between all the stakeholders for the current year plan and way forward. Presiding over the session, the Deputy Commissioner emphasized the vast potential for investment in the tourism sector which the area offers and highlighted the unlimited opportunities that Kokernag offers.

Later, the DC visited the Lamoo area to assess ongoing works, particularly the degree college, and interacted with the locals to address. He directed the executing agencies to complete the works within a stipulated time period.

Wildlife Department organizes nature walk in Nandni Sanctuary



J I NEWS SERVICE

JAMMU, MAY 14: Department of Wildlife Protection today organized a nature walk cum trekking expedition from Nandni old tunnel to Bail Khaid in Nandni Wildlife Sanctuary.

The programme was part of ongoing campaign under mission LIFE.

More than 200 participants from various districts representing students, scholars, academia, nature enthusiasts, local youth and PRI members participated in the event. Before the formal flag off, Suresh Kumar Gupta, Principal Chief Conservator of Forests (Wildlife), administered LIFE pledge to all the participants. He also briefed the participants about the essence of LIFE and appealed to all to make small changes in daily life style like taking cloth bag for shopping and not to bring home anything in polythene bag, cleaning water bodies, car pooling, use of bicycle, spreading awareness about LIFE to contribute in reducing environmental degradation, climate change mitigation and reducing carbon foot prints. Cloth bags were also distributed among participants during the event.

The trek started at 10.00 AM and was completed in about four hours. The event concluded at 2.30 PM. During the trek, the participants enjoyed the full view of enroute forests, the streams, bowlies, biodiversity, ascent and descent of the trek.

Rakesh Abrol, DFO Research, explained to the participants about biodiversity along the trek and its importance. Guldev Raj from Himalayan Avian highlighted about bird species in the area. He participated along with his NGO workers, Sarpanches, Kuldeep Sharma and Sira Din along with Panches Noor Jahan and Ram Paul of the area lauded the department for organizing the programme and assured their support for more such events.

The Department of Wildlife Protection has identified and mapped 18 trek routes in various Wildlife Protected areas of J&K.

The department is organizing trekking programmes regularly on these treks. The Eco-Tourism promotion initiative is aimed at raising awareness about wildlife conservation and making people aware about rich biodiversity and natural heritage of J&K. The programme also aims to enhance livelihood of local communities.

JKSC ORGAINES GOLDEN AGE EVENT IN DOWNTOWN, SRINAGAR

J I NEWS SERVICE

SRINAGAR, MAY 14: The Golden Age event was organised by J&K Sports Council (JKSC) early this morning in Downtown Srinagar. The event was aimed at promoting sports among the elderly and encouraging them to stay active and healthy.

Various sports activities and competitions were organized, including athletics and Tug of war and all the participants showed great enthusiasm and enjoyed the activities.

The focus of the event was to emphasise on the importance of being fit, drug-free, and besides creating environment consciousness. The Golden Age sports programs conducted by JKSC across the Union Territory is receiving a positive response from elders.

While J&K Sports Council is actively promoting G-20 awareness and the Fit India program for all ages through a door-to-door campaign, Sports Council has started the special campaign involving

elders during morning walks.

Samad Hafeez Secretary, Youth Services and Sports presided over the function as the chief guest while Nuzhat Gull Secretary Sports Council was guest of honour on the occasion.

While speaking on the occasion, Samad Hafeez said that the Sports Council is committed to help young kids achieve their goals in sports and become successful global citizens and while doing so it is also focusing on the importance of parental support and community engagement and thus highlighting and promoting sports among elders who shall help in youth to abstain from drug abuse.

He said campaigns to mobilize elders, parents, and religious leaders against drug abuse have received an overwhelming response and will continue to be carried out in the future.

Samad Hafeez praised the efforts of the Sports Council in organizing such events and emphasized the importance of staying active for a healthy lifestyle.

Samad Hafeez commended the residents of Downtown for their efforts in combating the drug problem among the youth. He recognized their role in socially engaging the youth in activities that promote good health and well-being.

He noted that their contributions have made a significant impact in raising awareness about the dangers of drugs and encouraging the youth to make positive choices.

Nuzhat Gull congratulated the participants for turning out in large numbers and encouraged them to continue their involvement in sports. Gull praised the community's spirit of collaboration and urged them to continue their efforts in making Downtown a safe and healthy place for everyone.

Nuzhat Farooq, the Divisional Sports Officer who was also present on the occasion along with other officials of Sports Council, highlighted the various initiatives undertaken by the Sports Council in making sports among all age groups and encouraged the elderly to remain active.

DDC Rajouri reviews working of Education department

DIRECTS ZEOs TO ENSURE DRINKING WATER FACILITY IN ALL SCHOOLS, KEEP TAB ON ACADEMIC ACTIVITIES, ATTENDANCE OF TEACHING STAFF

J I NEWS SERVICE

RAJOURI, MAY 14: District Development Commissioner Rajouri, Vikas Kundal today took a comprehensive review of the working of the education department in the district here at a meeting. The meeting focused on several key aspects of education, including biometric attendance, school staff enrolment drives, availability of basic amenities toilets in schools, water and power supply and overall academic performance.

The DC emphasised on regular inspection of schools by the ZEOs to check the attendance of the teaching staff and academic activities.

The ZEOs were directed to take measures to ensure availability of the drinking water facility in at least 10 schools, lacking the same, per week and to submit the tour diary of their activities and overall performance of schools.

To facilitate prompt redressal of grievances, he directed the Chief Education Officer (CEO) to establish a grievances cell in his office and link it with the Azaala app of the district administration. "This will ensure that students, parents, and other stakeholders can report any issue related to the education sector in a timely and efficient manner," he said.

During the meeting, the DDC also emphasised the importance of adequate teaching staff in schools. He noted that teachers are the backbone of the education system and their presence and active participation in school activities are crucial for ensuring quality education.

He directed the CEO to take all necessary measures to ensure that all teachers attend school regularly and perform their duties diligently. Furthermore, the DC stated that the administration is committed to ensuring that every student in the district receives the best possible education. He assured that the administration would provide all necessary support to the education sector to achieve this goal.

He also urged the teachers to actively participate in school activities and perform their duties with dedication and commitment.

GMC Doda hosts 2-day SURGICON-2023

J I NEWS SERVICE

DODA, MAY 14: Post Graduate Department of General Surgery of Government Medical College Doda, under the aegis of J&K State Chapter of Association of Surgeons of India, organised two day Surgical conference (SURGICON 2023) which concluded here today.

The two day SURGICON 2023

was organised to exchange knowledge and expertise among the surgical faculties across the country.

The event also provided an opportunity to introduce GMC Doda to the medical fraternity in rest of the country. It is believed that the conference will help to attract more faculty joining GMC Doda to tackle with the shortage of staff and eventually providing better health care

facilities to people of Chenab valley. Prof. Pujja Vimesh, Principal GMC Doda expressed happiness and congratulated organising secretary Dr. Altaf Ahmed Malik for putting up a great show.

The Chairman JAKAS, Professor Sanjay Kumar Bhasin and the faculty from other parts of the country were also highly impressed with the work being done at GMC Doda.

DC, SSP Bandipora begin 02 days tour of Gurez Valley

COMMITTED TO EQUITABLE DEVELOPMENT AT FARTHEST CORNERS OF THE DISTRICT, DC MAINTAINS

J I NEWS SERVICE

BANDIPORA, MAY 14: The Deputy Commissioner Bandipora, Dr Owais Ahmad along with SSP Bandipora Lakshay Sharma Sunday initiated a two days marathon tour to Gurez Valley in order to review the developmental works in the area.

The locals of Gurez warmly welcomed the Deputy Commissioner and thanked the DC for visiting their doorsteps to review various developmental projects and take feed from the general Public.

During the visit locals, PRI members, several delegations and Civil Society called upon the DC and raised various demands and issues for disposal. Dr Owais chaired a meeting with the officers of the sub division to discuss the progress and implementation of the ongoing developmental projects.

The meeting was attended by Sub Divisional Magistrate

Gurez, Dr Mudasar and the heads of the departments besides other officers.

During the meeting, DC directed the officers to ensure the timely completion of the projects and to maintain the quality of work. He also instructed them to identify new projects that would benefit the local population and bring prosperity to the area.

The Deputy Commissioner also emphasized the importance of involving the local community in the developmental process and urged the officers to ensure their participation in decision-making. Dr Owais took stock of the developmental works and other projects in the area. He directed the officers to expedite the work on these projects so that the people could avail of the benefits at the earliest.

On the Occasion DC directed the Sheep Husbandry Department to devise a proper plan for the seasonal migration



of livestock. He stressed for necessary measures to be taken up well in advance for the vaccination of livestock.

DC asked the Health Department to improve health care services across the subdivision. He said that there is a need to further improve the health infrastructure

On the Occasion, Officials from Jal Shakti Department informed that JJM works are soon commencing across the Sub Division.

DC also directed the Education Department to improve the standards in imparting education.

In order to spread awareness regarding drug abuse, DC directed the officers of the Education Department to hold Awareness Sessions under Nasha Mukht Bharat Abhiyan (NMB) in all the educational institutions across the Sub Division. He said that our society especially the Youth must be imparted awareness regarding

the life threatening impacts of drug abuse. He said the valley must be declared drug free in near future. He said that the administration is committed to control the menace of drug abuse across the district.

DC expressed his satisfaction with the progress of the developmental works in the area and appreciated the efforts of the officers in charge of the projects. He also assured the people of Gurez Valley that the administration is committed to the overall development of the area and will continue to work towards it.

The visit of the Deputy Commissioner to Gurez Valley is a part of the administration's efforts to reach out to the people living in far-flung areas of the district and to ensure that their developmental needs are met. The administration is committed to bringing prosperity to the area and improving the quality of life of the people living in the Gurez Valley.