

Article 370 was meant to be 'temporary' provision in constitution: Amit Shah

The now-scrapped Arti-cle 370, which gave spe-cial status to Jammu and Kashmir, was meant to be Kashmir, was meant to be a "temporary" provision since the beginning and the framers of the Constitution had put it there "intelligently", Union Home Minister Amit Shah said on Monday.

Inaugurating a training programme on legislative drafting, Shah also said that if a legislation is draft-ed well, there is "no need for any court to give any

explanation to any law".

If the drafting is simple and clear, it will also be easier to educate people about the law with mini-



the executive, he said and added that if "grey areas" are left in the drafting, they will lead to "encroachment" in inter-pretation. Shah said if the drafting is complete and lucid, its interpretation will also be clear.

Referring to Article 370, which the BJP government

at the Centre repealed in 2019, the home minister said the whole country wanted that the provision of the Constitution should

of the Constitution should not be in existence. He also highlighted that when the Article was framed, it was mentioned in the index as "Tempo-rary Provision of Article

370". Even debates on the the records of constituent assembly debates, Shah said and added that they were not printed. Shah said it could well

Shah said it could well be imagined that whoever had drafted it and those who were part of the con-stituent assembly, how intelligently they put it and how after lots of thought the "temporary" word was he "temporary

"An article of the Constitution cannot be tempo rary, it can be amended If you read it even today the old Constitution, it is clearly written as Temporary Provision of Article 370," he said.
"Article 370 is no longer

CONTINUED ON >> PAGE 4

G-20 an opportunity to push J&K's handloom, handicraft, Pashmina to international markets: Lt Governor

Stating that G-20 was Stating that G-20 was purely a peoples' event, Jammu and Kashmir's Lieutenant Governor Manoj Sinha Monday said the event would provide a great opportunity to push J&K's handloom, handicraft, Pashmina and dry fruit to international markets.

Addressing the Kissan 22 to May 24 in Srinagar Samparak Abhiyan at will provide an oppor-Dooru in South Kashmir's Anantnag district, the LG as per news agency, said the G-20 which is sched-



will provide an oppor-tunity to push J&K's

uled to be held from May to international markets. "It is not administration's event but purely a peo-ples' one," the LG said.

tunity to push J&K's ples' one," the LG said.
handloom, handicraft,
Pashmina, dy fruit, saf 1000 odd people had
fron and other products

got a contract of the gov

CONTINUED ON P PAGE 4

the erstwhile State but their time is over as the present administration is committed to serve and listen to every single citizen of the UT. "Some 500 to 1000 odd people had got contracts to rule and ruin J&K. Their time is over now. The present administration is com-mitted to listen to every mitted to listen to every single citizen of the UT and address their issues. We are here to serve the

Terror Cases | SIA conducts raids in Jammu. Poonch



JI NEWS SERVICE

The State Investigation

Vidhata Nagar in Jammu city and Mendhar border belt of Poonch district,

Agency (SIA) on Monday conducted raids at multiple locations in the Jamus region in connection with terror cases, officials said.

The searches were part of an ongoing terror cases, officials said.

The searches were promiting terror activities, the officials said.

NIA raids 13 locations in Kashmir in terror conspiracy case

JI NEWS SERVICE NEW DELHI MAY 15

The National Investigation

The National Investigation Agency (NIA) on Monday conducted raids at several locations across the Kashmir Valley in a case related to terror conspiracy. According to a statement, issued to the news agency, the raids were conducted in Anantnag, Srinagar, Pulwama, Shopian and Budgam districts, and and Budgam districts, and and Budgam districts. ian and Budgam districts, during which incriminating material and documents were also seized.

The statement reads that the raids were con ducted in the premises' of sympathizers, hybrid



terrorists and OGWs linked with the newly-formed offshoots and affiliates of several pro-The raids were part of the ongoing investiga-tions of NIA in the terror conspiracy case, involv-ing the activities of OGWs scribed Pak-backed terror organisations, including Laskhar-e-Toiba (LeT), Jaish-e-Mohammed (JeM), and cadres in support of various newly-launched outfits, such as The Resis-Hizb-ul-Muiahideen (HM). tance Front (TRF) Al-Badr, Al-Oaeda, etc

NIA files chargesheet against TRF operative in Delhi court

AGENCIES NEW DELHI, MAY 15

The National Investigation The National Investigation Agency (NIA) on Monday filed a supplementary chargesheet against an accused in a case related to terror activities in Jammu and Kashmir.

In a statement, issued to the news agency, a spokes-

the news agency, a spokes-person said that the NIA has charged Faisal Muneer @ Ali Bhai, a resident of Talab Khatikan area under Talab Khatikan area under P.S Peer Mitha Jammu of conspiring with Pakistan-based operatives of LeT/ TRF for transportation of firearms and explosives



for carrying out terrorist and explosives to active "He had entered into

a conspiracy with his handlers based acrossthe-border to deliver the consignments of weapons

terrorist comm anders and operatives of these outfits for commission of terror acts in India, as per NIA CONTINUED ON to PAGE 4

PM Modi to distribute appointment letters to newly recruits on May 16

Prime Minister Narendra Modi will distribute about 71,000 appointment let-ters to newly inducted recruits on May 16 at 45 locations across the coun-

try. The Prime Minister will distribute letters under the Rozgar Mela initiative, launched by the govern-ment in October last year. This would also commemorate the day when the BJP-led National Dem-



Office in a statement said. "The Rozgar Mela is a step towards fulfilment of the commitment of the Prime Minister to accord highest

priority to employment generation". "The Rozgar Mela is expected to act as a cataocratic Alliance (NDA) won the general elections lyst in further employ-2014. ys in tutter employ-ment generation and pro-vide meaningful oppor-tunities to the youth for



participation in national development" it said.

The recruitments are taking place across Central Government Departments as well as State Governnts/UTs supporting this

ments/UTs supporting this initiative.

The new recruits, selected from across the country, will join various positions like Gramin Dak Sevaks, Inspector of Posts, Commercial-cum-Ticket Clerk, Junior clerk-cum-Typist, Junior Accounts Clerk, Track Maintainer, Assistant Section Officer, Lower Division Clerk, Sub Divisional

CONTINUED ON >> PAGE 4

The Kerala Story: 5 students injured in scuffle at GMC Jammu

JI NEWS SERVICE

At least five medical students were injured in a scuffle that broke out at Government Medical Col-Government Medical College Jammu after a mate-rial related to 'the Kerala Story' was shared in What-story was shared in What-shape group of one barch. However, ten students have been rusticated from the hostel for two months and also debarred from attending classes till completion of the enquiry. A GMC student told the news agency that scuffle

news agency that scuffle started when material related to "The Kerala Story" was shared by some



student in the group fol-lowing which other stu-dent objected to it.

He said during the dead of night some persons entered the campus with weapons and start-ed attacking students in which five students got

JI NEWS SERVICE JAMMU MAY 15

morning protested and demanded action against

the culprits.
Principal GMC Jammu
Dr Shashi Sudan told KNO five students were injured in the scuffle and among them four

CONTINUED ON → PAGE 4

As summer sets in, Jammu grapples with water woes

Infiltrator intercepted, detained on LoC in Rajouri



JI NEWS SERVICE

An infiltrator has been detained on Line of Con-trol in Rajouri district after he was trying to intrude into this side.

Officials told news agency that troops on Line of Control nabbed the intruder while he was trying to infiltrate from Tarkundi area in Rajouri district

CONTINUED ON >> PAGE 4

Rana seeks exemption of toll at Ban for vehicles of Nagrota Constituency

Senior BJP leader Mr Devender Singh Rana today urged the administration urged the administration to exempt the people residing in the Nagrota Assembly Constituency at Ban Toll Plaza to facilitate their hassle free travelling to Jammu on daily basis. "Such an exemption was already available to the residents of the Constituency but for reasons unknown the road toll

is again being levied on the vehicles travelling its peripheral areas are



between Nagrota and Jammu", Mr Rana said while interacting with a delegation of prominent citizens from the Constitu-ency this afternoon in this regard.

Jammu and the people are required to commute on daily basis and at times twice or thrice a day in pursuit of their economic avocations, duties, education of children etc and tion of children etc and levying of road tax is gross-ly unjustified, especially as such a provision is already available.

Devender Rana hoped that the J&K UT adminis-tration and National High-way Authority will take an urgent call on this issue of immense public immor-

of the toll duty to the entire population of the Nagrota sembly Constituency Such an exemption should cover all modes of vehicles cover all modes of vehicles keeping in view the close proximity between Jammu and Nagrota. He said that Nagrota's economy is inter-linked with Jammu and harsh measures of levying road tax will hamper this important activity. He recalled the success-ful agitation of the Nagrota

'Poor coordination, outdated infrastructure leads to major demand-supply gap in water distribution'

> Ahead of summer Ahead of summer season, people of agency, that Jammu's agency, that Jammu's all water distribution sourced from 25-year-old dination between Civil and Mechanical wings of Public Health Engineering (now Jal Shakti Department) and outdated infrastructure to meet out the requirement of supply which led to the of supply which led to the of supply which led to the Officials said that from Officials said that from meet out the requirement of supply which led to the

in the water distribution system in Jammu. I ammu city has witnessed witnessed to and its water carrying capacity is very less than requirement," an official said that from the river for substitution sourced from 25-year-old sheetli , Dhaunthali and soria Filtration Plants, which failed to cater to the need for massive urbanization that took place in and around witnessed in and around some officials said that from the river for the need for massive constructed many overtices and after treatment at constructed many overtices and tubeling the demand supply gap training the demand supply gap training the demand supply gap training to the demand supply gap training the demand g

system in Jammu. Sources told news

the last 10 to 15 years Jammu city has witnessed

IIM Jammu's Business Accelerator Program for SC-ST Entrepreneurs, wards starts

Institute of Management (IIM) Jammu in collaboration with Ministry of Micro, Small and Medium Enterprises (MSME), National SC-ST Hub, Dalit Indian Chamber Commerce (DICCI) a Confederation of Indian Industry (CII) inaugurated the Business Accelerator Program for the SC-ST Program for the SC-SI entrepreneurs and wards (aspiring entrepreneurs at the National Institute for Entrepreneurship and Small Business Development (NIESBUD), Noida on 15th May 2023 Noida on 15th May 2023.

The Chief Guest of the programme was Ms. Mercy Epao, Joint Secretary, MSME Govt of India, and Guest of Honor Padma Shri Ravi Kumar Narra, President, DICCI. The event was presided over by Padmashri Dr. Milind. P. Kamble, over by Padmashri Dr.
Milind. P. Kamble,
Chairman, BoG, IIM
Jammu, Prof. B.S. Sahay,
Director, IIM Jammu. The
event commenced with
the lamp lighting cremony followed by an address
about the program by Dr.
Mahesh Gadekar,
Chairperson, Centre for
Diversity and Inclusion. Diversity and Inclusion,

n jammu. Chief Guest. Ms. Mercv Epao, Joint Secretary, MSME, Govt. of India lauded the initiative by IIM Jammu, National SC-ST Hub, MSME, DICCI



and CII. She emphasized that formal training in management concepts by IIM Jammu with access to best industry mentors, and capacity building interventions is sure to play pivotal role in the unliftment of marginalupliftment of marginalized sections of the society

ized sections of the society and thereby contributing to the nation building exercise.

Padma Shri Dr. Milind P. Kamble, Chairman, BoG, IIM Jammu men-tioned that the program is tioned that the program is designed to equip young SC-ST entrepreneurs with the knowledge, skills and support needed to grow and scale their business. This will in turn pave the way for creation of a holis-tic ecosystem for entrepre-neurship across the nation.

S. Sahay, Prof. B. Director, IIM Jammu reiterated that the business accelerator program intends to promote entrepreneurship and creating more opportunities for small, and medium entersmail, and medium enter-prises in the country. He stressed that this program would play a catalyst role in filling the skill gaps across the country & will contribute towards the development of "Job cre-ators" in place of "Job

seekers".

Prof. Jabir Ali, Dean
Academics, IIM Jammu
stated that this programme will act as an
essential resource for aspiring entrepreneurs from the SC-ST and their wards and thereby paving the path for healthy ecosystem across the country.

The inaugural ceremo

ny also featured addresses by Shri K.K. Sharma, General Manager-SG (NSSH), National Small Industries Corproration (NSIC), Ms. Rashmi M a n s h a r a m a n i , Chairperson, CII WUP HR

& IR Focus Group and CHRO, Wave Group and Shri Sanjiv Dangi, Vice-President, DICCI. The vote of thanks was pro-posed by Prof. Jabir Ali, Dean Academics, IIM Centre

The

Diversity & Inclusion at Diversity & Inclusion at IIM Jammu aims to trans-form the lives of entrepre-neurs from the SC & ST communities by offering them an avenue to realize their hopes and aspira-tions. The Centre for Diversity & Inclusion was set un to improve the lives Diversity & Inclusion was set up to improve the lives of underprivileged com-munities of the society by offering them a safe envi-ronment to explore and understand the nuances of entrepreneurship. The entrepreneurship. The program features assis-tance from National SC-ST Hub and scholarship by IIM Jammu. The inaugural ceremony ended on a pos-itive note with the nation-al anthem.

Government Polytechnic Jammu organises standard writing competition

IAMMU. MAY 15: JAMMU, MAY 15: Government Polytechnic Jammutoday organized-standard writing competi-tion in the institute in col-laboration with Bureau of Indian Standards (BIS). The event was inaugurated by Principal Er. Arun Bangotra who was motivated the students to participate in various activities conducted in the institute to enhance their skills. The Bureau of Indian Standards (RJIS) Coordinator Ms Rhythm, gave brief introduction about Bureau of Indian Standards (BIS), its motives. The event was inaugurated Standards (BIS), its motive. Standards (BIS), its motive, importance and implementation. The program was then carried further under BIS guidelines in which the students has to analyze the products of any kind for their originality, durability and safety. Students asked various gueries about the and sarety. Students asked various queries about the quality and Standards and had an open discussion on it. After that Standard writ-ing competition was held in which 47 students par-



ticipated.

Standard club Er. Yogesh Raina, Lecturer Automobile Engg conduct-ed the proceeding of the program and manage the Raina, program and manage the program efficiently. At the end, Prizes were distrib-uted among the students by the Principal Er. Arun Bangotra in presence of Bureau of Indian Standards (BIS) Coordinator, Ms. Rhythy

Coordinator Ms Rhythm, HODs and faculty of this institute. Among the stu-

Automobile Engg. Deptt. bagged 2nd Prize, Mr. bagged 2nd Prize, Mr. Nandeep Anthal Mechanical Engg. Deptt. bagged 3rd Prize and Mr. Ultamweer Singh Automobile Engg. Deptt. bagged the consolation prize. Finally the vote of thanks was presented by Er. Raj Kumar HOD Mechanical. Other who were present on the occa-

Singh W/S
Superintendent, Er. Sakshi
Kapahi Lecturer I&C, Er.
Yogesh Raina Lecturer
Automobile Engg Automobile Engg Deptt.(Mentor BIS Club Govt. Polytechnic Jammu) Er.Itika Sharma Demonstrator Electrical Demonstrator Electrical Engg, Er. Manmohan Singh W/S Instructor Automobile Engg. Deptt. and helping Coordinators Mr. Ashu Saini, Mr. Rajat and

Congress OBC Deptt celebrates Party's victory in Karnataka polls



JI NEWS SERVICE

JAMMU, MAY 15: The OBC Department Pradesh Congress committee cele-brated thumping victory of Congress Party in Assembly elections & also Assembly elections & also held preparatory meeting to commemorate death anniversary of Bharat Ratna and former Prime Minister of India Late Rajiv Gandhi. The meeting was held today at Raghunathpura Jammu East Assembly under the leadershin if Adv Suresh leadership if Adv. Suresh Dogra Chairman Pradesh

Committee Congress Iammu & Kashmir. The Jammu & Kashmir. The Agenda of the preparatory meeting was to commemo-rate death anniversary of Bharat Rattan and former Prime Minister of India Late Rajiv Gandhi which is to be held by JKPCC on 21st of May 2023 at Mahajan Hall Jammu East Constituency. Addressing Mahajan Hall Jammu East Constituency. Addressing the meeting, Adv. Suresh Dora said the Congress Party has many times formed a Government in the Centre and also got opportunity to form Prime Minister of India too and Minister of India too and Rajiv Gandhi was the

youngest among them. He was the farsighted leader played a key role in the upliftment of the country. upliftment of the country, He is also called the Father of Information Technology of India because IT Sector was launched in his tenure being Prime Minister of India and the BJP had prophy proposed bins in the openly opposed him in the Parliament but Now they Parliament but Now they also realised without IT Sector it is difficult to sur-vive now a days. Rajiv Gandhi also had a great vision in the education sec-tor, he amplesized on the tor, he emphasized on the education of the girl child. He said that the education

of the girl child is as important as the male child. He opened many schools and colleges on the National level. Novadava Vidyalaya is also a gift of Bharat Ratna Late Sh. Rajiv Gandhi ji. Voting rights to the age of 18 years is also

The JKPCC by taking all The JKPCC by taking all the Ex Legislators, frontal organizations & party workers with them shall commemorate the death anniversary of Bharat Ratna Shri Rajiv Gandhi ji on 21 of this month at Mahajan Hall Jammu east the function will Presided the function will Presided over by Vikar Rasool Wani over by Vikar Rasool Wani President JKPCC and Chaired by Rajni Patil and Manoj Yadav, General sec-retary incharge J&K Affairs and National Joint Secretary respectively all the senior leadership of the JKPCC shall participate in this program and vive flothis program and give floral tributes to Bharat Ratna Rajiv Gandhi ji. Prominents who attended Prominents who attended the meeting include Parshotam Mehra (V.C), Vijay Verma Gen. Secy, Ashok Tak, Raj Khanmotra, Pawan Kumar, Ajay Kumar, Mani Pam Rajhu Tak Shiya and Ram, Rahul Tak, Shiva and

Tony reiterates demands of Assembly polls in J&K, statehood

Urges ECI to announce election schedule soon

JAMMU, MAY 15: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and DDC Member Minority Attairs, and DDC Member Suchetgarh on Monday reiterated the demands of early polls in J&K to install popular government and restoration of statehood as vowed by Home Minister Amit Shah on many occasions in the past. In a statement issued to media

In a statement issued to media persons, Tony made a fervent appeal to the Election Commission of India not to wait for the nod of centre to declare Assembly elections centre to declare Assembly elections in J&K rather independently go for the decision using the power which the constitution of the country has guaranteed to this constitutional body. He said that the BJP government has been adopting double standards when it comes to the issue of L&K.

"On one side it wanted to take



credit of bailing out people from the morass of unrest and terrorism as its leadership in all election rallies point out that Kashmir is totally normal but when it comes to hold Assembly elections, the party simply make terror and turmoil its alibi to defer the poll process showing its deception and duplicity", Tony said, adding that ECI should independently gauge the situation and give a green

signal for elections in J&K as people are suffering badly in the absence of a popular government.

The senior AAP leader said that the logic of BJP leadership in holding Panchayat elections in J&K and deferring the Assembly polls is bizarre because if the situation is conducive for PBI nolls then what is conducive for PBI nolls then what is conducive for PRI polls then what is conductive for FIX poins then what is hindering the government to hold polls for installing a popular government. He said that the Centre should also fulfill its promise to restore the statehood status of J&K as much time has elapsed and people have become restless over the issue.

Tony said that HM Shah and PM Modi should come clear on this Modi should come clear on this issue as well because people would get nothing out of bogus promises and rhetoric of the BJP leadership until the government will act and provide real time based succor to the suffering population of J&K, which is awaiting assembly, polls and

Victory of Congress in Karnataka is the victory of truth, love, compassion and honesty: Ashok



II NEWS SERVICE

Kumar, Former MLA from Ramban and Senior Congress Leader along Block Congre Committe Batote and PCC

the recent Victory of Congress Party in Karnataka Assembly at Batote Block.

Several Senior Congress Leaders from Batote hailed the huge Victory of Congress at

Among those promi-nent leaders were PCC member and senior leader Rashid Malik, BCC president and senior leader Janak Singh, Darshan Kumar DCC member,

Kulvinder Singh, Jagjeet Singh, Darbar Singh,

present. Meanwhile, Ashok emphasised that Assembly elections are local elections and its the duty of citizens to choose duty of citizens to choose candidate on the basis of local issues raised by their respective leaders and also on their performance, Behavior and Honesty with resolutions. with people.

with people.

Ashok has said that the Victory of Congress in the Karnataka is a message for entire Nation to unite against the hatred, violence and false narratives forged by BJP government at Centre and to struggle for truth, non violence. for truth, non violence, love and compassion to unite the diversity of India.

India.

Thus, Congress is epitome of unification of India. He also praised Rahul Gandhi for long struggle in Bharat Jodo Yatra.

NC Minority Cell team meets Relief Commissioner; seeks **Constitution of Advisory Committee (Apex) for migrants**

JAMMU, MAY 15: A dep-utation of National Conference Minority Cell, led by its President, Jatin Bhat called on the Relief Rehabilitation and Rehabilitation
Commissioner, Migrants,
KK Sidha the other day
and discussed various
issues pertaining to
migrants. Dy Relief
Commissioner Davinder
Singh and Assistant Singh and Assistant Commissioner Relief Dr Reyaz were also present

Reyaz were on the occasion.

The deputation The deputation expressed dismay over the delaying tactics adopted by Government in settling long pending issues of the migrants. It said that migrants were facing humiliation and harasspent to accompany the control of the description of the ment on one pretext or the

Jatin Bhat demanded Constitution of Advisory Committee (Apex) for



migrants to address the problems being faced by the Kashmiri Pandits residing in various camps across the Union Territory. He said that the framing of aforesaid Advisory Committee was deliberately ignored by the J&K government since 2014 due to which migrants are facing huge hardships.

deputation also The demanded adequate arrangements for impend-ing Mata Kheer Bhawanl

Yatra for Migrants residing in various camps and Non-tamps like availabili Non-tamps like availability of free buses at all camps and at few KP dominant areas; proper security arrangements should be made for smooth conduct of Yatra; arrangements of stay for arrangements of stay for the Yatris at Tullamulla Ganderbal; appointment orders be issued in favour of those 45 aspirants who have already got direc-tions from the Court; enhancement of Cash relief assistance in favour of relief card holders; ration slips be issued to anyone who is in blood relation of card holder; construction of TRT's for those families who are still staying in rented accommodation at Jammu: conmodation at Jammu; con-struction of stadium at Jagti; distribution of sport kits among the migrants at Muthi, Purkho, Jagti and non-camp; extension of Khelo India scheme for migrants through migrant migrants through migrant Schools established at various places at Jammu and basic facilities may kindly

basic facilities may kindly provided to those families who are residing in old TRT Purkhoo. The deputation com-prised of Bushan Lal Bhat Ex-MLC, Ashok Koul, Harmohinder Singh, Rattan Lal Malla, Sumit Bhan, Rajinder Dhar, Kaka li, Bhan, Rayinder Li Varinder Pandita and oth

Vibodh, Manyal asked BJP workers to counter misinformation spread by NC, PDP



JAMMU, MAY 15: BJP J&K general secretary and former MLC Vibodh Gupta on Monday said Gupta on Monday said that on the one hand, local Kashmiri youth is con-necting with BJP in facili-tating peace and develop-ment in the Union territory while on the other hand, National Conference and PDP is

encouraging misinforma-tion to create fear among the local Kashmiri youth

Farooq Abdullah over his controversial statement on 'Intelligence Bureau (IB) offering Rs 15,000 cash and cell phones to youths in lieu of information and in lieu of information and that the agency would kill them at a later stage' and termed it as 'unfortunate'. 'BJP workers should remain vigilant and defeat

misinformations advanced by National Conference or PDP with Conterence or PDP with truth and by making peo-ple aware about the gov-ernment works, policies, and public-friendly schemes', Vibodh said

while addressing a meet-ing of party leaders at BJP headquarters.

Speaking on the occa-sion BJP J&K general sec-retary Devinder Manyal maintained that Farooq Abdullah's statement on Abdullah's statement on Intelligence Bureau, India's internal security agency is unfortunate. He being such a senior leader should not spread baseless, communal, and provoking statements and should apologize for his i-responsible remarks, he

irresponsible remarks, he added. Manyal told that National Congress and

ground in Jammu and Kashmir and therefore their leaders are trying to provoke local youths by spreading lies and twist-ing facts. He said that for BJP national interest is supreme while for these power greedy parties grabbing power is the pri-ority and they have left no stone unturned in spreading poison among the local youth. He also highlighted the efforts of BJP government in transform-

NEWS

ing Kashmir from terrorism capital to tourism capital which has generated employment opportuni-ties and boosted economy of the valley. BJP state secretary and

Prabhari Reasi Arvind Gupta and senior BJP leader and Prabhari Naushera Saniay Baru Naushera Sanjay Baru also spoke on the occasion. Naresh Singh, IT in charge Ankit Gupta, BJYM gener-al secretary Abhishek Slathia, Anil Rakwal, Mohit Sen, Narinder Bali, and Rohit Shastri also attended the meeting.

Bharat Bhushan kick-starts tube well digging worth Rs 75 lakhs under 'Jal Jeevan Mission'

Assures completion of Rs 7 cr WSS Rakh Barn in a time bound manner

IAMMU. MAY 15: As JAMMU, MAY 15: As part of 'Jal Jeevan Miss-ion', District Development Council (DDC) Jammu Chairman, Bharat Bhushan Bodhi today kick started the digging for the construction of a new deep

construction of a new deep tube well at village Rakh Barn thus fulfilling their long pending demand. Pertinent to mention here that the construction of tube well worth Rs 75 lakhs is a part of Rs 7 crore Water Supply Scheme Rakh Barn which will soon

Rakh Barn which will soon cover the shortage of water supply in the area. Addressing the resi-dents of the village on the occasion, the DDC Chairman, Bharat Bhushan Bodhi said that under the Prime Minister Namedra Medi Jed Linister Narendra Modi led Union Govt's Jal Jeevan Mission every household across the nation will get tap water. He said that it is the excep-tional visionary qualities of PM Modi that this gov-

ernment is primarily focussed on providing basic amenities to the com basic amenities to the com-mon people who have suf-fered a lot due to the wrong policies of the regimes that ruled the roost for decades. The DDC Chairman said that keeping up with the PM's Jal Jeevan Mission and the BJPs com-mitment to overall dural.

mitment to overall devel-opment; he is making all possible efforts to provide basic amenities to the peo-ple at large especially to

those living in the rural areas of Jammu district. He said that clean drinking water is the first and fore water is the first and fore-most basic necessity after air for the sustenance of life and therefore it is the duty of all those working at the grass roots level to put in efforts on war foot-ing to support the prima ing to augment the Prime Minister's endeavour of providing tap water to every household under the

Jal Jeevan Mission. Bharat Bhushan

tion of this WSS, every household in the vicinity will get tap water and the will get tap water and the problem concerning the dearth of potable water will be fully eliminated from the entire belt. Among those who were present include BDC Kuldeep Raj, Naib Sarpanch Sudagar Singh, Parch Rayi, Raja

Panch Ravi, Rajan Singh Happy, Kuldeep Singh, AEE PHE Bhalwal Arun Kapoor Mechanical

become more than four crores, which has to be

returned to the school.

Javed Rana raises concern over deplorable condition of roads in Mendhar



JI NEWS SERVICE

Senior National Conference leader and Party President Pir Panjal Party President Pir Panjal Zone, Javed Rana criti-cized the government for its total failure in proper maintenance and repair of the road network falling under their jurisdiction in the Pir Panjal zone in gen-eral and Mendhar Sub Division in particular

The senior NC leader stated this while address ing media persons after meeting a delegation of people at the party office

before Javed Rana being faced by the people in Pir Panjal region with main focus on development especially regarding the dilapidated condition of roads

roads While terming the While terming the demands of the people as quite genuine, Javed Rana has pooh-poohed the J&K Administration for making tall claims about bringing transformation in Jammu and Kashmir post Article 370 abrogation in 2019

He said that all the roads in the zone are lying in a deplorable condition and urged the BRO authorities to take serious note of the issue and

improve the condition of these roads before the harsh winters. Referring specifically to

BG Balnoi road, Suran Mendhar road and Sakhimaidan Kalai road constructed under PMGSY, NABARD and PMGSY, NABARD and district as well as other plans, Rana said that it needs to be probed as to why these roads reached a horrendously dilapidated condition within one month of construction.

He alleged that in case of Balnoi Road there was a well knit conspiracy against its construction which is evident from the fact that BRO kept on evading the issuing of

NOC to derail the project despite all the funds being made available. The former Legislator asserted that the road net-work across the Pir Panjal are in dilapidated condition as most of the roads which were recently macadamized were in poor condition. He asserted that the other roads which were constructed by PWD and R&B department were also in poor ment were also in poor condition.

The officers sitting at the helm of affairs least bothered about the deplorable condition of roads. He resented that deplorable condition of roads. He resented that nobody in the administra-tion looking over the issues being by the general public across the Pir Panjal

zone.

Javed Rana appealed to
the LG Manoj Sinha to
order probe over all the
roads constructed in the
last one and half years in
the Pir Panjal zone in general and Mendhar Sub
Division in particular and
blacklisted all suich contractors who are looting tractors who are looting the public money by using substandard while constructing roads

Amit Kapoor opened the black sheet of loot in private schools



JI NEWS SERVICE

IAMMII MAY President of Parents Association Jammu, Amit Kapoor, while exposing the black book of loot in private schools, accused JKFFC Chairman Sunil Halle of setting crores of rupees with private schools. He said that JKFFC was formed to protect the parents from the loot of private schools but its chairman is engaged in its chairman is engaged in setting up with private schools.

Amit Kapoor made

ence in Jammu. He said that a school whose annual fee has been fixed by al tee has been tixed by JKFFC is Rs 9000 but it is taking Rs 16000 from the children for the last three years. When a parent went to him with his complaint, the chairman said that Rs 4,000 is forgiven to him and he should deposit Re and he should deposit Rs and he should deposit Rs 12,000. Along with this, a copy was sent to the parents and the school principal, while no order was issued to all the children.

Let us inform that the fees of this school has been fixed by JKFFC at 9000 per annum for the years 2022-

annum for the years 2022-23 and 2023-24. At the

same time, the monthly fee is also being charged from Rs 2200 to 2300, which is Rs 1200 more which is Rs 1200 more than the fixed fee. Kapoor said that many schools do not have approval and are charging fees arbitrarily. At the same time, the Supreme Court and the High Court have also said that no school can arbitrar that no school can arbitrar-ily charge more fees than the fixed fees. Apart from this, 2000 per child is also being taken in the name of registration fee, which amounts to sixty lakh rupees, which has to be returned to the school. At the same time, 1200

returned to the school.
Giving an ultimatum of 7 days, Amit Kapoor said that if the order to return the excess fees was not issued within 7 days, he would sit on hunger strike for an indefinite period.
The chairman and LG Manoj Sinha will also be secondarily for the situation. Manoj Sinha will also be responsible for the situa-tion arising out of this as the chairman is appointed by LG Sinha. He said that the chairman is appointed to save the parents from being looted by the private chools but earlier the schools but earlier the chairman had fixed the fees of the schools but fees of the schools but instead of providing relief to the parents, the new chairman is busy in setting up the private schools. There are more than 200 big schools in Jammu and Kashmir and if all of a seam are accounted for, a scan are accounted for, a scam of billions of rupees looted from parents by these schools comes to the fore, but instead of giving relief to the parents, the new chairman is engaged in setting up with these schools. Has happened.

5-day workshop on 'Fundamental Glossary of Electronics' begins

SRINAGAR, MAY 15: A SRINAGAR, MAY 15: A five-day workshop on 'Evolution of Fundamental Glossary of Electronics (English-Hindi-Kashmiri)' started at the University of Kashmir on Monday.

The workshop has been organised by the Department of Electronics and Instrumentation Technology, KU, in collaboration with Commission for Scientific and Technical Terminology, Ministry of Education, anised

Ministry of Education, Government of India. Registrar Dr Nisar Ahmad Mir inaugurated the workshop and high-lighted its importance in the context of New Education Policy. He assured full support for the smooth conducting of the workshop



Banday and Head,

Banday and Head, Departments of Linguistics and Urdu, Prof Aejaz Mohammed Sheikh also spoke on the occasion. Dr Javaid Ahmad Sheikh Senior Assistant Professor, Department of Electronics, also the Coordinator of the workthe smooth conducting of the workshop.

Head, Department of Electronics, Prof. M. Tariq

Subject/Language Experts invited from different

parts of I&K.

parts of J&K.

In the context of New Education Policy 2020, University of Kashmir has been assigned the task to evolve glossaries in various subjects in Hindi and regional languages for engineering disciplines and also to carry out the review work review work.

In this regard, the Commission has evolved a

"Fundamental Glossary of "Fundamental Glossary of Electronics Engineering (English-Hindi-Kashmiri) in the workshop for 2855 terms. Mr Jai Singh Rawat, Officer In-charge from CSTT, MoE extended his gratitude for the support and guidance of the University of Kashmir and University of Kashmir and for consenting to conduct workshop in the

DFSS hold protest against misbehaviour by JMC officials with vegetable/ Fruit vendors

JAMMU, MAY 15: The workers of Dogra Front & Shiv Sena under the Dogra Front & Sniv Sena under under leadership of President Ashok Gupta took out a protest rally in Jammu city along with the vegetable & Fruit seller against the misbehaviour by the JMC employee. Gupta stated that under the leadership of Jammu Mayor Sh Rajinder Sharma, a suit polythope drive hes

Sharma a anti polythene drive has been launched to educate the people and ban the use of polythene com and ban the use of polythene com-pletely as it svery dangerous for the environment. The party president stated that plastics harm the envi-ronment in numerous ways. When these bags are used up and thrown, they litter the streets and block the drains and when burned, these relaces twice constraints. release toxic chemicals and contami-

The main aim is to transform Jammu into a plastic free city, for which anti plastic drive was launched and also the public are being sensitised about the ill effects



at BC Road in which it was seen that a JMC employee thrashed the rehri wala while having a conversation. A JMC employee attacked the rehri wala along with his other fellow

The main aim is to transform mun into a plastic free city, for cult anti plastic free city, for unched and also the public and ing sensitised about the ill effects plastics.

Few days back there was a fight are still manufacturing the illegal

plastic and the owners should be jailed. There are big wholesaler's of polythene bags in areas like Shalimar road, Moti Bazar, Bakshi Nagar who are indulged in this ille gal trade practice and they should also be checked.

asso be checked.

At last he stated that if the poly-thene bags will it be manufactured than vegetable & fruit vendors should not be able to sell those polythene bags of lowers quality.



G-20 arrangement meet: Enhance security at vulnerable locations to foil terrorist attacks: ADGP Kashmir Vijav Kumar to officers

AGENCIES SRINAGAR, MAY 15

As the G-20 summit in Sri agar inches closer, Additional Director General of Police (ADGP) Kashmir Vijay Kumar and Division-al Commissioner Kashmir

al Commissioner Kashmir Monday took a detailed review of the security arrangements and overall preparedness of the inter-national meet in Srinagar. Officials told news agency, ADGP Kashmir Kumar along with Divi-sional Commissioner Kashmir Vijay Kumar Bid-hurt, co-chaired a review meeting with field officers at Police Control Room



ing officers were briefed

arrangements and overall preparedness of the international meet in Srinagar. Officials told news ragency, ADGP Kashmir Kumar along with Divisional Commissioner Kashmir Vijay Kumar Bidhuri, co-chaired a review meeting with field officers at Police Control Room Kashmir wherein the arrangements for G-20 summit were discussed in detail.

"The meeting was attended by officers of Police including DIG CKR Srinagar, SSP Srinagar, all Zonal SPs of Srinagar, SP Srinagar, SP Srinagar, SP Srinagar, SDPOS & civil administration including DC Srinagar, ADC Srinagar, SDM W), Tehsildars & Naib Tehsildar of Srinagar district," the statement said, adding that at the onset of the meeting, the chair-torist movement. They

cers to display the highest level of synergy on ground with the civil administration.

The official said ADGP and Divisional Commissioner also directed the civil administration to keep in close liaison with their concerned their concerned jurisdic-tional police officers to

tional police officers to meet any exigency in their respective area of respon-sibilities (AOR). "Moreover, they also directed the officers to keep close cooperation with the police & secu-rity force officers for a successful G-20 Summit. The participating offi-The participating offi-cers were advised by the chairing officers to meet the demands of the public and apply a public-centric approach. All magistrates and police officers were instructed to identify, if instructed to identify, if any, rumour mongers and take preventive measures. All participating officers were instructed to ensure that there wouldn't be any harassment to the general public. Behaviour of field officers towards general public should be courteous," the official said.

Teachers may face stern disciplinary action, incarceration for Corporal punishment: CEO Anantnag

Chief Education Anant-nag has said that teachers involved in corpo ral punishment can be incarcerated.

According to the news agency–Kashmir News Observer (KNO), Chief Education Officer (CEO) Education Officer (CEO) Anantnag said this fol-lowing a meeting con-ducted by Deputy Com-missioner Anantnag with the HOls, Zonal Educa-tion Officers of Anant-

nag.
"Corporal punishment is banned in all educational institutions as enshrined in Right to Education Act 2009 and if any teacher would violate the norms shall warrant stern disciplinarv action and can even ary action and can even be incarcerated for com-mitting this crime," the CEO said. The CEO that in case of any miscon-duct shown by any stu-dent, the parent may be informed for proper counseling in a friendly atmosphere.

atmosphere.

The official also said that the attendance of the students has to be a priority for all the

schools and every school has to appoint a School Nodal Officer who can keep liaison with the parents to assess and over-come absenteeism. "The Nodal Officer shall share the details with CEO office on weekly basis through the HoIs and Zonal Education Officer

concerned."
The CEO also said that

The CEO also said that a monthly parent-teacher meet has to be a regular feature of the every institution in the district. "Every school has to have a schedule prepared for conducting activities like competitions, debates, discussions etc embedded with Curricular, Co-Curricular and Extra-Curricular and Extra-Curricular (Section 2018). and Extra-Curricular activities for the devel-opment of 21st century skills among the chil-dren, so that they can have a holistic growth and can compete nation-ally/internationally," the CEO said.

CEO said.

In the meeting, CEO
Anantnag also said that
certain departments are
conducting an inspection of schools to check
if they are safe for the
children or if any electric
wire, transformer, open

well, or anything that makes the school vul-nerable and may cause harm to the students, shall have to be imme diately reported for further course of action. "The school uniform

and books have to be sat-urated in all the schools and any shortfalls be reported so that they can be arranged well in time. Students must always be in proper, clean and neat uniform," reads the offi-cial communique. The official said that Hols shall ensure that Learner Centered Approach' is adopted all over to avoid any rigid kind of row system that otherwise stigmatizes the back benchers. "Every student should and books have to be sat-

otherwise stigmatizes the back benchers.
"Every student should be given chance on rotation basis to express his thoughts in Morning Assembly," the official said. According to the CEO Anantnag, the complex and cluster heads have been instructed to conduct some interschool student exchange programmes, so as to improve and enhance the learning ecosystem in and around the cluster or complex level.

Situation under control after measles outbreak in Kupwara village, says senior doctor

Authorities in Kupwara district Monday said that outbreak of measles in Farkin village is under control and medical teams have been deployed there for regular surveillance and safety of the entire population. On Friday last week,

news agency, reported about the measles outabout the measles out-break at Farkin village. Initially then only 5 cases of the virus were report-ed. Concerned Block Medical Officer (BMO) Kralpora Dr Javaid Iqbal Lone told KNO that soon after receiving informa-tion about the outbreak they dispatched a team of doctors and paramedics

"Patients were given treatment and aware-ness about the disease

yesterday (Sunday) the local medical centre was open for people to facili-tate them with whatever required," Dr Javaid said. He also said that medical teams have gone there

todav as well. About the active number of the virus cases, he said that the total number of cases have reached 14 in the area. "There is nothing to worry about. Our medical teams are monitoring the situation very closely," he

situation very closely," he said.

Officials said that a team of Integrated Disease Surveillance Programme (IDSP) was sent there today. "The IDSP team will collect the samples, "The camples will for the samples will for ples. The samples will go for testing."

According to the World Health Organisation (WHO), measles is a ness about the disease including the precautionary measures were told to people. Patients were isolated as well," he said. He said that field staff were also present there. "I also visited the spot to ascertain the situation due to the measles virus outbreak. The situation is under control. The outbreak isn't that big. Even highly contagious, serious disease caused by a virus.

FROM THE FRONT PAGE...

Article 370 was meant...

been repealed now. But please read it. It was men-tioned in the index as 'Temporary Provision of Article 370'. If this 'temporary' word was not written, what

370. If this 'temporary' word was not written, what would have happened. Tell me, can a provision of the Constitution be 'temporary'," he asked.

The Article was scrapped on August 5, 2019, a few months after Shah took charge as the country's home minister, and the erstwhile state of Jammu and Kashmir was bifurcated into union territories of Jammu and Kashmir and Ladakh.

The home minister said that a "legislation should reflect the political will of the Cabinet or Parliament".

"A law becomes undisputed if it is simple and clear. It (a law) should be framed in a way that the court does not need to make any explanation. When there is no need for any court to give any explanation to any law, that is a medal for you. Our aim has to be to draft a law as simple and clear as possible," Shah said clear as law as simple and clear as possible," Shah said clear as possible; "Shah said.

when a law is made with ambiguities, it creates prob-lems, the minister said and added that "if a law is made

lems, the minister said and added that "if a law is made simple and clear, there is no need for the judiciary to intervene as grey areas leave scope for overstepping". He said drafting of "the spirit of the legislature" is very significant work as simple translation is not sufficient and there has to be a proper explanation for it. The home minister said the drafting skill of those who work in the legislature wing of Parliament and of state legislatures should be improved because the world is changing very rapidly. Appreciating Parliament authorities for holding the training session, he said capacity building is very necessary and it has to be a continuous process. "We have to take proper action in this changing world and the laws have to be made according to today's requirements. If we don't have that kind of openness, we will be irrelevant," Shah said. evant," Shah said.

The home minister also said the BJP government under Narendra Modi has made lots of changes in laws. "We have scrapped nearly 2,000 irrelevant laws. Also, we have not hesitated to frame new laws," Shah said.

G-20 an opportunity...

that "some people can't digest the peace and develoment in J&K.

that "some people can't digest the peace and development in J&K
"Some people feel pain in their stomachs after seeing the peace and development in Kashmir. I can't help them," he said without naming any one. The LG said that Kashmiri products will reach national and international markets soon. "Time is not far when farmer's son would like to become a farmer too similarly the way government officer's son dreams to become the officer," he said, adding that modern avenues will be made available to the farmers so that they too can dream big.

The LG said that the unprecedented progress and growth in Agriculture & Alled sectors in the UT is a testimony to "our resolve that there should be prosperity in all the farming should inspire the young generations to take up farming." "Under the guidance of Prime Minister Narendra Modi, we are moving ahead with a vision to take the agriculture sector in J&K on a trajectory of high growth and prepare our farmers to meet new challenges and make farming accessible & profitable; he said. LG said that all the armbitious and innovative interventions, whether it is revival of Mushkbudji or Yellow Revolution, is bearing fruit because of impressive partnership between farmers and the administration and HADP will help the farmers to scale new heights—(KNO)

NIA raids 13 locations...

United Liberation Front Jammu & Kashmir (ULFJ&K), Mujahideen Gazwat-ul-Hind (MGH), Jammu & Kashmir Freedom Fighters (IKFF), Kashmir Tigers, PAAF, among

It added that besides terrorist and violent activities. these cadres and workers had been found involved in

It adued that besides terforts and volent activities, these cadres and workers had been found involved in collection and distribution of sticky, magnetic bombs, IEDs, funds, nacrotics and arms and ammunition. "NIA investigations had further revealed that Pakbased operatives were involved in delivery of arms and ammunition, explosives, narcotics etc. to these cadres and workers in the Kashmir valley via drones. Social media platforms were also being widely used by the operatives across the border to connect with OGWs and cadres in Kashmir."

The statement reads that NIA had registered the case (RC-05/2022/NIA/JMU) suo motu on Zist June 2022.
"The matter related to conspiracy and plans, hatched physically as well in cyberspace, by these proscribed terrorist organisations. The conspirators aimed to unleash violent terrorist stratesk in J&K with sticky bombs, IEDs and small arms etc. as part of a larger conspiracy to commit acts of terror and violence by radicalising local youth and mobilising and deploying radicalising local youth and mobilising and deploying overground workers.

It added in connection with the investigation of this case, since the beginning of this month, NIA has conducted more than 70 searches in Jammu and Kash-

NIA files chargesheet...

the statement. It reads that as part of the conspiracy hatched with other co-accused and handlers/operatives of LeT/TRF, Faisal had actively worked for LeT/TRF and had received funds from operatives of LeT, with the intent to further its terror activities.

"Faizal is the fourth person to be chargesheeted in the case (RG-32/202/IN/ADLD), registered suo moto by NIA on 18th November 2021. NIA had earlier filed a chargesheet against acrused Assalan Erenz @ Arsalan

chargesheet against accused Arsalan Feroz @ Arsalan Soub, Muzamil Mushtaq Bhat @ Hamza and Mudasir Ahmed Dar respectively on 18th June, 9th November and 17th December, 2022."

It added that the three accused, found working at the

The defect of the control of the con

TRF operatives based across the border.
"In its supplementary chargesheet filed today in the NIA Special Court, Patiala House, NIA has charged Faisal under various sections of IPC, Arms Act and UA(P) Act, 1967." it reads-(KNO)

The Kerala Story: 5 students...

have been already discharged while one more will be discharged soon.

She said that FIR has been already registered and action as per law will be taken against the culprits. Being professional students, there is no scope to indulge in such activities and no one will be allowed to create disturbance in the campus.

A police official told KNO that the scuffle broke out between students of the college and outsiders in the college hostel.

college hostel.

He said that a student was attacked with an iron rod and sustained serious head injuries with 12 stitches, who is undergoing treatment and condition is stable now He identified them as Haseeb from Bhaderwah, Arunesh from Udhampur, Akshit from Billawar, Aniket from Udhampur and Umar Faroog from Budgam. A senior police official confirmed to KNO the scuffle

broke out between some students and outsiders in GMC Hostel Jammu in which one student was injured.

Hostel Jammu in which one student was injured. He said that police has already taken cognizance and has registered a case FIR No. 65/20/3 u/s 147, 323 IPC and further investigation has been taken up.

Moreover, the authorities at GMC Jammu have decided to rusticate 10 students from the hostel for two months and also were debarred from attending classes till completion of enquiry.

Principal GMC Jammu Dr Shashi Sudan told KNO that she personally met the students along with wardens of the Boys Hostels and the Faculty Members and was in the Boys Hostel till 05:00 A.M. on the intervening night of 14-15 2023.

of 14-15 2023. "The students were assured of strict action against

of 14-15 2023.

"The students were assured of strict action against the offenders and a letter to register a case against an exstudent of GMC Jammu who participated in the scuffle was forwarded to SHO, Balshi Nagar, Jammu. They were further assured of strict disciplinary action against the students involved in the scuffle," she said.

Principal GMC Jammu said that as conveyed by SHO Police Station, Balshi Nagar, Jammu, a case has been lodged under FIR number 66/2023. "As per the report of the wardens of the Boys Hostel, 10 students have been rusticated from the Hostel for two months and also debarred from attending the classes till the completion of the inquiry by the disciplinary committee of the institute," she said.

"The reports of the warden Boys Hostel, has been forwarded to the Disciplinary Committee of the Institution for inquiry which has to be completed within 7 days. Additional eight security personnel and one security supervisor have been deployed in the Hostel for maintaining security 24x7. Principal added.

She added that two different groups of Senior Holbs & Earth Machanes and Assist Hollos and Hollos & Earth Machanes above site Hollos & Earth Machanes and Earth Machanes.

She added that two different groups of Senior HoDs & Faculty Members along with chief Provost and Wardens of the Hostels (i.e. 2 groups of 7 members each) will visit and interact with the students in the Hostels i.e. UG and PG Hostel between 08-10 p.m. daily for next 04 days. They shall also have the dinner with the students.

They shall also have the dinner with the students.

"The Senior Superintendent of Police, Jammu has been requested to take all precautionary measures including deployment of additional police personnel around the Hostel & GMC premises to avoid any law & order problems," she added.

"Have received distressing calls from GMC Jammu, reporting that a group of Kashmiri students have been injured as a result of a recent altercation over the Kerala Story issue. I student was attacked with an iron rod & sustained head injuries with 12 stitches." Nasir Khuehami, Jammu and Kashmir Students Association convenor tweeted. venor tweeted.
"Kashmiri Students at GMC Jammu Assured of Timely

Action and Support After Altercation. ADGP Jammu @ MukeshSinghIPS Ji, holding special security Meeting to Address the Issue," he tweeted later. Meanwhile former Chief Ministers and political lead-

ers have demanded investigation and action against the culprits Former CM and PDP President Mehbooba Mufti

Former CM and PDP President Mehbooba Mufti accused government of India of promoting and encouraging violence through movies stoking communal fires. "Shocking that GOI promotes & encourages violence through movies stoking communal fires. The blood of innocents is being spilled to quench the BJPs insatiable thirst for petry electoral dividends. Request @OfficeOff.GJandK ji to take cognisance & punish the culprits", Mehbooba Mufti tweeted.

Former CM and NC vice president demanded a time bound enquiry in this regard from the government and assure students that their safety will not be compromised at the alter of politics.

"Very distressing images of gunda elements targeting

Very distressing images of gunda elements targeting Kashmiri students in Jammu. @JmuKmrPolice must take cognisance of this & ensure those responsible are brought to book, @OfficeOfLGlandK must ensure this

is done in a time-bound manner & reassure students

is done in a time-bound manner & reassure students that their safety will not be compromised at the alter of politics." Omar Abdullah tweeted.

"The incident at GMC Jammu is reprehensible. These are young kids. And officers who are in charge have such young kids at home. Just hope that this issue is investigated in an unbiased and humane manner. I saw some pictures. They are scary. I request @@GhceOlt.GlandK to ensure that corrective actions are taken so that they are not repeated in the future," tweeted PC president Sajad Lone–(KNO)

Infiltrator intercepted...

The apprehended intruder, initially identified as ohammad Usman is a resident of Kotli district, Kerela

Officials said that the alert troops picked up the suspicious movement of the man on Line of Control,

thwarted his attempt to infiltrate and detained him The man is undergoing questioning, they said-(KNO)

Rana seeks exemption...

the commissioning of the Ban Toll Plaza and said that this had resulted in the cancellation of the toll order for locals by the then Minister for Public Works. The demand of the people was as logical then as of now,

he added.

Rana said he has already taken up this issue with all concerned who have appreciated the genuineness of the popular public demand and hoped that necessary orders with regard to waiver of toll to the people of the Nagrota constituency will be issued earnestly.

"This is necessary for smooth and hassle free vehicular traffic between Nagrota and Insured." he added

lar traffic between Nagrota and Jammu", he added.

Poor coordination, outdated...

said adding, "Infrastructure is outdated and we can't able to use the full potential of our machines, because the pipe network is insufficient and if we try to over-burden it, it will burst".

burden it, it will burst".

Another officer said that there is shortage of Junior Engineer and man force besides huge miscommunication between departments Civil-Mechanical wings.

"The mechanical wing responsible for lifting water from the river, its filtration and then supply to the tube-wells while civil wings have been responsible for judicious distribution of water to households and commercial consumers and collect revenue," another officer said adding, "The civil wing of the department failed to share the data of population expansion and number of new connections".

of new connections". He also added that "The civil wing also failed to curb the illegal connection menace, which is rampant and

always results in loss of revenue". "If data sharing between both these wings has been flawless, the government is able to know the exact data of supply and demand for further up-gradation of infra structure," the officer added–(KNO)

PM Modi to distribute...

PM MOGII to GUSTIPOUIC...

Officer, Tax Assistants, Assistant Enforcement Officer, Inspectors, Nursing Officers, Assistant Security Officers, Fireman, Assistant Accounts officer, Divisional Accountart, Auditor, Constable, Head Constable, Assistant Commandant, Principal, Trained Graduate Teacher, Assistant Registrar, Assistant Professor, among others.

The newly inducted appointees will also get an opportunity to train themselves through Karmayogi Parambh, which is an online orientation course for all new appointees in various Government departments.

new appointees in various Government departments (Agencies

in dealing with infant deaths

JAMMU, MAY 15: Senior social JAMMU, MAY 15: Senior social activist SukeshC. Khajuria in a letter written to the Drug Controller General of India (DCGI) with copies to his counter parts in Jammu and Kashmir, Punjab, Haryana and Himachal Pradesh has questioned the double standards in dealing with the deaths of infants in foreign coun-tries vis-a-vis those who died in

tries vis-a-vis those who died in India due to alleged spurious drugs manufactured in India Appreciating the action being ini-tiated against Indian pharmaceutical companies manufacturing spurious drugs which had reportedly caused deaths of infants in foreign lands deaths of intants in foreign lands resulting in an outcry at the interna-tional level about the standards of drug manufactured in India, SukeshC.Khajuria said that It was a happy development that action has been initiated in the shape of joint inspections, cancellation of licenses of 18 sharm-ceutical companies and of 18 pharmaceutical companies and notices to 26 others in this matter. But he insisted that it needed to be

But he insisted that it needed to be done on a sustained basis. However, while, appreciating these action following international outcry following deaths of foreign infants, Sukesh C. Khajuria said that it was regrettable that tangible action in to deaths of infants in sim-liar, circumstances, hampanin, in ilar circumstances happening in India are missing. "My concern is

HDFC Bank, TASK come together

to promote fresh employment

JAMMU, MAY 15: HDFC Bank, India's largest private

sector bank, and Telangana Academy for Skill and Knowledge (TASK), a not-for-profit organisation under the Department of ITE&C, Government of Telangana

the Department of ITE&C, Government of Telangana have signed a Memorandum of Understanding (MoU) to promote employment of fresh graduates and post-graduates. As per the MoU, HIDFC Bank will now be able access a large pool of talent across 700 institutions registered with 'TASK'.

The MoU was signed at Hyderabad by Shrikant Sinha, CEO - TASK and Ranga Subramanian, Head - Talent Acquisition, HIDFC Bank. Under the partnership, TASK will holy HIDFC Bank Under the partnership.

TASK will help HDFC Bank hire trained students. All

TASK will help HDFC Bank hire trained students. All kinds of logistical support for placement drives and interviews will be provided by TASK.

"HDFC Bank is committed to promoting fresh talent across the length and breadth of the country. We are an equal opportunity organisation where everyone is given an ecosystem to excel and grow to their maximum potential. Our partnership with TASK will open the doors to Gen Z to kick-start their career at a certified 'Great Place to Work' that is financially empowering millions and contributing towards nation-building," said Ranga Subramanian.

whether the deaths of Indian infants is different from deaths of foreign infants," he questioned. He informed the Drug authorities

He informed the Drug authorities that he had taken up with the National Human Rights Commission the issue of deaths/ deformities of infants in Northern India following consumption of unchecked spurious and adulterated drugs in the case on 80 (00/14/2009) drugs in the case no.80/09/14/2020 drugs in the case no 80/09/14/2020 in NHRC seeking compensation for the families of the victims of Ramnagar tehsil of distt. Udhampur of J&K, which the Commission graciously granted and subsequently upheld by the High court of Jammu and Kashmir [case wp(c) No 388 of 2021] & Supreme Court of India [SLP(c) No 8345/2021] despite objections by the J and K Government where majority of the deaths took place in 2019-20.

He further brought to the r

place in 2019-20.

He further brought to the r notices of drug authorities the sad and untimely death of several children and severe deformities to others in some parts of northern India due to consumption of spurious drugs since December, 2019. As a senior social activist of UT of Land senior social activist of UT of J and K, he had been highlighting, these unfortunate deaths and deformities of infants in J&K, Punjab, Haryana and Himachal Pradesh. A total of 16 deaths took place in North India, Jà in Ramnagar tehsil of Distt.Udhampur and one in

Bishnah tehsil, distt. Of Jammu in Bishnah tehsil, distrt. Of Jammu in UT of J&K, one child died at Baddi in Himachal Pradesh and another died at Patiala in Punjab. Eight children who consumed unchecked spurious and adulterated drugs were disabled, six of them in Udhampur district with disabilities ranging from 40 per cent to 85 per cent while another child at panchecklula in barayana suffered 100. chakula in harayana suffered 100

per cent disability. Another child at Patiala has been found with disabili-

NEWS

The FIR no 21/2020 dated 02-03-The FIR no 21/2020 dated 02-03-2020 at police station kalaAmb, dis-trict Sirmaur in Himachal Pradesh, FIR no.33/2020, dated 03-03-2020 at police station Ramnagar in Udhampur district of Jammu and Kashmir and FIR no 0182/2020 Kashmir and FIR no 0182/2020 dated 05-03-2020 at police station Mahesh Nagar, AmbalaCantt. Haryana were registered against companies manufacturing spurious & adulterated drugs. He said that in view of inade-quate response from drug control.

quate response from drug controlquate response from drug control-ling agencies and a larger mafia operating in different States, it was found that there was a lack of coor-dination between the Central and State governments on regulatory measures to check and punish such unscrupulous elements who are manufacturing and selling spurious drugs in convivance with uacks drugs in connivance with quacks and corrupt drug authorities

Two notorious thieves arrested by Thannamandi Police JI NEWS SERVICE

RAJOURL MAY 15: Jammu and Kashmir police in nannamandi has worked out theft cases of police sta on Thannamandi recovering stolen property worth

A police team headed by SHO Thannamandi Hilal Azhar under the supervision of SDPO Thannamandi Imtiaz Hussain arrested the thieves from Saj and locals told that they were involved in a number of theft cases in Rajouri and Thannamandi.

in Rajouri and Thannamandi.

The police was looking for them as they were involved in the theft cases in different areas of Rajouri Thannamandi Police have arrested two notorious thieves including Mohd Tarig s/o Mohd Kabir R/o Saj and Febzaan Mehmood R/o Muzaffar Mehmood R/O, Nerojal Saj. In this regard a case FIR No 54/2023, U/S 380 LPC her beare receited at Police Station. 380 IPC has been registered at Police Station Thannamandi SHO Thannamandi Hilal Azhar told that on their disclosure a camera valued 1,50000 has peen recovered while further investigation is in progress. SDPO Thannamandi told that the police was looking for them as they were involved in number of theft cases and stolen property from different location will be recovered from them as investigation is in process. been recovered while further investigation is in

Common man suffering the most due to essential commodities price rise: Rajesh Gupta

JAMMU, MAY 15: The National Democratic Party Indian (NDPI) J&K UT Chief Rajesh Gupta urged Narendra Modi that his government Narenara Modi that his government should take steps to arrest the spiralling prices. The actual price of petrol should be Rs 40 to Rs 45 per litre. But people are being forced to pay Rs 108 per litre. The cost of LPG domestic cylinder refill is nearly Rs 1,200.

NDPH president said the common.

NDPI president said the common man is suffering the most in the country due to rising prices of essential commodities. The mishandling tial commodities. The mishandling of the economy by the Modi-led BJP government is the reason for the high rate of inflation. The NDPI will continue to fight for the cause of common man who should throw their support to the NDPI in the next



elections, he said.

The demand comes as latest statistics show that retail inflation has accelerated sharply in March, the fastest pace of price gains in almost two and a half years, and marked the third straight month when inflation exceeded the Reserve Bank Of India's tolerance threshold. Addressing to media NDPI leader said the debate around inflation often gets centered around the fuel prices but the fact is that prices of almost every essential commodity has increased in the last nine years.

"If you track the Consumer Price Index, 235 of the 299 commodities on the list have seen a higher percentage price hike than petrol in the

last few years," he said.

In the period of March 2014 to April 2023, the percentage hike in prices of milk, edible oil, pulses and regetables like onion is more than

at of petrol, Gupta said.

At a time when prices are rising, the interest rates on fixed deposits and other saving instruments have come down The government he said is "eroding and plundering" the sav-ings of the common man.

NDS Executive Interacts with Dogra Samaj Trust Patron

JI NEWS SERVICE

IAMMU, MAY 15: Nami Dogri nstha (NDS) Executive Organi interactive session with Pat Dogra Samaj Trust Mumbai, Mrs Nidhi Dogra Sharma at Jammu .

NDS President Advocate Dogra Harish Kaila welcomed Mrs.Nidhi Dogra Sharma with the flower bouquet and indicated the Areas where

quet and indicated the Areas where both the Organisations can Work which was followed by interaction. Capt Lalit Sharma Convener NDS while welcoming the DST Patron offered to work jointly and in collab-oration with Dogra Sanaj Trust for the furtherance of Dogri Language and Dogra Culture which the Conand Dogra Culture which was

respectfully acknowledged by Patron Dogra Samaj Trust Mumbai. Yash Pal Yash General Secretav NDS elaborately explained the liter-ary activities being undertaken by Nami Dogri Sanatha and similarly, Patron Dogra Samaj Trust explained in detail the Dogri Language and Cultural endeavours being under-taken by that organisation in taken by that organisation in Mumbai and Maharashtra. Mumbai and Maharashtra.
After thorough discussions it was decided that both the organisations shall keep close liaison with each other and shall seek literary and culrural help from each other to strengthen the literary and cultural campaigns of NDS and strengthen the Dogra ethos of Dogras living in

Maharashtra and this Cultural Bondage will strengthen the Bondage of Dogras living in Maharashtra with their Motherland

Maharashtra with their Motheriand Duggar. The Dogri Publications of each Sanstha shall be shared and similar-ly, the Dogri Creative works in the field of Music shall be shared. The cultural exchanges shall include pro-grammes of NDS in Mumbai and

vice versa.

Prof. Anupama Sharma, Patron
Youth Wing Nami Dogri Sanstha in
her interactive conversation
expressed grave concern over growing Drug Abuse in Duggar which is
a potential threat to our youth and
Duggar culture.

Khajuria hits out at double standards Natrang completes eventful 40 Years, stages Balwant Thakur's 'Suno Eh Kahani'



JI NEWS SERVICE

JAMMU, MAY 15: The ultimate cultural movement of Jammu & cultural movement of Jammu & Kashmir popularly known as 'NATRANG' completed 40 years of its existence today. This is the cultural institution which gave a new cul-tural identity to this part of the world globally, tirelessly worked day and night to become the most sought after cultural destination of India With very record 7.200 events. India. With over record 7,200 events to its credit, Natrang created a history for having participated over 350 national/International cultural/thenational/International cultural/the-tarte festivals. Founder Director Natrang, Padamshree Balwant Thakur expressed his heartiest grati-tude to everyone who contributed immensely for the growth and development of this brand called 'Natrang'. He further said that in last Add years, through the selfless contri-bution of thousands of its associates, Natrang has brought the J&K theatre to the National and International limelight and its highly acclaimed plays which vibrated the theatre world and proudly travelled the whole length and breadth of the country and also crossed the bound-aries of India as well and won appreciation in Russia, Germany, U.K., Singapore, Turkey, Hungary, Poland, South Africa, Mauritius, Central Asia and UAE and thus established a globally acknowl-edged brand called NATRANG. This organization has been highly instrumental in giving a new cultur-instrumental in giving a new cultur-40 years, through the selfless contriinstrumental in giving a new cultur al and intellectual identity to this

through its out of the world cre initiatives. nauves. The 41st foundation day marked The 41st foundation day marked the celebrations with a presentation of Natrang's highly acclaimed Dogri play Suno Eh Kahani' at Abhinav Theatre Jammu. Written and direct-ed by Balwant Thakur, this one of ed by Balwant Traktur, triss one of the most popular play of Natrang featured senior Natrang actors viz., Neeraj Kant, Anil Tickoo, Sanjeev Gupta, and Pankaj Sharma who have been performing this play since the last 30 Years.

part of the country and revolution-ized the cultural life of the place

They were supported by Rahul Singh, Meenakshi Bhagat, Mahikshit

Singh, Shivam Singh, Adesh Dhar, Vishal Sharma, Mihir Gujral and Kushal Bhat.While narrating the 40 years of eventful journey Natrang, Balwant Thakur sha Natrang, Balwant Inakur shared few inspiring movements which were instrumental in maintaining the consistency of its continuous growth and development. Prior to the inception of Natrang in Jammu, this region never witnessed the presence of a professionally managed cultural institution. Despite having seen lots of ups and downs, Natrang never stopped working even in challenging times. There is not even a single day in 40 years when Natrang was not working. On the occasion he thanked his wife Deepika Thakur and daughters Aarushi and Gauri or supporting and strengthening his mission wholeheartedly. Fact remains that Natrang has been highly instrumental in giving a new flip to the cultural life of this region and shaped the career of many aspiring few inspiring movements which shaped the career of many aspiring actors/directors and young profes

sionals.

Natrang pioneered in introduc-ing Children Theatre, Theatre Camp, Weekly 'Sunday Theatre', Theatre Laboratory', 'Theatre Repertory', 'Script Bank', Documentation Centre' and 'Mega Productions' (Featuring over 500 performers).

performers).

Natrang was established on 15th May, 1983 with the presentation of two unique short plays 'Neeli Jhee' and 'Nanhen Kandhey Pair' directed by Balwant Thakur at Abhinav Theatre Jammu. The actors who featured in the first performance of Natrang included Vijay Atri, Aasha Arora, Arvind Anand, Mohan Singh, Prabodh Jamwal and Arun Sharma. In 40 years, the plays which Singh, Prabodh Jamwal and Arun
Sharma. In 40 years, the plays which
vibrated the theatre scene of the
country included 'Bawa Jitico
'Ghumayee' Mahabhoj 'Aap
Hamare Hain Kaun' 'Chauraha'
'Poster' Mere Hisse Ki Dhoop
Kahan Hai' Sainyan Bhaye Kotwal'
'Raktbeej' 'Comedy of Terrors' Suno
Eh Kahani' Kanjoos' 'Holi' Mind
Games' 'Richard Ill' 'Choona Hai
'Aarmano' 'Makh Ki Kahoni' 'Culab Aasmaan' 'Mata Ki Kahani', "Gulab Gatha', 'Rangla Jammu' and 'Kaun

and many have made their mark in films and TV world as well. Prominent among them include man Goswami, Anjali Abrol, Sunil Palwal, Harish Khanna, Neelu Dogra, Tajasvi Sharma, Ekta Kaul, Mansi Sharma, Vikram Sharma, Mridul Suri, Nariender Sachchar, Arvind Anand, Mohit Sharma, Arvind Anand, Mohit Sharma, Cyrinda Gujral and Satyam Mehra, Child Artissl, In addition to havine. (Vrinda Gujral and Satyam Mehral, Child Artists). In addition to having Seven pass-outs of National School of Drama and Seven Masters in Dramatics, Natrang sent four for International studies which includ-ed Harish Khanna (London School of Acting and Speech), Aeishesh Nijhawan (London International School of Perforning Arts Aarushi School of performing Arts) Aarushi Thakur (University of Leicester, UK & Royal Academy of Dramatic Arts, London) and Vikram Sharma (Lee London) and Vikram Sharma (Lee Strasberg Theatre and Film Institute, Manhattan, New York USA). Out of near about 7200 shows by Natrang in Forty years, the credit of maximum number of participation is shared by Neeraj Kant, Anil Tickoo, Streeph Kumar, Arvind Anand shared by Neeraj Kant, Anil Tickoo, Suresh Kumar, Arvind Anand, Sanjeev Gupta, Vikrant Sharma, Sumeet Sharma, Pankaj Sharma, Juhi Singh, Sat Salarbi, Vijay Bhat, Dimple Sharma, Mohit Sharma, Mohd. Yaseen, Rahul Singh, Gaurav Jamwal, Subhash Jamwal, Gauri Thakur and Sajra Qadir and in these years over forty actors of Natrang brought National/ International honours and acclaims. From National scholarships to

National scholarships to International fellowships, the recog-nition brought by Natrang artists gave a distinct identity and pride to Jammu theatre. Prominent honors included International fellowships to Balwant Thakur (Ford Foundation USA) Harish Khanna (British Council UK) Ashish Fellowship and Scholarship), Sajra Qadir, Shivam Singh, Gopi Sharma, Kritika Bhau, Rhythm Misher, Asma Kritika Bhau, Rhythm Misher, Asma Gul, Vrinda Gujral (National Scholarships). Amongst others, Suraj Singh, (Music) Brij Mohan (Music) Suraj Ganjoo (Lights) Ankush Lakhnotra (Lights) Chander Shekhar (Publicity Design) con-tributed immensely to the growth of

Councillor Sahil Gupta celebrates Women's Day

JI NEWS SERVICE

JAMMU, MAY 15: Bharatiya Janata Party Leader and Councillor of Municipal Committee Bishnah, Sahil Gupta organized a program with Women today on Mother's Day, in which he congrat-Day, in which he congrat-ulated them all by cutting a cake with womens on Mother's Day. The women praised the work of Councilor Sahil Gupta while giving best wishes in the program.



Gupta was accompa-nied by PA Ratan Lal Sudesh Sharma, Tushar others from his team.

JU VC releases a Hindi Poetry book by Swarndeep



JI NEWS SERVICE

IAMMU. MAY 15: Vice-Chancellor, Prof. nesh Rai released a Hindi poetry ok entitled - 'Dil Tum Dhadakte Kyun Nahin', written by Mr. Swarn Deep Bogal, Senior Assistant, workin the Cash Section, University of Jammu, who has earlier also written a hindi poetry book 'Man Ki Slate' in the year 2020 published by Your Quote Mobile App. Prof Rai

appreciated the effort of Mr. Swarn Deep Bogal for writing poetry. Most of the poems in the collection are based on social issues and are born based on social issues and are born out of the happenings in our society. Through these poems, the author tries to eradicate the negativity & imbibe humanism continuously within him. Among others, Prof. Sucheta Pathania, Dean Faculty of Arts and HoD Department of English, Dr. Neeraj Sharma, Special Secretary to Vice-Chancellor, Dr. Carima Gupta, HoD, Department of Journalism & Media Studies, Dr. Padam Dev Singh, Department of Journalism & Media Studies, Dr. Padam Dev Singh, Department of Journalism Kumar, Department of Hindi & Dr. Anju Bala, Department of History, were

THOUGHT OF THE DAY

Logic will take you from A to B. Imagination will

take you everywhere - Albert Einstein JINDRAH MAGES

Need to upgrade health infra in Ladakh

adakh, the cold desert of India, has a very limited working season due to the harsh weather conditions for almost six months in any calendar year. Two vital highways connecting the region with the rest of the country remain closed during winters, which makes it difficult for transportation of essential equipment, goods and other material required for developmental activities. The region, which is already facing the shortage of manpower and infrastructure in the health sector, has shown least progress in developing infrastructure in this vital sector. A Parliamentary Panel recently expressed dismay over the failure of the UT administration to make a "substantial progress" in the establishment of a medical college at Spituk Pharka in Leh district after the lapse of three years. The project was approved by the Government of India in 2019 and the land measuring over 737 kanals has been allotted for the establishment of a new medical college. The detailed project report (DPR) for the construction of the medical college is still under process/examination. The panel has recommended that the Ministry of Home Affairs could take up the case with the concerned Ministry and Department on a priority basis to remove administrative bottlenecks and expedite the construction of the medical college. It has further suggested that the Medical College may commence its academic activities from the existing hospital of the UT so that the medical students of Ladakh can get the option of pursuing medical education in the UT. There was a proposal for setting up a 100-student intake Medical College at Spituk Pharkha along with a hostel for students and a residential quarter for the staff. The area would be 71000 sqm and the medical college would include an Academic block, Lecture theatres, an Anatomy Department, Dissection Hall, Museum, Laboratories, Student common room, medical education unit, Histology Lab, Biochemistry Lab and Pathology Lab. Ladakh administration had, last year, disclosed that the region was facing a severe shortage of medical officers and doctors with nearly 60 percent of posts lying vacant. The total sanctioned strength of medical officers and doctors in Ladakh was 175 against which 100 posts in different health institutions were lying vacant which comes to over 57 percent. In order to bridge the huge gap between sanctioned and vacant posts of doctors, the UT administration of Ladakh has made it mandatory for candidates seeking benefit of reservation under ST quota to sign a compulsory bond to get admission in MBBS, BDS and post graduate courses Under the guidelines, there would be a penalty to the tune of Rs 50 lakh for MBBS and Rs 30 lakh for BDS students in case they do not serve for five years and three years in the region, respectively. The UT administration, despite tough working conditions, should expedite the process of setting up a new medical college in the area. It will ensure better healthcare facilities in the

CONGRESS' VICTORY GIVES OPPN A NEW LEASE OF LIFE

UNLESS THE CONGRESS PROJECTS ITSELF AS A PARTY IDEOLOGICALLY DIFFERENT FROM THE BJP, IT CAN'T CONSOLIDATE ITS SUPPORT BASE AMONG NON-BJP SUPPORTERS.

HE Congress' spectacu-lar victory in Karnataka is a big boost for the Opposition a year ahead of the General Election. Choosing a non-

General Election. Choosing a non-Gandhi as the party chief seems to have worked for the Congress. The spotlight is on Congress chief Mallikarjun Kharge, who is proving to be the lucky mascot for the grand old party. Kharge's lit-mus test would, however, be to contract that there is no confronts. ensure that there is no confrontaensure that there is no confronta-tion over the selection of the state's new Chief Minister. During campaigning, he had remained on the job, reducing the chances of rebellion or factional-

sm. After the victory in Himachal Pradesh last year, the Congress has now won a big state that sends 28 Lok Sabha members to Parliament. It was in December 2018 that the Congress had won Assembly elections in 2018 that the Congress had won Assembly elections in Chhattisgarh, Madhya Pradesh and Rajasthan. Kharge now has the task of bringing together Opposition par-ties for the 2024 General Election.

ties for the 2024 General Election.
Alliances in Indian politics are
forged from a position of strength.
While the Congress may not get
the leadership role, it would now
have greater scope to negotiate
with non-NDA partners. The
party needs to get Nitish Kumar,
Arvind Kegirwal, Mamata
Banerjee and K Chandrashekar
Ragon bazel Rao on board.

The Opposition is fancying its The Opposition is fancying its chances as the political situation in Karnataka, Bihar, West Bengal and Maharashtra has the potential to reduce the BJP's 2019 Lok Sabha tally by at least 60 parliamentary seats. If this becomes a reality in May 2024, the prospects of the Document of the Company of the Compa of a non-NDA government will become somewhat bright. Kharge, Decome somewhat oright. Kharge, for tactical reasons, had put the AICC's organisational revamp on hold even after getting the man-date from the Raipur plenary. He is empowered to nominate 35 Congress Working Committee members and AICC office-bear-res. He home to accomposite ers. He hopes to accommodate aspirants from the erstwhile G23 group and those chosen from the states. The tricky part of the exer-cise entails the settlement of long-standing disputes in the party-

ruled states of Rajasthan and Chhattisgarh. In Kharge's scheme of things, Sachin Pilot, who is curof things, Sachin Pilot, who is cur-rently on a padyatra in his home state Rajasthan, is a suitable per-son to be in the CWC or the AICC secretariat. Pilot, it's an open secret, aspires to replace Chief Minister Ashok Gehlot. The high command may not be able to ful-fill this demand, but after the May 13 victors. The party has the hoft

fil this demand, but after the May 13 victory, the party has the heft to appoint him as the Rajasthan Congress president if Pilot insists on staying in state politics. Kharge has taken a lot of pres-sure off the Gandhis, who were saddled with organisational responsibilities. In the days to come, one would see him meeting. come, one would see him meeting many more Opposition leaders Rahul would have the freedom to Rahul would have the freedom to embark upon more yatras and tours, while Priyanka Gandhi would get time to campaign across the country. The next major challenge for the Congress is the Assembly elections in Madhya Pradesh,

Rajasthan and Chhattisgarh. Kharge is likely to push for the Karnataka model in Madhya Pradesh, where Kamal Nath is

known for his hard work, grit and perseverance. Nath, given his seniority, enjoys close rapport with Kharge and the Gandhis. He has Kharge and the Gandhis. He has reportedly requested Priyanka to focus on Madhya Pradesh, where the Assembly elections are due in November-December. In March 2020, barely 15 months after he took over as the chief minister, Nath had resigned from the top post without facing a floor test in the Assembly – days after rebel Jyotiraditya Scindia had switched er to the BIP.

Kharge also reportedly wants to resolve the party's ideological dilemmas. When the Congress inserted a sentence in its mani-festo, promising a ban on the Bajrang Dal, there was muted criticism from within. There was no icism from within. There was no dearth of party leaders who in whispers had criticised general secretary Randeep Singh Surjewala for insisting upon the Bajrang Dal ban and scoring an alleged self-goal. The Karnataka outcome has shown that the gamble has neithed. ble has paid off.
Unless the Congress projects

itself as ideologically different from the BJP, the grand old party cannot consolidate its support base among the non-BJP supporters who are in great numbers and looking to the Congress as an alternative.

The Karnataka success indi-The Karnataka success indi-cates the longevity of the Congress and its resilience amid adversity and gloom. The party lives on to fight another day. For those who called the Congress dead, the news is that the party is alive and kicking.

At the same time, the Congress

At the same time, the Congress needs to be wary of complacency. The BJP, after this electoral set-back, would retaliate and try to shatter the Congress' new-found morale. The Congress needs to keep its house in order in Karnataka and other party-ruled states. It also has to insist on good states. It also has to insist on good governance and accountability, besides zero tolerance for corruption, communalism and abuse of power, in all party-ruled states. Unless the Congress showcases itself as a credible alternative to the BIP in its socio-economic and collistal thicking, the composition of the common control of the cont political thinking, the psychologi-cal advantage gained with the May 13 win may be lost sooner rather than later.



Why voters didn't give BJP another chance

PARSA VENKATESHWAR RAO JRSRIKANT B

hhattisgarh CM Bhupesh Baghel and Congress general secretary Jairam Ramesh have said, and they are right in a way, that in Karnataka, the Congress has won and Prime Minister Narendra Modi has lost. But it is Congress leader and former Chief Minister Siddaramaiah who has described the outcome more accurately. He has said that the people of the state have voted against the mal-administration and corruption of the BJP despite numerous visits by the PM and Union Home Minister Amit

This is the third time in a row that the BJP has lost the electoral battle in Karnataka. It had been defeated in Karnataka. It had been defeated in 2013 and 2018 too. In 2013, the Congress had a decisive majority. That's why the party, led by Siddaramaiah, managed a full term. In 2018, the Congress and Janata Dal (Secular) formed a coalition govern-

(Secular) formed a coalition govern-ment; a year later, defections helped the BJP turn the tables on its rivals. The Congress is now back to the pole position of 2013. It is also clear that the BJP has held on to its stronghold in urban Bengaluru, coastal Mangalore belt and the Hubballi area. It is in rural Karnataka, in the old Hyderabad-Karnataka areas of Raichur and Karnataka areas of Raichur and Gulbarga, that the Congress main-



tains its majority. At the end of the day, the Congress is the clear winner and the people of Karnataka have shown that there is no ambiguity in

their choice.

It would be hasty to assert that the defeat of the BJP in Karnataka is a prelude to its defeat in the 2024 General Election. This has been a purely local election, which is what it should be. The BJP, too, fought it as a local poll but it has been trying

hard since 2014 to leverage the image of Prime Minister Modi to win the Assembly elections. It has, however, not been lucky. The party may have to abandon the 'doubleengine sarkar' slogan, which intends engine sarkar stogan, which intends to convey that a BJP government in the state would be better because there is a BJP government at the Centre. It is turning out to be a policially immature message.

The party lost the Assembly electory of the BJP that he is being projected as. The lesson is also clear for the Congress. It is not Rahul Gandhi. The party lost the Assembly electory of the BJP that he is being projected as. The lesson is also clear for the Congress. It is not Rahul Gandhi. Vadra who won the election for the

tions in Bihar, 2015; Rajasthan Chhattisgarh and Madhya Pradesh, 2018; West Bengal, 2021; Himachal Pradesh, 2022; Punjab, 2017 and 2022; and Delhi, 2015 and 2020. PM Modi is perhaps no longer the mas-cot for the BJP that he is being pro-

party in Karnataka. It is the local leadership led by Siddaramaiah and DK Shivakumar which steered the party to victory. This should also alert the analysts that the Congress is not weak or strong on the basis of the leadership provided by the Nehru-Gandhis; it has an identity Nehru-Gandhis; it has an identity and strength of its own that goes beyond the much vaunted charisma of the family. This should give hope and courage to the Congress leaders that the party can stand on its own feet. This does not mean that the party and the coterie around the family will give up their naive belief in the mystique of the Nehru. in the mystique of the Nehru-Gandhis Leaders of the BIP are also aware

Leaders of the BJP are also aware that they cannot win elections on the basis of ideology alone, though PM Modi and others try to play it up as if their electoral survival depends on it. They know that local issues matter much more; the BJP harping on the contentious Hindutva ideology the contentious Hindutva ideology shows desperation that if other things fail, this should see them through. It might be argued that where they win, it is because of Hindutva, as in Assam, Uttar Pradesh and Gujarat, but when they lose, as in West Bengal, Delhi and Punjab, it is not due to Hindutva. But it is clear that even in states like But it is clear that even in states like Uttar Pradesh and Assam, people voted for the BJP not for the sake of PM Modi or Hindutva, as many of Hindutva, as many of ned to be the case, but

because they do not consider the alternative good enough. And in places where they find an alterna-tive, like in West Bengal, Delhi, Punjab, Himachal Pradesh and Karnataka, they voted for the other

party.
This should alert the Congress This should alert the Congress and other Opposition parties that it is not necessary to be an anti-Modi coalition or use an anti-Hindutva plank to defeat the BJP in 2024, but they have to show that they are strong on the ground in different states and that they speak in the same voice about the issues that are mostly economic and social rather mostly economic and social rather mostly economic and social rather

mostly economic and social rather than ideologicall. The ideologically committed vol-ers are a minority, while the majori-ty keep their options open. One can-not say that the people of Karnataka voted for secularism of the Congress and rejected BJP's Hindutva. Rather, they voted on the issue of local gov-ernance. It would be misinterpretation to view the Karnataka verdict as tion to view the Karnataka verdict as a victory of secularism. People are pragmatic and do not care much for ideology. Of course, each party needs to maintain its set of core beliefs, whether secular or commu-nal. But people generally vote for parties on grounds other than belief systems. That is why all political parties make those cynical comproparties make those cynical compro-mises to win elections and to be in power. Ideology is put on the back burner.

ALIA BHATT HEADS TO **SEOUL FOR GUCCI EVENT, ROCKS ALL-DENIM LOOK AT AIRPORT**



NEWS

Fahmaan Khan recalls when a casting director grabbed him from behind; opens up on living in a room with 17 people, rejecting Ishq Subhan Allah

ctor Fahmaan Khan moved to Mumbai from Bangalore in 2014 and started auditioning for act-ing projects. Today, he is one of the leading men of TV with a loyal fanbase. However, he admits fame has not shook his head from his shoulders. "I have paid my dues for such a long time," he says. He was never lured by the fame

says. He was never lured by the fame but "the art of acting was what drew" him to the profession.

Khan's first show was Kya Qasoor Hai Amla Kaa? However, landing the debut in his kitty, is quite a story for Khan to tell. "There was an eight month waiting period for that show to start. That time I was living with 17 people in one house. It was a 2.58HK in Santa Cruz and it was 17 people. Cheeni bhi



cupboard mein lock karni padti thi," he recalls. After shooting the pilot and dropped the project like a hot potato.

"That was a morally depressing time. You think that you are so bad that people have to change you. I couldn't speak to anyone. I started giving auditions again, but my mental health was not right," he reminisces.

Luck came through for Khan in the clutch. He was offered the show again, with a hiked fee.

with a hiked fee.

The show gave him much fame and a bit of air. "I thought I should get lead now. I even hiked my budget. (But) I didn't understand the norms of TV. I didn't work for eight months after that. People kept calling me and I kept saying no. Then the name died down. Suddenly, I realised, nobody is calling me anymore, I'm not getting any work," he shares.

KRITI SANON RECALLS SHE CAME HOME CRYING AFTER HER FIRST EVER PHOTOSHOOT



In a new interview, Kriti Sanon spoke about her mod-elling days before she joined films. The actor recalled her first photoshoot and how she messed it up. Kriti said she she's 'a perfectionist, almost irritatingly so', and was brought to tears after her photoshoot did not go well. She said it really bothered her that she 'didn't do well'.

well' in it.

Kriti has been busy promoting her upcoming film
Adipurush, where she features alongside Prabhas. The
actor had dabbled in modelling before she signed her
first film. She made her acting debut in 2014 with the
Telugu film 1: Nenokkadine alongside Mahesh Babu.
She was also seen in her first Himdi film Heropanti, costarring Tiger Shroff, the same year. Speaking about her
modelling days, Kriti recalled feeling 'extremely nervous' during her first ever photoshoot.

"My mother is a professor, and she was the first
woman in her family to work. In fact, she completed her
PhD while she was pregnant with me. And being the

wonain fire I amany to work. In latt, size compared the firstborn, sometimes you have to shoulder the responsibility of setting an example. So I have always felt the need to be really good at whatever I do — I think it's

Nora Fatehi makes Rema groove to Dance Meri Rani, he aces her trademark moves at Mumbai concert



Rema's Mumbai show was lit with the Nigerian singer performing his hit single Calm Down to a huge audience. At the Saturday concert, Rema was also joined by actor-dancer Nora Fatehi who made him dance to her single, Dance Meri Rani. She did her trademark dance moves from the song and Rema tried to copy her with

together on stage. Reacting to their viral video on Instagram, a fan wrote, "Meri to nazar he nahi hat rahi Nora se (I can't take my eyes off Nora)." Another said, Nora se (I can't take my eyes off Nora)." Another said, "Rema - bas kar pagli ab rulayegi kya (Rema to Nora: Stop it or you will make me cry)." A fan also comment-ed, "Slayed as always." Rema greeted the Mumbai audience with "Kasa Kai Mumbai" and also held the tra-colour during his performance. The concert was held at Dome, NSCI SVP Stadium in Worli.

The singer is on his Rema Calm Down India Tour. He has already performed in Delhi and Mumbai and will now perform in Hyderabad on Sunday. In an interview with PII, he expressed his desire to collaborate with Indian music has very emotional yocals and I can "Indian music has very emotional yocals and I can

Ranveer declares 'babygirl' Deepika Padukone's Time magazine cover iconic

anveer Singh not only crashed Deepika Padukone's Time magazine interview, kissed her and left, but also showered love on her magazine cover in a new post. The actor took to Instagram on Friday and said he was proud of his 'babygir!' Deepika as he shared pictures from her recent cover photoshoot for Time magazine. Along with Deepika's photos, Ranveer Singh wrote, "World at your feet! Proud of you, babygir!! (kissing face emoji." Fans were also feeling their love. One commented on Ranveer's post, "Cuties." Another one wrote, "Lucky man." A fan also commented, "You made my day Ranveer." An Instagram were also wrote, "What else can a wife ask for from the most supportive husband." Earlier, Ranveer had also taken to Instagram Stories to share Deepika's Time magazine cover. Along with it, be wrote, "Gonici." Re-sharing which, Deepika said on Instagram Stories, "My happy

Along with it, he wrote, "Iconic." Re-sharing which, beepika said on Instagram Stories, "My happy place..." After Deepika unwelied her latest magazine cover on Thursday, Time too shared a video from her interview, in which Ranweer Singh had dropped in during the interview and surprised Deepika. The video was shared on Instagram; in it, as Deepika posed in front of the camera, Ranweer stopped by at the interview venue to surprise her. The two exchanged kisses and held hands as Deepika gig-gled. Many on social media have reacted to their PDA.

Deepika and Ranweer married in an intimate.

Deepika and Ranveer married in an intimate wedding at Lake Como, Italy, in 2018.

Matty Healy spotted at Taylor Swift's Philadelphia concert, days after having 'romantic moments' in New York City

aylor Swift and Matty Healy are getting more public about their rumoured relationship, with every passing day. On Friday night, Healy was spot-ted during Swift's concert in Philadelphia.

Healy was near Swift's friend Blake Lively, who reportedly brought along her three kids: James, 8, Inez, 6, and Betty, 3.

Just few days earlier, Swift and Healy were seen locking lips at Casa Cipriani in New York City Casa Cipriani in New York City. Their pictures together had gone viral on social media in which Swift was seen drinking. The pair were reportedly joined by music producer Jack Antonoff and fiancée Margaret Qualley at the hotel

Interestingly, Swift and Healy had first dated in 2014. Healy had recently collaborated with Swift on her latest album Midnights. A source talked about their current

source talked about their current relationship status. "It's super-early days, but it feels right," a source was quoted as saying by The Sun. "They first dated, very briefly,

almost 10 years ago but the tim-ings just didn't work out."

Recently, Swift broke up with



her boyfriend Joe Alwyn after being six years together. While Swift is travelling around USA for her Eras Tour, she is spending her time with Healy too. "Taylor is happy. She's very focused on her tour but is enjoying beauting the third of the property of the sheet of the sheet

hanging out with Matty when she is off. They're hanging out and having a good time. It's not just platonic," sources were quoted as saying by People.

Meanwhile, Healy has been seen at her concerts multiple times. He had even taken the stage

with support act, Phoebe Bridgers, in Nashville.

Matty is a part of the renowned English band, The 1975. This musical group comprises additional members, including gui-tarist Adam Hann, bassist Ross MacDonald, and drummer George Daniel.



The Kerala Story's Adah Sharma says every film she does makes her thi- k it'll be her last: Do- 't k- ow if l'll get cha- ce

THE KERALA STORY'S ADAH SHARMA HAS OPENED UP ABOUT HOW EVERY FILM MAKES HER WONDER IF IT WILL BE HER LAST. SHE FEELS GLAD FOR GETTING A GOOD OPPORTUNITY.

Actor Adah Sharma, whose recent film The Kerala Story entered the ?100 crore club, has revealed that with every film she does, she thinks 'that it will she does, she thinks 'that it will be my last'. In a new interview, Adah added that she doesn't know if she will 'get another chance'. Recalling the past, Adah said that earlier she won-lawd if she produd a whisth dered if she needed a rebirth like 'Shah Rukh Khan in Om

opportunity in this life'. The Kerala Story, released on May 5, became a blockbuster at the domestic box office. The film has raised 112.99 crore in nine has raised 112.99 crore in nine days since its release in India, said production house Sunshine Pictures. The film earned 19.5 crore on Saturday. Directed by Sudipto Sen and fronted by Adah, the Hindi provie was released in 37 cours. tries on May 12. In an interview with news agency ANI, Adah Shanti Om to get such an

said, "Every film I do I think that it will be my last. Because I don't know if I will get another chance or if someone would show faith in me again. But I think the audience's dreams for me were always bigger. Like they would always say that Adah should have been given this or that role...I think, all those dreams are now true. I am so lucky. My dreams were always small like I wanted to play with an elephant or a dog chance or if someone would

of course. I wanted to do good roles, but never knew how many I will get." She also added, "When we

She also added, "When we had this thought that it is to spread awareness among girls. I'm so glad that so many people are watching it now so they know what the actual story was about and what's happening which was kept hidden. As an actor, you always want that an actor, you always want that people see your work. I'm glad

that I got such a chance. I used to wonder if I have to be reborn like Shah Rukh Khan in Om like Shah Rukh Khan in Om Shanti Om to get such an opportunity in this life. But I got this and I'm really happy that people are watching the film and giving so much appre-ciation." Produced by Vipul Shah, The Kerala Story claims to be about the women from Kerala who were forced to con-vert and recruited by the terror vert and recruited by the terror group ISIS.

Strength training: 5 mental health benefits you can reap



ave you ever felt fit and physically confirmed training session? Why not! After all, an intense session's symptoms, such as perspiration, sor muscles, and elevated heart rate, all give you the impression that you accomplished something. Aside from everything else, there is something more you might be overlooking. Any

there is something more you might be overlooking. Any guesses? Well, we're talking about the strength training benefits for mental health. HealthShots got in touch with Vaneeta Batra, transformation life coach and fitness enthusiast, to find out how strength training workout is beneficial for mental health. Before that, let's take you through a short description of

strength training

strength training.
What is strength training?
As a beginner, strength training may seem intimidating, especially if you're not guided by an expert. Strength training is just a set of physical exercises that are designed to increase your staming and strength. Weightlifting, swimming, resistance band training, aerobics, and other activities are included in strength training, commonly referred to as weight training.
Here are some products that

Here are some products that Is strength training good for

women?
Country to popular belief, strength training supports women's efforts to maintain a healthy and active lifestyle.

Here are 5 top advantages of strength training for mental health according to Batra:

mood and sleep cycle by increas ing endorphin flow and allow-ing them to circulate more easily throughout the body both dur-ing and afterwards.

IS STRENGTH TRAINING GOOD FOR WOMEN? ABSOLUTELY YES! IN FACT, IT OFFERS NOT ONLY PHYSICAL BUT THESE 5 MENTAL HEALTH BENEFITS TOO.

1. Clear up your brain

Strength training gives people the chance to overcome barriers the chance to overcome barriers to better mental health by lower-ing their chances of developing conditions like stress, anxiety, and depression. These problems clog your brain and thinking and cause confusion. Endorphins are released in abundance during strength training, which improves mood and clears the

2. Lower anxiety and stress

Strength training brings down Strength training brings down the stress hormone, cortisol, which helps to calm your mind and body. It releases endor-phins, which is a 'feel good' hor-mone and it reduces anxiety. Hormones affect your body and your mental state and strength training helps maintain your hormonal health

hormonal health.
3. Improves mood
Your mind and body will
always work better thanks to
improved blood flow, muscular
swelling, and hard work.
Strength exercise improves

4. Reduce the feeling of worth-

Your hody is less likely to Your body is less likely to experience hormonal imbalance if you do strength exercises. This helps to further develop brain cells, lessen feelings of worthlessness, and start feeling a sense of accomplishment. Also, when your body gets more toned and fit, it also increases your confi-dence and self-esteem.

5. Enhance overall mental

By the end of a strength train-By the end of a strength training exercise, the sensation of pain and fatigue sweeping through your body is so power-ful that it's almost impossible for your attention to be anywhere else.

Hence, it positively enhances the function of your brainTips to perform strength training exer-

cises
Strength training should be
combined with a warm-up session to get the muscles ready for
the workout and a cool-down
with static stretching to lengthen
the muscles.

Postpartum exercise can have many benefits – here's how to do it safely



Returning to exercise after having a baby has many health benefits, including reducing symptoms of postspartum depression and improving fitness. But many women aren't sure how to return to exercise safely after having a baby.

You can start preparing for your return to exercise during regnancy. By exercising as long as it's safe to do so, you can limit the amount of "deconditioning" (loss of fitness as a result of inactivity) the body undergoes - making it easier to get back to exercise after having a baby.

But even if you didn't exercise very much during your pregnancy, if still possible to transition safely back into exercise after having your baby. The key is to progress gradually and listen to your body every step of the way.

Quarter life, a series by The Conversation
This article is part of Quarter Life, a series about issues affecting those of us in our twenties and thirties. From the challenges of beginning a career and taking care of our mental health, to the excitement of starting a family, adopting a pet or just making friends as an adult. The articles in this series explore the questions and bring answers as we navigate this turbulent period of life.

One of the first exercises you should do after having a baby is pelvic floor exercises. The pelvic floor helps maintain bowel and bladder function, supports the pelvic organs (bladder, bowel and uterus), and is important in facilitating sexual function and pleasure. During exercise, these muscles also tolerate the forces produced during exercise - those from the ground, transferred up the legs, and those produced internally in your abdomen. Pelvic floor exercises can help prevent urinary incontinence, which affects around one in three women after having a baby. To strengthen the pelvic floor, tighten your muscles by imagining you're trying to stop gas incontinence, which affects around one in three women after having a baby. To strengthen the pelvic floor, tight- en your muscles by imagining you're trying to stop gas or the flow of urine. Release your muscles again after a second or two. That's one repetition. Aim to do eight to 12 reps, with the goal of eventually holding each rep for ten seconds.

Core exercises, such as pelvic tilts or glute bridges, can also be reintroduced in the weeks after delivery. These

Core exercises, such as pelvic tilts or glute bridges, can also be reintroduced in the weeks after delivery. These help to recondition the abdominal wall muscles that have been stretched during pregnancy.

Start with just a few repetitions of each exercise at first. You can also try doing body weight exercises such as squats and lunges.

Walking also has many health benefits, even in small doses, and is easy to get back into after giving birth. It's safe to walk daily, just be sure not to do to much too soon. And avoid unnecessary strenuous activities in the weeks after giving birth, such as pushing a buggy up a steep hill. This is especially important if you've had a caesarean section, as your recovering muscles may not be ready for this strain yet.

ready for this strain yet.

After a few weeks of pelvic floor and core training, After a few weeks of pelvic floor and core training, you'll probably want to progress to low-impact exercises – such as cycling on a static bike or power walking – in order to exert yourself more and reap even more health benefits of exercise. You'll know you're ready to progress if you haven't experienced any issues with your pelvic floor (such as incontinence and vaginal heaviness) or had setbacks such as pain or infections. If lochia – the normal loss of blood following childbirth – has ceased you could also try swimming or water aerobics, which are known to ofter many health benefits. If you're already been doing body-weight exercises, consider adding light weights to progress your strength.

Even low-intensity exercise, like adaily walk in the garden, might improve your mental health. Strength training also has positive effects on mental health. When it comes to strength training, it can enhance the way your brain works. From maintaining hormonal balance to improving your sleep cycle—all 5 ways people who don't exercise can consume supplements to maintain a balanced diet

Women can benefit from strength training in many ways, both physically and mentally. It enhances bone health, increases metabolism, aids in weight loss, improves the quality of life, and even helps with mental health. It also helps to develop muscle. Mental health benefits of strength training Any kind of exercise has pro-found effects on brain structure.

found effects on brain structure. Even low-intensity exercise, like

FROM PROTEIN POWDER TO GREEK YOGURT, CHECK OUT FIVE HEALTHY WAYS PEOPLE WHO DON'T EXERCISE CAN CONSUME SUPPLEMENTS TO MAINTAIN A BALANCED DIET.

aintaining a balanced diet is essential for overall health and wellbeing. Protein is an essential nutrient that helps to build and repair muscles, maintain healthy skin and hair, and support immune function. Protein must immune function. Protein must be consumed in the required quantity in our diet daily. Protein consumption is relative, by higher for people who regularly exercise, but for people who do not exercise, consuming different protein-rich supplements can be a great way to maintain a balanced diet. Supplements can be a useful addition to their daily routine to ensure that they are getting all the necessary vitamins and min-erals. (Also read: Fitness alert: Here's what you should know

before taking a supplement) Soumava Sengupta, Health Expert and CEO, BUILD., shared

with HT Lifestyle five ways that people who don't exercise can

people who don't exercise can consume protein supplements.

1. Protein powders: One of the most popular ways to consume protein supplements is through protein powders. These powders can be mixed with water or milk to create a high-protein shake. Many different types of protein powders are available, including whey, casein, soy, and pea pro-tein. Whey protein is a popular tein. Whey protein is a popular choice as it is quickly absorbed by the body and contains all the

2. Protein bars: Protein bars are another convenient way to consume protein supplements. They are a great on-the-go snack



that can be eaten between meals or as a post-workout snack. Protein bars are available in many different flavours and can contain a variety of proteins, including whey, casein, soy, and

3. Protein-enriched foods: Many foods, such as bread,

pasta, and cereal, can be enriched with protein. These foods are a great way to add more protein to your diet with-out consuming a protein supple-ment. Search for products with "protein-enriched" or "high-roption" lab

protein" labels. 4. Greek vogurt: Greek vogurt

is an excellent source of protein and can be easily incorporated into a balanced diet. The amount of protein in one cup of plain Greek yoghurt is about 23 grams. Greek yogurt can be eaten alone, mixed with fruit or granola, or used as a base for

granola, or used as a base for dips and sauces.

5. Cottage cheese: Cottage cheese is another high-protein food that can be eaten alone or mixed with other foods. One cup of cottage cheese contains approximately 28 grams of proapproximately 28 grams of pro-tenin. It can be eaten as a snack, added to salads or pasta dishes, or used as a base for dips and spreads. "It is important to note that while protein supplements can be a convenient way to con-sume protein, they should not replace whole foods.

Motivating Tips and Tricks to Get More Exercise Day to Day

CONVENIENT WAYS TO SNEAK MORE PHYSICAL ACTIVITY INTO YOUR EVERYDAY LIFE.

To exercise or not to exercise?
That really is the daily question.
While I do live an active lifestyle, it's really a mental battlefield getting the motivation to do so. Yes, exercise is important. It helps with boosting your mood, relieving stress, increasing energy, improving sleep quality and lowering your risk for diseases like diabetes, cardiovascular disease, high blood pressure and many more. But why can't it be as easy as streaming Netflis?

Trust me, I get it. However, the adrenaline rush I get from a great workout is so rewarding. So here are seven tricks that actually work to help you get more exercise each day. And no, going to the gym and doing a boosting your mood, relieving stress

no, going to the gym and doing a hardcore weight workout isn't required. Here's my secret sauce to getting more active every day, one step at a time. Best Home Exercise Equipment for

2023
1. Set a routine
OK, so this isn't really a secret.
Creating a regular habit of working



out would be ideal -- duh! It's creating that habit that's the tricky part. Here's

that habit that's the tricky part. Here's where I can help.

One of the most efficient ways to build a habit is through the CueRoutine-Reward system. MIT researchers discovered the power of the neurological loop at the core of every habit. This 'habit loop,' later coined by Charles Duhigg in his 2012. book "The Power of Habit," consists of three parts: a cue, a routine and a

reward.

This system can apply to building any habit, from drinking more water to waking up earlier. But it can certainly apply to creating a workout habit.

For example, our you want to wake.

For example, say you want to wake up and go to the gym each morning before work. The cue, what triggers the habit, would be the morning and your alarm going off. (Choose a time that works best for you and be consis-

tent. Using multiple cues like time of day and sound can increase your like-lihood of performing your routine.) Your routine, the habit or action you want to create and reinforce, would be getting up and changing into your workout clothes. This can help prevent you from going back to sleep and ensure you hit the gym since you're already ready. And once you finish the routine (the exercise), you finish the routine (the exercise), you'll be rewarded. This could appear in the form of endorphins as a bodily reward that can motivate us to do the routine again, or it could even be a tangible reward, like buying yourself new socks after a week of hitting your exercise again or investing in a party. exercise goals or investing in a new yoga mat after a month of doing yoga

Each person will have a different response to these three elements. It's important to experiment with what cues and rewards work best for you to develop a consistent routine of training.

2. Start small

A lot of people assume they need to

run themselves ragged in the gym to get more fit, but that's really not true. All you need is about 30 minutes a day. The US Department of Health and

Human Services recommends a minimum of 150 minutes of moderate aerobic activity a week -- that breaks down to a little more than 20 minutes down to a little more than 20 minutes each day. They also recommend strength-training that works the major muscle groups at least two times a week. Thirty minutes is an ideal place to start to fulfill your weekly needs, You can also start with low-impact activity. A brisk walk in the evening is a more-than-sufficient workout. You can also refer to this guide for the best workouts for beginners.

3. Habit stack

Habit stacking, popularized by James Clear in his book "Atomic James Clear in his book "Atomic Habits," is a way to create small yet healthy habits. This term might be new to you, but it's really straightfor-ward: you "stack" the new behavior (exercising) onto a habit you already

have to help you remember to do it. This will cause the combo to become a habit. If you listen to a podcast every day, try going for a walk or jog while you listen. Waiting for your morning coffee to brew? Try stretching while you wait. Habit stacking can be used in a multitude of ways to make new fitness thakits blook joy. owe drift the property of the property o fitness habits blend into your daily

4. Get active at work

4. Get active at work Your work day doesn't have to be totally sedentary. Rather than using your full lunch hour to eat, take some time to go to the gym, speed walk around the office or run errands. You can also break up the drudgery of the day by taking a walk during one on. day by taking a walk during one-on-one meetings instead of sitting at a desk or conference room — anything to get up and get moving.

to get up and get moving.

Try to get up every so often to
stretch your legs: rather than emailing
or Zooming coworkers, get up and
talk to them in person if you can; use
the stairs rather than the elevator; get
up and refill your water every so
often.



SEBI investigating Adami since 2016 is factually baseless, regulator tells SC



NEW DELHI, MAY 15: The Securities and Exchange Board of India apprised the Supreme Court on Monday that the market regulator is already inves-tigating Adani Group companies since 2016 is factually baseless. SEBI has filed a rejoinder affidavit in response to a petition relation to

in response to a petition relating to Hindenburg Research's report on the Adani Group. SEBI had sought an extension to

conclude the investigation in the report by US short-seller Hindenburg Research by a period of six months. Research by a period of six montro. The top court on Fridany orislly remarked that they will extend the time for the probe to SEB, but not for six months and they can extend the time for the probe by three months. Petitioners had alleged that SEBI was probing the Adani Group since 2016.

SEBI told the SC that the investiga-SEBI told the SC that the investiga-tion done earlier by SEBI pertains to the issuance of Global Depository Receipts ("GDRs") by 51 Indian listed companies, in respect of which inves-tigation was conducted. SEBI submittigation was conducted. SEBI submit-ted before the Supreme Court that no listed company of Adani Group was part of those 51 companies it was investigating.

Securities and Exchange Board of India ('SEBI') is investigating Adani since 2016 is factually baseless. I, therefore, say and submit that reliance sought to be placed on the investiga-tion pertaining to CDRs is wholly mis-placed,' SEBI said in a rejoinder affi-davit. SEBI submitted before Supreme Court that in the context of an investi-

SEBI submitted before Supreme Court that in the context of an investigation into Minimum Public Shareholding (MPS) norms, SEBI has already approached eleven overseas Regulators under the Multilateral Memorandum of Understanding ("MOU") with the International Organization of Securities Commissions ("IOSCO"). Various roughest for information were made to

Commissions (TOSCO*). Various requests for information were made to these Regulators. The first request to overseas Regulators was made as early as October 6, 2020, and SEBI apprised the court.

apprised the court.

SEBI submitted before the Supreme Court that the application for exten-sion of time filed by SEBI is meant to ensure carriage of justice keeping in mind the interest of investors and the mind the interest of investors and the securities market since any incorrect or premature conclusion of the case arrived at without full facts material on record would not serve the ends of

examination relating to 12 transactions referred to in the Hindenburg Report, prima facie it is noted that these transactions are highly complex and have many sub-transactions across numerous jurisdictions and a rigorous investigation of these transactions would require collation of data/information from various sources including bank statements form multiple domestic as well as international banks, financial statements of onshore and offshore entities involved in the transactions and contracts and agreements, if any, entered between the entities along with other supporting documents.

On March 2, the apex court directed the capital market regulator SEBI to investigate any violations of securities law by the Adani Group in the wake of the Hindenburg report, which led to a massive wipeout of more than 1501140 billion of the Adani Groun's

to a massive wipeout of more than USD140 billion of the Adani Group's

market value. Supreme Court, on March 2, set up an expert committee on the issue aris-ing from the Hindenburg Research report on Adani Group companies. The committee will consist of six members, headed by former apex court judge Justice AM Sapre.

The top court had then asked SEBI to file a status report within two

The apex court was then hearing the apex court was then hearing petitions pertaining to the Hindenburg report, including on the constitution of a committee relating to regulatory mechanisms to protect investors interests.

investors interests.

The January 24 Hindenburg report alleged stock manipulation and fraud by the conglomerate. The Adani Group has attacked Hindenburg as "an unethical short seller", stating that the report by the New York-based entity was "nothing but a lie". A short-seller in the securities market books gains from the subsequent reduction in the prices of shares.

"I Am Not A Person To Retire". Supreme **Court Judge On Last Day In Court**

NEW DELHI: Fourth se NEW DELHI: Fourth sen-ior-most Supreme Court judge Justice MR Shah on Monday got emotional in the courtroom on his last day in office, saying he is not a person to retire and will start a new inning in life.

Sitting on the ceremo Sitting on the ceremo-nial bench presided over by Chief Justice DY Chandrachud, Justice Shah broke down at the end of his address and quoted lines from Raj Kapoor's iconic song "jeena yaha, marna yaha".

"jeena yaha, marna yaha".

"I am not a person to retire and I am going to start a new inning of my life. I am praying to the almighty God to give me strength and courage and good health to play the new inning," said Justice Shah. "Before parting, I would like to remember a sone by Rai Kapsor (Xa) song by Raj Kapoor 'kal khel me hum ho na ho, gardish me tare rahenge sada'," he said choking

with emotions.

With the retirement of Justice Shah, who was appointed to the top court on November 2, 2018, the number of judges in the top court will now come down to 32, including the top court will now come down to 32, including the CJI. A day before, Justice Dinesh Maheshwari demitted the office.

The top court has the sanctioned strength of 34 judges. Heading the ceremonial benche set up to

monial bench, set up to bid farewell to Justice Shah, the CJI fondly



recalled his association

with the retiring judge.
"My association with "My association with Justice Shah goes back to a long-long time when I was the Additional Solicitor General of India and we renewed our friendship when he came to the Supreme Court. We sat Supreme Court. We sat together during the most difficult times, that is dur-ing the Covid times. "I will say some lighter things in the evening when I am liberated from when I am liberated from

presiding over this solemn occasion as the CJI. I will

occasion as the CJL I will then speak to all of you as a friend of Justice Shah in the evening," the CJI said. He said it was a "true pleasure to sit with Justice M R Shah" and deal with all types of cases at the bench. "He (Shah) is always ready for the chal-lenge and even during. always ready for the chal-lenge and even during Covid times, I found that when we were sitting in our respective homes and we were taking on some heavy matters, he was always ready for a chal-

who shirks work If I one who shirks work. If I send him a judgement, the judgement will come back overnight with his annotations and be completely read. If I send him a judgement for him to draft as a senior colleague, likewise the judgement will be on my table within 48 hours,"

my table within 48 hours,"
Justice Chandrachud said.
Nothing was kept
pending by Justice Shah,
the CJI said, adding that
he is "a true friend and an
enabled ally and support
in the collection." in the collegium".

"In so many ways, I

"In so many ways, 1 relied upon his very worldly knowledge of the legal professions, of our district judiciary and of our high courts because he served in Gujarat and in Patna as the Chief Justice," Justice Chandrachud said.

Justice Shah thanked members of the bar and SC officials and his sup port staff for helping him serve as the top court judge. "I do not know if I deserve it or not but I

"During my tenure, if I have hurt anyone's feelings, I extend my unconditional apology. It was not deliberate. I always treated my work as worship...I am overwhelmed by the love and affection shown love and affection shown by you. I am thankful to all members of the bar and all members of the bar and the registry. I am also thankful to my support staff and residence staff," he said.

Bar leaders, including

Attorney General R Venkataramani, Solicitor General Tushar Mehta and others wished Justice Shah on his last day on the

bench. "I have known My lord "I have known My lord as a judge and as a lawyer too, he is one of the few brave judges that I have known...The number of judgements which you have written shows that have written shows that your family has suffered the most, and now they must get the benefit of your time," Mehta said. Additional Solicitor General S V Raju said he

has known Justice Shah for quite a long time and he is fearless just like a

nyer. Justice Mukeshkuma Justice Mukeshkumar Rasikhai Shah was born on May 16, 1958, and enrolled as an advocate on July 19, 1982. He practiced in the Gujarat High Court, specialising in land, con-stitutional and education

part of those 51 compensions on recording investigating. On recording investigating, appropriate enforces ment actions were taken in this matter. Hence, the allegation that the If There Is 40% Commission In Karnataka, It's 80% In Kerala: Congress

THRISSUR (KERALA): After its win in Karnataka where it had blamed the in Karnataka where it had blamed the outgoing BJP administration of being a "40 per cent commission" government, the Congress on Monday took a dig at the ruling, LDF in Kerala by terming it as an '80 per cent commission" regime. Senior Congress leader and former Leader of Opposition in the Assembly Ramesh Chemithala contended that a second term in power has boosted the "arrogance" of the ruling Left, and the Chief Minister of Kerala.

He also accused the LDF government of being "submerged" in corruption.

ion.
"If it was 40 per cent commission in Karnataka, here (in Kerala) they are taking 80 per cent commission," Mr Chennithala said at a press conference held here in connection with the alleged Artificial Intelligence (AI)

A similar allegation was made by the Leader of Opposition in the Assembly VD Satheesan a couple of days ago while reacting to Congress leading during the counting of votes polled in the Karnataka elections.

Mr Satheesan had said the Congress campaign in Karnataka highlighted the 40 per cent commission that the ruling government there was allegedly taking. "Here in Kerala, it is 46 per



that here," he had said, referring to the AI camera and other projects.

The Motor Vehicle Department has installed 726 AI-enabled cameras to keep track of the violations of traffic across the state as part of the

Safe Kerala' project.

The Congress has been raising corruption charges against the implementation of the 'Safe Kerala' project, which aims to reduce road accidents and traffic violations in the state, since its inauguration in April.

On Monday, during the press con-ference, Mr Chennithala said the party will not allow the Left government to allegedly loot the people to fill the pockets of the relatives of those in ower under the guise of the 'Safe rala' project.

There are allegations that a relative of Chief Minister Pinarayi Vijayan is connected to one of the private companies which carried out the work installing the AI cameras. Mr Chennithala claimed that the imposition of fines under the project has not been implemented yet fearing the con-

sequent huge public outcry.

He said the Congress would be laying siege to the state secretariat on mg stege to the state secretariat on May 20, which marks the LDF govern-ment's second anniversary upon retaining power in the state, over vari-ous issues including the alleged cor-ruption in the Al camera project.

Siddaramiah leaves for Delhi to meet Congress leadership

BENGALURU, MAY 15: with Congress-appointed former Karnataka chief observers at Shangri-Lu aminister Siddaramiah left Hotel in Bengaluru today.

The KPCC chief also met party president Mallikarjun april president Mallikarjun for Deini from his residence in Bengaluru to meet top leadership as the Congress engages in the process of picking the next chief minis-ter after the party's emphatic win in the caste.

win in the state in in the state. Siddaramaiah is sched-

win in the state.
Siddaramaiah is scheduled to leave for Delhi by 1
pm today, according to the
party.
Meanwhile, Karnataka
Pradesh Congress
Committee (KPCC) thef DK
Shivakumar, who is celebrating his birthday today
said that he has done his
duty and now it was upto
the party's high command to
take a call.
"We have passed a oneline resolution. We will
leave it to the party's high
command.

I have not decided to go
to Delhi, I have done what-

with party general secretary Sushil Kumar Shinde and other leaders in Bengaluru. Bhanwar Jitendra Singh, ICC observer in

Bhanwar Jitendra Singh, AICC observer in Bengaluru, speaking on the decision of the State chief minister said, "We have taken the views from all the MLAs, the meeting went on till 2 am. We have prepared a report and will submit it to the Congress president." Along with Singh, the former Maharashtra chief minister Sushil Kumar Shinde and former General Secretary Deepak Bawaria were made the observers in Karnataka by the AICC. Congress leader BKK Hariprasad said that a secret ballot was conducted and a single-line resolution was passed on the chief ministerial post.

party president Mallikarjun Kharge will take a decision after talking to Sonia Gandhi, Rahul Gandhi:

Congress leader,"
Hariprasad said.
The Congress Legislature
Party (CLP) held on Sunday unanimously decided to leave the selection of the new Karnataka Chief

neave the selection of the new Karnataka Chief Minister to the All India Congress Committee (AICC) president Mallikarjun Kharge. "The Congress Legislature Party unanimuously resolves that AICC President is hereby authorised to appoint the new leader of the Congress leader and AICC incharge of Karnataka, Randeep Singh Surjewala, on Sunday late night said that party to Delhi. I have done whatever job I have to do,"
Shivakumar, an eight-time
told reporters after he met

to Delhi. I have done whatever job I have to do,"
Shivakumar, an eight-time
"They (Observers) also
spoke to each MLA and took

spoke to each MLA and took

an announce the name of next

Speaking to reporters after the late-night meeting of newly elected Congress MLAs in Bengaluru, Surjewala said, "Party leadership will take a decision. I can't replace my judgement with Kharge Sahab's judge-

He is our senior and as you all know him. He is the son of the soil of Karnataka, son of the soil of Kamataka, and I'm sure he will not take very long. 'According to the Election Commission of India, Congress on Saturday won 135 seats pushing the Bharativa Janata Party (BJP) out of power in the only southern state it ruled and boosting its own prospects for the electoral battles ahead. BJP managed to win 66 seats. Janata Dal-Secular (IDS) bagged 19 seats. Independents have won two seats while Kalyana Rajva Kalyan seats while Kalyana Rajya Pragathi Paksha and Sarvodaya Karnata Paksha won one seat each

Over 5,800 people from violence-hit Manipur fled to Mizoram: Officials

AIZAWL, MAY 15: Over 5,800 people from violence-hit Manipur have fled to Mizoram and taken shelter in different districts, officials said on Sunday.

A total of 5,822 people, belonging to the Chin-Kuki-Mizo community, and

Mizo community, are lodged at temporary relief camps across six districts of Mizoram, they said. Aizawl district currently

has the highest number of such displaced people at 2021, followed by Kolasib (1,847) and Saitual (1,790), the officials said. Meanwhile, Mizoram Lok member C

Lalrosanga has endorsed the demand by Manipur tribal MLAs for a separate administration for tribals. the demand by Manipur tribal MLAs for a separate violent clashes.

The clashes had broken out in Manipur after a



can no longer exist under the Manipur government, 10 Kuki MLAs, including seven from the BIP, had or Friday urged the Centre to create a separate adminiscreate a separate adminis-tration in the wake of the

'Tribal Solidarity March' was organised in the hill districts on May 3 to protest against the Meitei commu-nity's demand for

had led to a series of small-

er agitations. Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal Valley. rury s uemanu for population and live mostly Scheduled Tribe (ST) status. The violence was preceded by tension over the eviction of Kulki villagers from reserve forest land, which

Manipur Chief Minister On "Separate Administration" Demand For Kuki Areas Home Minister Amit Shah to make

IMPHAL. MANIPUR : Chief IMPHAL, MANIPUR: Chief Minister N Biren Singh on Monday rejected demands made by 10 MLAs including 7 from his own party, for a separate administration for the Kuki-dominated districts of the northeastern state, stating, "the territorial integrity of Manipur will

territorial integrity of Manipur will be protected." The chief minister, who had made an air-dash to Delhi on Sunday to confer with Union Home Minister Amit Shah, said measures are being taken to ensure that militants, who had signed a peace pact dubbed 'suspension of operations', return to their designated camps.

Mr Singh also appealed to people not to hold dharnas or rallies in not to hold dharmas or rallies in ing to reporters at a press confer-view of the sensitive phase the state the state of the properties of the properties of the properties of the the territorial integrity of the the protected at all the Kukis earlier this month. He also said no force would be used to break the blockades imposed by with the supervision of Union



ome groups on highways in the state in the wake of the rioting, and instead "efforts would be made to reason with these demonstrators' The chief minister, who was speak-

ing to reporters at a press confer-ence here, said, "I assure the people that the territorial integrity of Manipur will be protected at all

Home Minister Amit Shah to make the SoO (Suspension of Operations) groups return to their camps and strengthen efforts to bring normal-cy back to the state," he added. Mr Singh said that he and his min-siters, who had travelled to Delhi with him, had briefed Mr Shah shout the avensiline cituative in the

with him, had briefed Mr Shah about the prevailing situation in the state and "conveyed to him the sen-timents of the people of Manipur on the situation" as also intelligence "on the involvement of armed mili-tants in the recent violence".

Clashes broke out in Manipur after a 'Tribal Solidarity March' was organised in the hill districts on May 3 to protest against the Meitei community's demand for

community's demand for Scheduled Tribe (ST) status. The violence was preceded by tension over the eviction of Kuki villagers from reserve forest land, which had led to a series of smaller agitations.









Cyclone Mocha floods homes, cuts communications in Myanmar, at least 700 injured



DHAKA, MAY 15: Rescuers early Monday evacuated about 1,000 people trapped by seawater 3.6 meters (12 feet) deep along western Myanmar's coast after a powerful cyclone injured hundreds and cut off communications in one of Asia's least developed countries. The extent of the damage and the death toll were not yet known. Strong winds injured more than 700 of about 20,000 people who were shelring in sturdier buildings on the highlands of Sittwe township such as monasteries, pagodas and schools, according to a leader of the Rakhine Youths Philanthropic Association Sittwe, He asked not to be named due to fear of reprisals from the authorities in the military-run country.

to tear or reprisas from the authornes in the military-run country.

Seawater raced into more than 10 low-lying wards near the shore as Cyclone Mocha made landfall in Rakhine state Sunday afternoon, he said. Residents moved to roofs and higher floors, while the wind and commentation of the said. storm surge prevented immediate res-

After 4 p.m. yesterday, the storm weakened a bit, but the water did not

fall back. Most of them ast on the roof and at the high places of their houses the whole night. The wind blew all night, the rescue group leader said. Water was still about 1.5 meters (5 feet) high in flooded areas Monday morning, but rescues were being made as the wind calmed and the sun rose in the sky. He asked civil society organizations and authorities to send aid and help evacuate residents. At least three deaths had been reported earlier in Myammar, and several injuries were reported in neighboring Bangladesh, which was spared the predicted direct hit. Mocha made landfall near Sittwe township with winds blowing up to 200 kilometers (130 miles) per hour, Myammar's Meteorological Department said. By Monday morning, it was downgraded from its and the standard of the said of the said

adil and help evacuate residents.

At least three deaths had been reported earlier in Myamara, and several injuries were reported in neighboring Bangladesh, which was parten the predicted direct hit.

Mocha made landfall near Sittwe township with winds blowing up to 209 kilometers (300 miles) per hour, was the proposition of the propo ing, it was downgraded from its severe status and was steadily weakening over land, according to the India Meteorological Department.

High winds crumpled cell phone towers during the day, cutting off

before communications were lost, deep water raced through streets and wind blew off roofs.

Myanmar's military information office said the storm had damaged houses, electrical transformers, cell phone towers, boats and lampposts in Sittwe, Kyaukpyu, and Gwa townships. It said roofs were torn off buildings on the Coco Islands, about 425 kilometers (264 miles) southwest of the country's largest city, Yangon.

Volunteers previously said shelters in Sittwe did not have enough food after more people arrived there seeking help.

after more people arrived there sees-ing help.

Mocha largely spared the Bangladeshi city of Cox's Bazar, which initially had been in the storm's pre-dicted path. Authorities had evacuat-ed hundreds of thousands of people

before the cyclone veered east.

About a dozen people were injured on Saint Martin's Island, while some 300 homes were either destroyed or damaged, leading Bengali-language daily Prothom Alo reported.

U.N. agencies and aid workers in

Myanmar Port City Cut Off In Cyclone Mocha Aftermath

sands of people in a major Myanmar port city were cut off from contact on Monday

off from contact on Monday after a cyclone tore through the west of the country and neighbouring Bangladesh. Cyclone Mocha made landfall between Cox's Bazar in Bangladesh and Myanmar's Sittwe packing winds of up to 195 kilome-tee (120 miles) per hour in winds of up to 195 kilome-tres (120 miles) per hour, in the biggest storm to hit the Bay of Bengal in over a decade. By late Sunday the storm had largely passed, sparing refugee camps housing almost a million Rohingya in Bangladesh, where officials said there where officials said there

had been no deaths. Myanmar Port City Cut Off In Cyclone Mocha

Off In Cyclone Mocha Aftermath
By late Sunday the storm
had largely passed, sparing
refugee camps housing
almost a million Rohingya.

Kyauktaw, Myanmar: Tens of thousands of people Tens of thousands of people in a major Myanmar port city were cut off from contact on Monday after a cyclone tore through the west of the country and neighbouring Bangladesh.

Cyclone Mocha made landfall between Cox's Bazar in Bangladesh and Myanmar's Sittwe packing

tres (120 miles) per hour, in the biggest storm to hit the Bay of Bengal in over a decade.

By late Sunday the storm had largely passed, sparing refugee camps housing almost a million Rohingya in Bangladesh, where officials said there had been no deaths. Communications deaths. Communications with state capital Sittwe, home to around 150,000 people, which bore the brunt of the storm according to cyclone trackers, were still down on Monday.

The road to the city was littered with trees cyclone strackers, were still the strain the control of the city was the city was the control of the city was the city was

littered with trees, pylons and power cables, AFP correspondents said, with vehicles full of rescuers and locals trying to reach the town and their relatives

through the cyclone yester-day and cut trees and day and cut trees and pushed away pylons... but then the big trees blocked the road," an ambulance driver trying to reach Sittwe told AFP. He and others were using a chainsaw to cut through branches of trees blocking the road.

The storm crashed The storm crashed ashore on Sunday, bringing a storm surge and high winds that toppled a communications tower in Sittwe, according to images published on social media.

Junta-affiliated media reported that the storm had put hundreds of base sta-tions that connect mobile phones to networks out of action in Rakhine state. don't know the situation in Sittwe," a man from the town told AFP, requesting

anonymity.

"There is no phone line, there is no internet... I'm worried for my home and belongings."

Junta chief Min Aung Hlaing had "instructed offiriiaing nad 'instructed offi-cials to make preparations for Sittwe Airport transport relief," state media reported, without giving details on when relief was expected to arrive. 'Extensive damage' The United Nations said

communications problems meant it had not vet been able to assess the damage in Rakhine state, which has been ravaged by ethnic of flict for years.

Invitation of Tenders through E-Procurement System 01 62235065 Hand Brake arrangement for BOXNHL wagon consisting of 16 items as per atta Annexure-1 to RDSO DRG NO: WD-09057-S-01, Alt-2. 465 Set 07.06.2023 NOTE: Above tenders with detailed description are uploaded on IREPS site i.e. www.ireps.gov.in The firm, who desires to participate against e-tenders, is advised to electronically register themselv the above website for which they would require to have a class III digital certificate form certifying Agencies authorized under IT Act 2000. By Govt. of India. Manual offers against e-tenders will not be

10 Lions Killed By Herders In Kenya **As Human-Animal Conflict Escalates**

NAIROBI: Ten lions, including one of the country's oldest, were killed in week in Kenya due to human-animal conflict. leading to the government leading to the government expressing concern, according to a report in CNN. Six of these lions were killed on Saturday alone, Kenya Wildlife Service (KWS) said. This is an unusually large num ber of lions to be killed at ber of lions to be killed at one go," a spokesperson of the organisation told the outlet. The six lions had killed 11 goats and one dog, as per a press release by KWS.



food and was killed by a livestock owner, conservation organisation Lion Guardian told CNN

dog, as per a press release by KWS. Loonkiito, one of Kenya's oldest lions aged 19, had ventured out of a protected area and into a livestock pen in search of this thing the control of the service of the control with the control of the control of the control of the control the control of th

animals. Kenya is experiencing its worst drought in 40 years. KWS hosted a

meeting on Saturday, which was attended by locals and government officials, to discuss the recent killings. "The dis-cussions centered on exploring ways to minimise the risk of human-wildlife conflict, including developing early warning systems to alert communi

text of community liveli-hoods and benefit sharing

hoods and benefit sharing towards a harmonious coexistence in the open community and wildlife landscapes," it added. Meanwhile, United Nations said the lions that were killed on Saturday were part of Kajiado County's Amboseli County's County's Amboseli ecosystem, a UNESCO

systems to alert communi-ties to the presence of wildlife in their vicinity," the organisation said. "Further discussions centered on the wider pic-ture of exploring human-wildlife conflict in the con-text of community liveli-

Biden, Modi out to deepen their bonds, but geopolitical friendships have their limits

Washington, May 15
President Joe Biden has made it a
mission for the U.S. to build friendships overseas — and the next few
weeks will offer a vivid demonstration
of the importance he's placing on a
relationship with Indian Prime
Minister Narendra Modi.

Minister Narendra Modi.

The two are both scheduled to attend this week's Group of Seven summit in Japan, a subsequent gathering of Pacific island leaders in Papua New Guinea, and a later meeting of Indo-Pacific leaders in Australia. Those travels will be followed by a

Indo-Pacific leaders in Australia. Those travels will be followed by a June 22 state visit by Modi to Washington, a sign that both seem willing to deepen their bonds. But like many geopolitical friendships, things are complicated between the world's largest economy (the U.S.) and its most populous nation (India). The personal outreach has a clear strategic calculus as both countries respond to China's economic rise and increased global prominence. Yet while Biden champinos democratic ideals and openly opposes Russia for invading Ukraine, Modi has offered tepid criticism of Russia and opponents say he is eroding India's democratic traditions.

That means the future of the alliance depends on a degree of patience.

depends on a degree of patience.

"It's a long game of steady forward movement in defense relations and some fairly rapid intensification of business ties — with the pace of both determined by the speed of movement

on the Indian side," said Kurt Tong, a former ambassador for the U.S. who is now managing partner of The Asia now managing partner of The Asia and human rights issues. Group, a consultancy, Biden last year publicly called India's response to the war in Ukraine "shaky." India abstained from voting on U.N. resolutions condemning Russia and refused to join the lobal coalition against incomplete whole log as much as they to join the global coalition against Russia. Modi had a relatively warm relationship with Biden's predecessor, Donald Trump, and has made some efforts to forge a connection with Biden, who is known to focus on his Irish roots even when meeting with leaders of other nations

Irish roots even when meeting with leaders of other nations.
When Modi came to Washington in September 2021, he brought with him documents about people with the last name "Bider" in India.
"Are we related?" Biden asked.
"Yes," Modi joked.
While visiting Canada in March, Biden said he's made it a strategic goal to improve relations with the rest of the world as he feeds that America's leverage against China and Russia is through its alliances.
"I have now met with 80% of the world leaders just since I've been president," he said. "We're the ones expanding the alliances. We peoposition is not." Nilanjan Mukhopadhyay, a biographer of Modi, said the Indian leader's connection with Biden is not personal — and has its limits. But it is necessary for the U.S. to keep India on necessary for the U.S. to keep India on its side as tensions with China have accelerated over Taiwan, the federal

the U.S.-led alliance, that is for Modi to decide," Mukhopadhyay said. "At some point or the other, the Americans would realize that Modi is not really going the whole hog as much as they would like India to be. But Modi will not get swayed by meeting Biden sev-eral times." Nirupama Rao, a retired diplomat who served as Indian ambassador to the U.S., said India has its reasons for not joining the condemnation of Moscow

its reasons for not joining the condem-nation of Moscow.

"The country wants Russia to main-tain some distance from China, and it worries that isolating Moscow would just push it closer to Beijing," she said. Relations between India and China are strained, with the two sides embroiled in an intense three-year standoff involving thousands of soldiers sta-tioned along their disputed border in the eastern Ladakh region.

Rao said U.S. policymakers should not mistake India is involvement in the so-called Quad — whose other mem-bers are the U.S., Japan and Australia – for an alliance. India is also in the Shanghai Cooperation Organization, a group dominated by Beijing and Moscow. It routinely attends trilateral meetings with China and Russia. It also continues to participate in the forum known as BRICS, which stands for Brazil, Russia, India, China and South Africa.

UNION TERRITORY OF JAMMU & KASHMIR OFFICE THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIVN. NO. III. JAMMU

SHORT NOTICE INVITING TENDER Short e-NIT No. CD-III/ 24 of 2023-24 Dated 11-05-2023
For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K,

S. No	Name of Work	Advertis ed Cost (in lacs)	Cost of document (In Rupees)	Earnest Money (In Rupees)	Time allowed for completi on	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	to Karnaile Chak, and allied links. 2) Phallan to Gandu Chak, and Sohajana to Dewarika Malt Sharti Adrum road 3) Phallan to Sum Toph road. 4) Alora to Tiku tikoteda road. 5) Internal road of Phallan Mandal (Sum / Panotra road) Internal road of Phallan Mandal (Sum / Panotra / Hori Pur / Makwal Punchawa). (under Action plan of City and town Programme 2023-24) [9 call].		1500/-	(2% of the Advertised Cost)	60 Days	(1400 Hrs) on or after 23-05-2022	A/Hot Mix Plant Holder
2	Macadamization of following roads 1) Karloop to Balts Kalilakhstan and from Galsenoo road LI: Secondary school and ring road to Chatha Village and road from Krpalpur Dirkt 2) link of Village Polturyal and village kalassey Chak 3) Gadla to Govt-Ligh School Chatta (Datriyal / Karloop / Gangchak / Gajanoop / Kalassey Chak Panchyal) (under Action plan of City and town Programme 2023-24) 10*ed1]	48.50	600/-	(2% of the Advertised Cost)	45 Days	(1400 Hrs) on or after 23-05-2022	A B /Hot Mix Plant Holder
3	Macadamization of following roads 1)Assrey chak to Bhure chak and main road to Shamshan Chat road pyt Sohagni 2) Assrey chak Budhu Chak 3) Rathua to bab Potio (Sohagni / Rathua / Saharn Panchyat) (under Action plan of City and town Programme 2023-24.) (†* call)	34.00	600/-	(2% of the Advertised Cost)	30 Days	(1400 Hrs) on or after 23-05-2022	A B /Hot Mix Plant Holder
4	Macadamization of following roads Internal links of Raipura Panchayat and Internal link of Kanachak and main road Marh to Panchayat Ghar Marh (under Action plan of City and town Programme 2023-24)(1st call)	26.50	600/-	(2% of the Advertised Cost)	30 Days	(1400 Hrs) on or after 23-05-2022	A B C / Hot Mix Plant Holder
5	Macadamization of following roads Internal link of Rakh Naghani towards Royal Enclave (under Action plan of City and town Programme 2023-24.)(1st Call)	11.50	600/-	(2% of the Advertised Cost)	20 Days	(1400 Hrs) on or after 22-05-2022	A B C D / Hot Mix Plant Holder
6	Macadamization of following roads 1) Lohari Chak Devsthan Pundu 2) main road Galwaday to Chatha Gujaran (Galwaday / Karloop / Rathua Panchyat) (manualla) (mada Action plan of City, and town	21.00	600/-	(2% of the Advertised Cost)	30 Days	(1400 Hrs) on or after 23-05-2022	VRC

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q). Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website http://iktenders.gov/in as per below schedule.

1	Date of Issue of Tender Notice	11-05-2023
2	Period of downloading of bidding documents	From 12-05-2023 to 22-05-2023, 1800 Hrs
3	Date, Time and place of pre-bid meeting	15-05-2023 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. III Jammu
4	Bid submission Start Date	12-05-2023
5	Bid Submission End Date	22-05-2023 upto 1800 ITrs
6	Date & time of opening of Technical Bids (Online)	23-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const Div. No.III Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. III Jammu and upload the same Executive Engineer PWD (R&B) Const. Divn. No.III Jammu. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents. EMD and relevant documents of L1 be submitted to the Executive Engineer PWD (R&B) Const Div. No.III Jammu at the time of allotiment.

2. The cleatronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder need not to make any additional payment towards the cost of tender document. For bid modification and consequential resubmission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification, withdrawal by both errors with a bid to be accepted. In online system of bid submission, the modification and consequential-submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deeddline for all the production of the bidder in the bidder is not allowed. No bid shall be modified or withdrawn after the deedline of submission of bids.

The date and time of opening of Financial-Bids shall be notified on Web Site www.jklenders.gov and conveyed to the bidders automatically through an e-mail message on their e-mail address. I Financial-bids of responsive bidders shall be opened online in the Executive R&&D Const Div. No.1II jammu The date for same shall be intimated separately.

No:- 2995-3017 Dated: 11-05-2023

(ER. SUNIL KUMAR DOGRA) EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO.

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GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER DANSAL

Advertisement Notice: No.01 of 2023 Dated: 12.05.2023

Subject: Advertisement for Recruitment of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in Anganwadi Centres of POSHAN Project Dansal.

Reference: 1. Government order No 222-JK (SWD) of 2022 Dated: 30.11.2022
2. Government Order No.103-JK (SWD) of 2023 dated: 28.04.2023

Sanction has been accorded, vide order No: 103-JK(SWD) of 2023 dated: 28.04.2023 and approval by the Director, Mission POSHAN J&K, Srinagar vide order No: MD/Poshan/Estt/13338-49 Dated:09.05.2023for filling up of various vacancies of Sanginis(Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in Anganwadi Centres of POSHAN Project Dansal as Anganwadi Workers/Helpers, as per the details of Post

Sr. No.	Name of Project	Name of Post	No. of Post
1	Dansal	AWW	14 Posts
		AWH	31 Posts
Total		45 1	Posts

ns are invited in the Prescribed Performa mentioned in Annexure "A" from the eligible andidates for engagement as Anganwadi Worker and Anganwadi Helper on Honorarium basis for ntioned posts of Anganwadi Centres. The important dates/details with regard to the posts are as

- a) Date of commencement for submission of application 16.05.2023
- b) Last date for submission of applications is 30.05.2023
- c) Annexure B- Name of the Post, Panchayat, Name of AWC, Location/Ward, Eligibility Qualification and Criteria for selection
- d) Annexure C. Affidavit

ote: Candidates have to submit the application form at CDPO Office Dansal ,C/O Opposite SBI ansal, Dansal, during office hours.

NNE	CURE B	
	Format of Application	
1.	Name of POSHAN Project	Color Photograph
2.	Name of Anganwadi Centre	Thotograph
3.	Post applied for	
4.	Name of the Candidate	
5.	Father's Name	
6.	Husband's Name	
7.	Residence	

12. Age as on 01.01.2023 13. Academic Qualification:

8. Ward No

10 Contact No.

S.No	Examination passed	Board/University	Year of Passing	Marks Obtained	Total Marks	Percentage

Is candidate belongs to the family of retired AWW/AWH (YES/NO)

Signature of the candidate

ANNEXURE 'B'

S.No	Name of Panchayat	Name of Anganwadi Center	WARD NO.	NAME OF POST	NO. OF POSTS
1	Khanpur	By pass B	6	AWW	01 No.
2	Nagrota	Nagrota A	4	AWW	01 No.
3	Nadore	Bilini Bridge	4	AWW	01 No.
4	TRT Nagrota	Block -C, Q-13	2	AWW	01 No.
5	Churta	Ardha	6	AWW	01 No.
6	Churta	Garni	5	AWW	01 No.
7	Tarah	Keran	5	AWW	01 No.
8	Dansal	Dansal A	1	AWW	01 No.
9	Nagola	Nagola A	1	AWW	01 No.
10	Janakha	Suketar - A	7	AWW	01 No.
11	Surinsar	Surinsar A	3	AWW	01 No.
12	Chilla	Chilla B	3	AWW	01 No.
13	Sagoon	Nain Mohalla	6	AWW	01 No.
14	Jhajjar Kotli	Badola	4	AWW	01 No.
15	Nadore	Nadore A	2	AWH	01 No.
16	Nadore	Nadore B	2	AWH	01 No.
17	Nadore	Kore Jagir	6	AWH	01 No.
18	Nadore	Bantlab	3	AWH	01 No.
19	Badsoo	Palli	4	AWH	01 No.
20	Upper Kather	Jitpur	4.	AWH	01 No.
21	Khanpur	By Pass C	5	AWH	01 No.
22	Katal Batal	Nain Kho	8	AWH	01 No.
23	Dhan	Shanoo B	9	AWH	01 No.
24	Pounthal	Kanal	1	AWH	01 No.
25	Pounthal	Chullana	4	AWH	01 No.
26	Jagti	Jagti Kheri	6	AWH	01 No.
27	Marh	Marh	3	AWH	01 No.
28	Bamyal	Bamyal B	2	AWH	01 No.
29	Bamyal	Moh. Pahal	1	AWH	01 No.
30	Dhok Waziran	Dhok Waziran C	1	AWH ·	01 No.
31	Chilla	Chilla B	3	AWH	01 No.
32	Sagoon	Kangrail	7	AWH	01 No.

33	Dansal	Samral	5	AWH	01 No.
34	Dansal	Chhadali A	3	AWH	01 No.
35	Tarah	Tarah A	3	AWH	01 No.
36	Tarah	Khatrui	7	AWH	01 No.
37	Tarah	Moh. Harijan	3	AWH	01 No.
38	Nagola	Challad	3	AWH	01 No.
39	Churta	Ardha	. 6	AWH	01 No.
40	Churta	Chhurta- A	4	AWH	01 No.
41	Janakha	Suketar B	6	AWH	01 No.
12	Janakha	Suketar A	7	AWH	01 No.
43	Janakha	Janakha - A	1	AWH	01 No.
14	Panjgrian	Dhamuni	4	AWH	01 No.
45	Shibba	Drabi	3	AWH	01 No.

Eligibility:

A. For Anganwadi Workers

- 1. The candidate must be domicile of the UT of J&K
- 2. Women candidates in the age group of 18-37 years shall be eligible.
- 3. The candidate should be a resident of the electoral ward where Anganwadi Centre is situated. Name in the voter list for the ward shall be considered as the proof of residence of the candidate. In case the name of the candidate appears in the voter list along with her rents, then she must provide certificate of being un-married issued by the concerned Tehsildar. Wherever, there is any dispute as to residence for any reason, then a residence proof certifying the ward of residence from the concerned SDM/ACR shall be considered
- 4) Minimum qualification for Anganwadi Worker shall be 10+2 and maximum graduation In case no 10+2 pass candidate is available in the ward, 10+2 pass candidate from the adjoining ward shall be considered which would require prior approval of Mission
- 5) In case suitable candidate is not available for adjoining ward, candidate from the n ward within the ward can be considered subject to the approval of the MD, Mission
- 6) Weightage shall be given on the basis of marks obtained in 10+2 and selection shall be done purely on merit basis and no other criteria is to be consid
- In case of tie in merit of the eligible candidate, candidate with higher age will be preferred.
 Candidate with qualification higher than graduation shall not be considered.

- 1. The selection of Helper shall be restricted to the electoral ward where Anganwadi Centre is located
- 2. Women candidates in the age group of 18-37 years shall be eligible
- 3 The candidate must be domicile of the UT of J&K.
- 4. Minimum qualification for Anganwadi Helper shall be matriculation.
- 5. In case no matriculate candidate available in the ward, candidates with qualification not less than 8th standard shall be considered.
- 6 The committee shall select the most destitute/needy married woman of the ward as helper from amongst those who fulfil the qualification criteria. In case no married candidate is available, unmarried candidate may be considered.
- C. In case eligible candidate is available within the family of retiring AWWs/AWHs, the said andidate shall qualify for additional two percent points.

hed with the application form: 1. Voter card showing residence proof (ward No)

- 2. Qualification certificates/Der
- 3. DOB (10th Diploma stating Date of Birth)
- Domicile of applicant
 Unmarried certificate (where required)

- 1) The candidate who is shortlisted for Document verification will be required to appear for Document Verification along-with the original documents as well as self-attested Photosta Document vertication arouge-with the original occuments as well as seri-autested priorisate copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed academic qualification and other document like Domicile Certificate, on or before the last date of submission of application form.
 - a) Marks sheet(s)/Diploma/Degree of the qualification prescribed for the post as per
 - b) Date of Birth/Matriculate Certificate
 - c) Domicile Certificate
 - d) Unmarried Certificate (where required)
- 2) Candidates have to bring two passport size recent color photographs and one original Photo ID proof. The Photo ID Proof can be:
 - Aadhaar Card
 - Voter ID card
- The candidates who are supposed to furnish various certificate issued by or before the prescribed cutoff date, shall be required to produce them at the time of Document Verification or as may be sought by the Committee; in case of failure, the committee shall take necessary decision which shall be final.

 4) Wherever a specific format has been prescribed for any certificate, in accordance with the
- relevant rules/orders, a candidate shall be supposed to furnish the said requisite, otherwise her candidature shall be liable for cancellation/ rejection.
- 5) Candidate claiming to be Domicile of Jammu & Kashmir shall be asked to produce the Domicile Certificate in original issued by the competent authority up to the cut-off date, in the prescribed format at the time of Document Verification or as and when sought by

All applicants to submit affidavit stating following facts:

- 1. All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature
- Interactions in nature, in insulin incorrection in any on the analyses statement in evaluational of deponent may be cancelled and liable to action under law.

 Maximum qualification is Graduation for vacaney of Anganwadi worker and Class X for and this is as per facts and onus of proving it to be true lies with the deponent.

 The deponent has read the HR policy no. 222-IK(SWD) of 2022 dated: 30.11.2022 and is
- well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper
- The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper.

No.:-CDPO/J/ 388-399/2023

Date: 12.05.2023 DIP/J-1444/23

CHILD DEVELOPMENT PROJECT OFFICER

DANSAL

SD/

'We played really tough cricket' -Tamim pleased as Bangladesh learn to win from tricky situations

learn to win from tricky situations
DUBLIN: Tamim lqbal is happy with the "tough crickeet" Bangladesh played in their 2-0 ODI series win over
Ireland in Chelmsford.

After the washout in the first ODI, Bangladesh chased
down 320 in a rain-curtailed 45 overs-a-side second ODI
and then their bowlers rallied in the last nine overs to
keep Ireland at bay in the third match. In both the
games, Bangladesh were in the sort of positions they
have often been unable to turn around in the past.

"I thought throughout the series we played really
tough cricket," Tamim said. "Chasing 320 in 45 overs,
regardless of the ground size or opposition, is a hard
task. The way we batted was amazing. Today, it is a very
special game for me. We have always seen this kind of
situation on the other side. We lost from such winning
positions especially with the ball."

Tamim took calls that came good in the turnaround on
Sunday. With Ireland needing 52 with seven wickets in
hand in the last nine overs, he handed the ball to parttime bowler Najmul Hossain Shanto. The offsprinner,
who imitates Mehidy Hasan Miraz's bowling action,

who imitates Mehidy Hasan Miraz's bowling action, had Harry Tector caught at deep midwicket to break the 79-run stand with Lorcan Tucker. Tamim then the 79-run stand with Lorcan Tucker. Tamim then opted to bowl out Mustafizur Rahman by the 47th over instead of saving him for the end and the left-arm pacer picked up a wicket in each of the 43rd, 45th and 47th overs to finish with a four-for. Ireland were stifled right when it mattered, before Hasan Mahmud bowled a stunning final over to give Bangladesh the win. "The bowling unit will get incredible confidence from this win. It wasn't easy to defend 274 at this ground. I thought we did a great is in Tamin said. ground. I thought we did a great job," Tamim said.
"Miraz's bowling inspired me to take a chance with
Shanto. He took a wicket in the first over and so I con-

Shanto. He took a wicket in the first over and so I continued with him. The match turned on its head in his three overs and Mustafizur's overs."

In crucial moments in the series, Shanto and Mahmud, both among the younger players in the line-up, stepped up for Bangladesh. Shanto was adjudged the Player of the Series for his returns of 196 runs, including his first ODI century, and the match-turning wicket in the last game. Mahmud, meanwhile, kept his calm in the last over of the third game with nine to calm in the last over of the third game with nine to defend, while also bowling incisive opening spells in

the series.

"Shantol has been playing really well in the last two
or three series," Tamim said. "He is scoring quite regu-larly, which is a great thing for us. We could never nail
down the No. 3 position but I think he has cemented
his place [by] not just scoring runs but the way he
fields, too. He gives his 100% everywhere. He is a great

team man.

"[Mahmud] has been impressive. He is world-class, particularly with the new ball. He is a very young guy but has an old head. He is calm under pressure. It is a great learning for him. You can bowl thousands of balls in the nets but to deliver under this pressure is

But there is a lot of room for improvement for angladesh.

Bangladesh.
"I think we should have batted a bit better, especially in a situation like today's game," Tamim said. "We were batting at six [runs] an over in the first 25 overs. We should have scored 310-315. We are playing without one [extra] batter. All of us should have taken a little but the state of tle bit more responsibility. "I am overall happy with this series. We chased 320 successfully. We didn't defend games like today [in the past] but did it here. There are more positives than negatives."

Khawaja learns from past Ashes failures ahead of 'toughest' challenge

Idinities allicatu of moughtest citaline 1ge Queensland : Usman Khawaja says he has learned plenny from his two underwhelming tours of England as he prepares for what he calls the toughest test for a top-order hatter. The 36-year-old opener will be integral to Australia's chances of retaining the Ashes when the first of five Tests begin in Birmingham on June 16, following the World Test Championship [WTC] final against India at The Oval. Khawaja toured England in 2013 and 2019 for a meagre return of 236 runs in six Tests at an average of 19.66. He was dropped midway through the 2019 Ashes and spent almost three years on the outer before a friumpham return to the Test side that has reaped 1608 runs in 16 Tests at an average of 69.91, including six centruies.

*England is, in my opinion, the toughest place in the world to bat for top-three batsmen, 'Khawaja said. 'In 2013, I was quite young and it was a pretty set" tour, if I am being honest. It was tough work. I learned a lot from that tour. 'My last series there [in 2019] it was a utguly series for batsmen. The whole tour will show you that, other than Steven Smith who was on another planet.' Khawaja said it was a "learning experience" with a couple of key takeways.

"If I've learned anything, it is work hard, train hard and [when] going to England, go with low expectations,' he grinned. 'You are going to fail as a batsman, but when you do score your ty to cash in as much as you can."

"Anderson and Broad...they are unbelievable bowlers and tough work at the start,' he said. 'That's what makes it so awesome when you do score runs and you contribute to a winning team, which hopefully I'll do and others will do over there. Queensland : Usman Khawaja says he has learned plen

"When you do it against guys like Broad and Anderson in England, it's just that much more satisfying."

Khawaja believed that Australia had been too "reactive" in dropping players in the past, including himself, after the

"I've always been big on just picking your best players and sticking with them because they'll score you the most runs consistently, and I think over the years in selection for Australian cricket, we have chased our tail a little bit trying to pick players in form," he said.

NOTICE

I Ramesh Sharma (old Name) S/o Shanku Ram R/o Chouki Choura has changed my name from ramesh Sharma (old name) to Romesh Sharma (new name). i do hereby assume from this date the name/surname Romesh Sharma (new name)









DDC Inaugurates CBC's 2 Day Photo Exhibition on Amrit Mahotsav, G20 & Mission LIFE



JI NEWS SERVICE

UDHAMPUR, MAY 15: District Development
Council (DDC) member,
Pancheri- Moungri, Jasvir
Singh on Monday inaugurated Photo exhibition on
Azadi Ka Amrit Azadi Ka Amrit Mahotsav, G20 Presidency and Mission LiFE-Conservation of water organized by the Central Bureau of Communication (CBC), Ministry of Information and

Broadcasting, Govern-ment of India, Field Office, ment of India, rieid Office, Udhampur, at Moungri. The Photo exhibition mounted at Sai Dabber, during the historic Shiv Parvati Mela, Sar Dabber Moungri in district Udhampur is part of various outreach activities being organized by CBC, Jammu & it's Field Offices in UTs of I&K and Ladakh

dom struggle of India through a series of photo

The aim of the Photo The aim of the Photo exhibition is to generate awareness among the masses regarding the various initiatives & welfare programmes of Government of India. It is an effort to familiarize people with the objectives

people with the objectives and vision behind Amrit Mahotsav and how people can be a part of the cam-paign. In his address, DDC member, Pancheri-Moungri appreciated the efforts of the CBC, Field efforts of the CBC, Field Office Udhampur in organizing the Photo exhi-bition and urged people to visit the exhibition. He also exhorted youth espe-cially students to visit the Exhibition for an insight into the food on a treat into the freedom struggle of India. Speaking about the Mission LiFE, DDC member said, today welRevenue department and urged all to come forward and take benefits from

Others Present during the event Tehsildar Moungri, Sh. Narinder Kumar, Principal Govt. Higher Seconary School, Moungri and Damnote and Officials from other departments, PRI members from various Panchayats, Teachers, Students, and locals.

During the day long programme, apart from

programme, apart from programme, apart from other activities, Open Quiz Competition, Expert Lectures, and Cultural Programmes were con-ducted. IEC material was also distributed among the

In run up to Exhibition, CBC, organized Govt. High School Panjar to High School Panjar to mobilize and aware about the various activities being organized by CBC during the Photo Exhibition. During the Pre-event, Sh. Suresh Headmaster GHS Panjar

and Sarpanch Panjar, Sh. Koushal Kumar presided over the function. The Exhibition is open to the public up to 16th May, 2023 during which people may visit the exhi-bition participate in open Quiz competition and enjoy the cultural pro-

Modi Govt steered India towards progress, pulled people out of poverty: Kavinder

'Moved country from Congress' Corruption Kaal to present Amrit Kaal

IAMMU, MAY 15: Senior BIP leader and former deputy chief minister Kavinder Gupta on Monday decried Congress Governments of the past for ruining the country by way of abetting corruption. In a statement issued to media persons, the BJP stalwart said that the time under stalwart said that the time under Congress regimes could be termed as Corruption Kaal for the country as rampant corruption was the hall-mark of those dispensations under the most corrupt party of the country viz Congress

He said that except giving big slons like Gareebi Hatao, etc. the Congress leadership never took pain on ground leading the country towards poverty and dearth, as the statistics of those times clearly sug-



gested. He said that it was BJP led Centre under the realms of PM Narendra Modi which finally steered the country towards progress and growth and pull out the people from powers ures issued by IMF have testified. He said that PM Modi helped the country to transcend from Congress' Corruption Kaal to present Amrit Kaal, where people are thriving with vistas of opportunities and have number of reasons to live a well contented life with all the amenities and facilities reaching at their doorsteps without any discrimination or prejudice. He said unlike the Congre regime when dearth and poverty ruled the roost today hope, happi-ness and good health have predominantly shaped the lives of the common man with welfare schemes of to every single individual whether

HSS Bhalra Bhadarwah celebrates International Mother Day

BHADERWAH, MAY 15: In order BHADERWAH, MAY 15: In order to celebrate the everlasting bond of love and affection between a mother and her child with pomp and show, International Mother Day was observed in Government Higher Secondary School Bhalra of Bhadarwah Additional District

On this special day, the students from all the classes went out of their from all the classes went out of their way to showcase their creative skills by making personalized cards, greeting cards, arranged flower bou-quets, wrote essays on the role of mothers in their lives. The highlight of the day was the

cultural program where mothers are treated to a memorable experience of dance and music performances by the children. The students sang beautiful songs dedicated to the

om Parkash (Sr. Lect.) urged the students to respect their mothers.He said, "Mother's Day celebrations are a beautiful embodiment of love, gratitude and affection. This special day is celebrated annually to honor



port and unmatchable sacrifices of

port and unmatchable sacrifices of mothers.

The students of the school take great pleasure in organizing various activities and games for their moth-ers to show them that they are greatly cherished and loved."

ly cherished and loved."

Likewise, while expressing his views regarding Mother's Day, Omesh Kumar Sharma (Lect.) explained the importance of mothers in our lives. "Mother's Day celebrations bring together the entire school community to celebrate the blessings of motherhood.

Students beachers, and staff all.

Students, teachers, and staff all come together to make the day a grand success. The mothers also take

this opportunity to interact with their children's teachers and other parents to exchange parenting tips and experiences," he observed. The whole programme was organised by Dr. Sanjew Kumar Koul (Teacher & Associate NCC

he Super. Pardeep S Officer) under the Supervision and

Officer) under the Supervision and Guidance of Pardeep Singh Billiowria (Principal of the Institution).

In his address, Dr Koul said that it is a day which makes people remember the importance and significance of methors in their life and remember the importance and sig-nificance of mothers in their life and is thus, observed as a day to give special emphasis to the motherly fig-ures around the world.

Rare and High Tech Surgical Procedures are now routinely being conducted

RAJOURI, MAY 15: GMCH Rajouri is conduct-ing Rare and High Tech Surgical Procedures rou-tinely from all its surgical Departments.

Departments.
The Department of Ear
Nose Throat and Head &
Neck surgery besides Throat a.s... surgery besides Microscopic &

doing Microscopic
Thyroidectomy &
Parotidectomy Navigation Functional
Endoscopic Sinus Surgery
(FESS), Stapedectomy and other routine surgeries is now conducting Cleft Lip repair by Millard

Technique.

The procedure was also performed recently on a 10 Months old child from the remote area of Budhal,

Rajouri. Ralph Millard Rajouri. Ralph Millard developed the Rotation Advancement Technique by operating the children with cleft lip during his military service in the Korean War. The design of the rotation advancement the rotation advancement flap is based on a curved line (rotation) on the non cleft side in order to balance the lip height dis-

crepancy.

Most surgeons agree that the Millard rotation advancement is the proce-dure of choice for treatment of the incomplete cleft lip and milder com-plete cleft forms. It has been found to be an effecregardless of width, when the staged approach

described is employed. In Millard Rotational mata. The cleft lip & cleft palate procedures are per-Advancement Techniqu Advancement Technique a curvilinear incision is made from the cleft side's cupid's bow orak on the medial cleft margin towards the base of the columella. An incision is made from the cleft side's

organise such pro-grammes in other hilly

knursneed Yousur While welcoming the guests gave a detailed overview of the functioning, structure and working of CBC, in the twin UTs of Jammu & Kashmir and Ladakh. He also briefed the auditories about various out.

reach activities that will be reach activities that will be organized during the event. Sh. Yousuf said that these programmes are being organized so that people get benefits of vari-

ous public welfare schemes of the govern-

ment. Sh. Karnail Singh,

Naib Tehsildar Moungri spoke on the implementa-tion of the Central

ence about various

of Pancherimareas of Pancheri-Moungri.
Field Publicity Officer,
CBC, Udhampur, Sh.
Khursheed Yousuf while

made from the cleft side's cupid's bow peak on the medial cleft margin towards the nasal floor along the vermilion border. To sum up the Millard's Technique addresses the main aim of reconstructing the cupid's addresses the main aim of reconstructing the cupid's bow in an esthetically pleasant manner and simultaneously provides avenues to rectify other associated defects of the columella, allar base and in fact the entire nasal stig-

alate procedures are per-ormed under Rashtriva formed under Rashtriya Bal Swasthya Karyakaru (RBSK) through District Early Intervention Centre (DEIC) of the GMCH and AB-PMJAY Sehat Scheme free of cost on the basis of zero expenses out of pock-

et.
The brilliant team of
ENT and Head & Neck
Surgeons of the hospital
comprises the Dr Vidushi
Badyal Associate professor and Head of the Department, Dr Mukhtar Khan Assistant professor Dr Ajaz Malik Consultant Dr Ajaz Malik Consultant, Dr Tariq Choudhary SR and Dr Rimjhim SR. Regards Medical Superin-tendent GMCH Dr Mehmood Hussain Bajar.

Several prominent persons join BJP at party headquarters at Jammu

WORKING OF THE ORGANIZATION REVIEWED

JAMMU, MAY 15: A Joining pro-gramme was held at BJP Party head-quarter Trikuta Nagar under the leadership of the President BJP UT Minority Morcha Ranjodh Singh

Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organization especially about the upcoming Party Programmes. The aim of the meeting was on part of all the functionar-ies also to remain alert in their ies also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was equally to deliberate on



the efforts to address the grievances the efforts to address the grievances of the masses, specifically marginal, helpless and resourceless people as also to raise voice of concern in favour of their genuine demands. On this occasion, all the delegates and other prominent persons who

joined the Morcha today were omed the workal today were warmly welcomed in to the party folds. Prominent among those who were present on the occasion includ-ed, Santokh Singh General Secretary), Harpal Singh Bali(

Dr. Nirmal Singh, Ankush Gupta, listens to the public grievances Department Incharge Ankush Gupta, was listen-ing to the public griev-ances at BJP headquarters,



JI NEWS SERVICE

JAMMU, MAY 15:
"Administration must come up with practical solutions to sort out the problems faced by the employees rendering their services under various

schemes and projects", stated Dr. Nirmal Singh. Dr. Singh was interact-ing with several deputa-tions of employees representing various govern-ment departments like

which presented their issues to be taken up

by the senior BJP leaders.

Dr. Nirmal Singh was apprised that as they were employed under various schemes and projects, they were met out with the step motherly treatment while not at all considering them for any regular benefits besides the regular month-ly wages from their respective departments on the pretext of financial restraints or other issues

restrants or other issues.
They requested the senior party leaders to help them with the viable solution.
Dr. Singh immediately took up their issues with the concerned departments and assured the ments and assured the aggrieved employees that they would receive full cooperation on the behalf Dr. Nirmal Singh, for-er Dy. Chief Minister,

mer Dy. Chief Minister, accompanied by BJP Maha Sampark Abhiyaan

respective areas.

Besides various personal issues, other main issues presented related to PHE, PDD, roads, lanes, drains Dr. Nirmal Singh lis

Trikuta Nagar, Jammu

Numerous people, individually as well in the

individually as well in the form of deputations, visit-ed the BJP office to discuss their respective issues with the senior party lead-ers. Various issues repre-sented contained matters of individual conceptors

of individual concerns as well as development ori-ented related to their

tened to all the individuals tened to all the individuals and the deputations patiently and immediately took up the matters with the concerned departmen-tal officials telephonically as well as issued letters for the others. Talking to the concerned authorities, he pressed for the proport pressed for the prompt redressal of the issues.

Secretary, Ex-Servicemen Welfare visits HQ Northern Command



UDHAMPUR, MAY 15: Vijoy Kumar Singh, IAS, Secretary, Ex-Servicemen Welfare visited

Udhampur Military Station on 15 May 2022 and interacted with Lt Gen Veradra Dwivedi, GOC-in-C, Upendra Dwivedi, GOC-in-C, Northern Command, Udhampur and other senior officers of Headquarters

visit, he discussed various issues related with welfare of Exrelated with welfare of Ex-Servicemen and their glorious contri-bution in Nation Building. Secretary Ex-Servicemen Welfare was also briefed on the contribution of Northern Command in Nation build-ing in the UTs of Jammu, Kashmir and Ladakh. He appreciated various Ex-Servicemen welfare schemes and valuable contribution of all ranks of valuable contribution of all ranks of 'Always in Combat' Command 'while securing the borders as well as fighting the Proxy War in the Union Territory of Jammu and Kashmir.

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