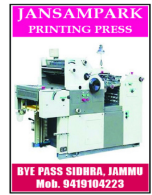




# JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 115 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages223@gmail.com

## G20 meeting belongs to all the citizens and they should come forward and be a part of this historic event: LG Sinha

**JNEWS SERVICE**  
SRINAGAR, MAY 18

Lieutenant Governor Manoj Sinha today interacted with the members of civil society groups, members of PRIs, representatives of various organizations and dismissed the upcoming G20 meeting at Srinagar.



"G20 meeting is a historic opportunity for J&K UT to showcase its vibrant culture, traditions and tourism potential. It belongs to all the citizens and they should come forward and be a part of this historic event," said the Lt Governor. The Lt Governor also urged the civil

society members to take advantage of this opportunity and encourage citizens, tourism and industry stakeholders to contribute to its grand success.

The Lt Governor expressed gratitude to Hon'ble Prime Minister

Shri Narendra Modi for providing a powerful platform of G20 meeting for connecting local and global aspirations.

"G20 meeting will give a new height to J&K's growth, boost to limitless potential of tourism & hospitality sector and enhanced economic prosperity to all sections of society. It is also an opportunity for handicraft sector to script a bright future," the Lt Governor said.

Addressing the members of civil society groups, the Lt Governor also talked about J&K's journey on the path of accelerated development and the remarkable progress registered in various sectors since 2019.

"Never before had infrastructure development taken place at the kind of speed witnessed in the past 4 years."

CONTINUED ON ► PAGE 4

## G-20 meet: Security beefed-up, advisory on unknown Intl numbers issued in Jammu

**JNEWS SERVICE**  
JAMMU, MAY 18

As G-20 inches closer, security has been beefed up across Jammu region with more focus on vulnerable places where police and security forces have established surprise check points.

Officials told news agency that though main event of G-20 is scheduled in Srinagar but security of Jammu has been stepped up to prevent any untoward incident.

Three-layered security blanket has been put in place, which includes a strict vigil on international and national borders, which Jammu shares with Pakistan and Punjab-Himachal Pradesh respectively," a police official said.

He said that para-military forces have been deployed at important landmarks, highways, vantage points, clubbed while massive crackdown is on against terrorist sympathizers and OGWs.

The Divisional Commissioner Jammu, Ramesh Kumar along with Additional Director General of Police Jammu Zone, Mukesh Singh chaired a meeting to review the law and order situation and security in all districts of the Jammu Division.

All Deputy Commissioners and Senior Superintendents of Police along with intelligence officers participated in the meeting. The meeting deliberated

CONTINUED ON ► PAGE 4

## G-20 peoples' event: three-tier security cover put in place: Kashmir Police Chief

**JNEWS SERVICE**  
SRINAGAR, MAY 18

Jammu and Kashmir Police Thursday said that the G-20 event and a three-tier security cover has been put in place to ensure incident free event in the Valley.



Talking to a selected group of reporters here, Additional Director General of Police (ADGP) Kashmir Vijay Kumar said that G-20 is peoples' event and not the administration's or police function. "We have made elaborate security arrangements. A three-tier security cover will remain to ensure incident free events. Guests will come on May 22 and leave on May 25," he said as per news agency.

CONTINUED ON ► PAGE 4

## Terrorist-Gangster-narco nexus case: NIA arrests 3

**JNEWS SERVICE**  
NEW DELHI, MAY 18

The National Investigation Agency (NIA) on Thursday said it has arrested three people after conducting massive country-wide raids against the terrorist-gangster-narcotics smuggler nexus.

The three have been identified as Parveen Wadhwa alias Prince, Irfan alias Chenu and Jassa Singh.

Wadhwa, who hails from Bhiwani in Haryana, was found "liaising" with certain notorious gangsters, including Lawrence Bishnoi in jail. The agency

seized weapons from the house of Irfan from New Seelampur (Delhi), who is also "associated with dreaded gangsters." Jassa Singh, a resident of Moga in Punjab, was working at the behest of Canada-based "listed terrorist" Arsh Dhalia, the NIA said in a statement.

"Parveen was in regular touch with Lawrence Bishnoi and his gang members Deepak alias Tinu and Sampat Nehra, along with other associates. He was working as their special messenger from inside jails," it said. Similarly, Irfan disclosed

One such call from a suspicious number stated, "G20 delegates-Kashmir

## Suspicious ISD calls to people in J&K raise security concerns police issue advisory

**JNEWS SERVICE**  
JAMMU, MAY 18

Scores of individuals in Jammu and Kashmir receiving calls and WhatsApp messages from suspicious international mobile numbers in a bid to spread rumours about upcoming G20 events has emerged as the latest security challenge in the Union territory.

The local police has issued an advisory cautioning the public against these numbers and urging them to remain vigilant.

One such call from a suspicious number stated, "G20 delegates-Kashmir

is not India. The Modi regime is ill. G20 members boycott in Srinagar - save Kashmir Pandits."

Similar messages are being circulated on WhatsApp, attempting to incite trouble and instigate a boycott of the G20 event.

The Jammu police had on Wednesday identified the suspicious numbers as +44 7520 693559, +447418343648, and +44 7520 693134, and warned the general public to exercise caution and refrain from responding to any communication from these or other ISD numbers. These numbers are responsible for spreading

anti-national messages and propaganda, they said.

"These numbers are spreading anti-national messages and propaganda, and the public should remain fully alert towards these attempts and not respond to any of such suspicious calls," a police officer said.

He emphasised the importance of remaining fully alert and advised individuals to report any grievances or queries related to the matter to the cyber police station, nearby police stations, or police posts.

CONTINUED ON ► PAGE 4

## Rana takes up with LG issue for conduct of CUET within J&K

**JNEWS SERVICE**  
JAMMU, MAY 18

Sharing the concern of Jammu and Kashmir students appearing in the Central University Entrance Test (CUET) about their Centres being located outside the Union Territory, Senior BJP leader Mr Devender Singh Rana today sought the intervention of Lieutenant Governor Mr Manoj Sinha for setting up of the centres within J&K.

In a statement, Mr Devender Rana said the Lieutenant Governor has been kind enough to assure that the issue will be taken up



having made any arrangements for conducting tests locally at District or Tehsil levels. The move will discourage students belonging to financially disadvantaged families to undertake journeys outside the UT for appearing in the test. This is illogical and the decision needs to be reversed in the large interest of the candidates, he said, adding that the candidates had not preferred centres outside Jammu and Kashmir while exercising their options.

He expressed solidarity with the protesting students and hoped

CONTINUED ON ► PAGE 4

## NSG commandos carry out area domination exercise in Lal Chowk ahead of G20 event

**JNEWS SERVICE**  
SRINAGAR, MAY 18

The elite National Security Guard commandos on Thursday carried out an area domination and security sanitisation exercise in Lal Chowk area of the city here ahead of the G20 summit next week, officials said.

The Jammu and Kashmir Police and CRPF personnel accompanied a posse of NSG personnel during the exercise, they added. The security personnel checked the hotels at the Lal Chowk area, spoke to their owners and took some information from them, officials said.



A hotelier, who wished not to be named, confirmed that the security-men carried out checks at his hotel. Officials said

such exercises would be carried out ahead of the main G20 event taking place here from May 22-24.

Security forces on Thursday busted a suspected terror hideout and seized explosive materials in Jammu and Kashmir's Poonch district, officials said.

A search operation was launched by the 39 Rashtriya Rifles and the Special Operations Group in the district's Salani area during which the Army's sniffer dogs detected some suspicious improvised explosive devices (IED) and other materials from a hideout, the official sources said.

The explosive materials

## Suspected terror hideout busted in Poonch, explosives found

**JNEWS SERVICE**  
JAMMU, MAY 18

Security forces on Thursday busted a suspected terror hideout and seized explosive materials in Jammu and Kashmir's Poonch district, officials said.

A search operation was launched by the 39 Rashtriya Rifles and the Special Operations Group in the district's Salani area during which the Army's sniffer dogs detected some suspicious improvised explosive devices (IED) and other materials from a hideout, the official sources said.

The explosive materials



were destroyed by a bomb disposal squad, they said. Mendhar SHO Sajad Ahmed said a suspected IED was recovered.

It was destroyed in the presence of the village sarpanch and other prominent persons of the area, he said.

## Harassment allegations by jailed separatist's daughter baseless: Police

**JNEWS SERVICE**  
SRINAGAR, MAY 18

Jammu and Kashmir police on Thursday said a search operation in a Srinagar locality had nothing to do with the upcoming G-20 Meeting as there were inputs of movement of militants in the area.

The police reacted to the allegations leveled by Sehara Shah daughter of jailed separatist leader Shabir Shah where she accused the forces of harassment during the search operation.

"There are tweets by daughter of separatist

Shabir Shah claiming harassment during search operation. It is clarified that it was search of 20 houses, when inputs of movement of terrorists in this locality came. This has nothing to do with G-20 but is routine in case of inputs," a police statement said.

It said that no harassment or harm whatsoever was caused during this search and all SOPs (standard operating procedure) were followed.

Without naming former chief minister Mehbooba Mufti, the police also

CONTINUED ON ► PAGE 4

## Dr Jitendra Singh chairs first-ever inter-institutional meeting for joint research, startups

**JNEWS SERVICE**  
JAMMU, MAY 18

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today chaired the first-ever high-level inter-institutional meeting of all the Vice Chancellors, Directors and heads of different Universities and scientific as well as academic institutions, under one roof, to pave the way for joint research,



StartUps and teaching through a collaborative action plan, based on greater integration instead of working in silos.

The Minister said, Jammu, being the hub of education in India with the prestigious institutions in an area of only a few kilometres from each other, like IIT, IIM, IIMC, AIIMS, CSIR-IIIM, GMC, SKUAST, CU, JU etc. has been chosen for this maiden inter-institutional connect to try to develop a mode of extended integration which could then be replicated in other places as well of the institutions.

Dr. Jitendra Singh said, as these prestigious institutions are only situated in an area of few kilometres, their inter-institutional connect can set example for other institutions throughout the coun-

try and the sharing and exchange of resources, joint programs between these institutions will create new opportunities and new avenues.

Under Prime Minister Narendra Modi, Dr Jitendra Singh said, India is leading the world's StartUp ecosystem. This inter-institutional connect and integration in Jammu region can help StartUp aspirants in Jammu & Kashmir to lead from the front. As CSIR-IIIM is taking a lead towards

CONTINUED ON ► PAGE 4

## 2 killed, 9 injured as mini-bus overturns in Pulwama

**JNEWS SERVICE**  
SRINAGAR, MAY 18

Two non-local labourers were killed, while nine others sustained injuries when a mini-bus overturned on the Srinagar-Jammu National Highway in Pulwama district, officials said.

The accident took place near Gujjar Bakarwal hostel in Awantipora area of the south Kashmir district, they said.

Two labourers from Madhya Pradesh died on the spot while the injured were taken to a hospital. A case has been registered, officials said.



### LG admi must instate Director, Health Services & other important administrative posts lying vacant: Sham



J I NEWS SERVICE

**JAMMU, MAY 18:** LG administration must instate Director, Health Services & other important administrative posts lying vacant to ensure the quality deliverance of health services, stated Sham Lal Sharma, J&K BJP Vice-President & former Minister.

"Absence of prominent position like 'Director Health Services Jammu' severely paralyses the delivery of quality service to the patients at the Central as well as peripheral level. It also adversely affects the functioning of the Department, both at the administrative level as well as on the delivery front. The LG administration

must take cognizance of the matter and appoint full time Director on the post and also at the same time fill other vacant administrative posts of the department to deliver quality service to the society", said Sham Lal Sharma. Sham Lal Sharma took serious note of the request raised by a deputation comprising prominent citizens mostly from Kandi areas of Khour and other areas. The deputation apprised the senior BJP leaders that the important post of 'Director Health Services Jammu' is lying vacant since years raising serious implications regarding provision of adequate health services to the people. They said that it is just not palatable

that such an important position is being run on temporary provisions thereby seriously jeopardizing the fundamental service to the society.

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

One deputation of Shree Baba Kailash Nath devotees reached party

office with demand to depict the Shrine on tourist map of Jammu & Kashmir. Another deputation from Karnah Telsil Khour requested for a Degree College, which was immediately taken up with the concerned department by former Minister. Another deputation requested for construction of road from Thangar to Balli via Kharah and Kharah to Chinota vil Kallah under PMGSY.

Sham Lal Sharma, accompanied by BJP Library Incharge Prof. Kulbhushan Mohtra, Swachh Bharat Abhiyaan Incharge Er Dil Bahadur Jamwal and BJYM Vice-President Danish Mishra listened to the grievances of people at party headquarters, Trikatna Nagar, Jammu.

BJP leaders gave patient hearings to the problems presented by the people, and tried for their early resolution so that the people are not made to suffer. Prof. Kulbhushan Mohtra, Er Dil Bahadur Jamwal and Danish Mishra helped in the smooth coordination of the grievance camp and noted down the issues raised by the visiting deputations.

### Rotary club Jammu and Shankus Medicity organised Cancer awareness camp



J I NEWS SERVICE

**JAMMU, MAY 18:** Rotary club Jammu in Collaboration with Shankus Medicity Jammu organized a camp on women health and cancer awareness in Govt College of women Bhagwati Nagar Jammu.

About 150 girls students and staff of the college has attended the camp

Speaking on the occasion Dr Paras Khanna a

renowned Onco Surgeon of Shankus Medicity and the only Mch onco surgeon of Jammu has aware the students about the cervical cancer and breast cancer. In his detailed presentation he has aware the student and staff about the pros and cons of both the cancers

He has also guided the students how they can prevent these cancers by acting well in advance

He has also talked about the causes and symptoms

of the disease and it's preventive measures

In all it was a very good presentation by Dr Paras .

In the opening Dr Prof Pawan Bali nodal officer of the college while welcoming Dr Paras Khanna Onco Surgeon, President of RC Jammu Rtn Sunil Kumar Sawheny and his team of Rotarians introduced the Doctor and rotary to the students and staff . Principal of college Dr Meeru ABROL speaking on the occasion apprec-

iated the efforts of RC Jammu and Shankus Medicity for organising such a knowledgeable Program in the institute .Rtn Dr Gaurav Vaid also spoke on the occasion about the cervical and breast cancer

In the closing remarks by Rtn Sunil Kumar Sawheny president of the club guided the students not to shy in disclosing if any such symptoms occurs with them or with their relatives. Instead they should discuss these types of matters with their mother, friends and other ladies in the family , by doing this they can contribute in early detection of such type of cancers so that it can be reversed at earliest stage.

In last Prof Anju Bala presented the vote of thanks Rtn deepak babu and Rtn prem Shanker was also present during the camp Ms dhara Koul and Simran Jeet well anchored the stage

### Rajiv Sharma and Sunil Prajapati inaugurated T-20 Cricket Tournament in Ambh Garota, Jammu

J I NEWS SERVICE

**JAMMU, MAY 18:** T-20 cricket tournament of Bazigar Banjara Samaj was inaugurated By Rajiv Sharma (Former MLA Akhnoor and Sunil Prajapati (State President BJP OBC Morcha) at Ambh Garota, Jammu. Prominent among others who were Present are Sanjay Saraf (Chairman Municipal Corporation Akhnoor, Ravj Mehra (State Vice President OBC Morcha), Raju Bazigar (State Secretary OBC Morcha ),Nitu Verma (District President OBC Morcha Jammu North), Jagadish kumar (General Secretary OBC Morcha Jammu North), Purshotam Pona (Social Media Secretary OBC Morcha Jammu North), Raju Ram (President Bazigar Banjara Samaj), S. K. Dutta Social Activist.

Firtsly Chief Guest interacted with all Eight teams Players from different Zones. Speaking on the Occasion Rajiv Sharma



Said Banaana Samaj is very Poor and Neglected Samaj from the last 70 Years.

Previous Government done nothing for their Upliftment. It is only BJP that gave them their rights in the form of Domiciles

Sunil Prajapati said Playing sports prevents drug use in teens by boosting mental, social, and psychological advances.

Youth sports participation enables teens to spend time with friends in a safe environment and obtain

social skills that are likely to last a lifetime. Aside from bonding with peers, teen's learn to solve conflicts effectively, work as a team and learn to be more assertive, all while getting physical fitness. A teenager's communication skills also are enhanced after playing a sport it appears that an emphasis on having fun while establishing a balance between physical fitness, psychological well-being, and lifelong lessons for a healthy and active lifestyle is para-

mount for success. Being active and having fun with a positive group of supporting peers is crucial for a teen's mental development. Enjoying a healthy active childhood involved in youth sports is beneficial to future of the Participant. Tournament was Supported by Dharam Jagran Manch .

Eight teams from, Akhnoor, Baghe Bahu, Sarore, Mishriwala, Ratnal, Kalokote, Baribrahma are Participated in the Tournament.

### Jain Sabha felicitates Kavinder for pioneering work in public life

J I NEWS SERVICE

**JAMMU, MAY 18:** Celebrating and acknowledging senior BJP leader and former Deputy Chief Minister of J&K, Kavinder Gupta's unwavering commitment to public welfare, S S Jain Sabha, New Delhi felicitated Kavinder Gupta here on Thursday.

The felicitation ceremony recognized the BJP leader's unparalleled efforts in terms of playing a pioneering role in uplifting the underprivileged society through his philanthropic attitude and considerate mindset.



Rajinder Kumar Jain, Chairman, SS Jain Sabha (Bhagya Bhavan) Indrapuri New Delhi Deeksha Smithy; Ravindra Jain President, Satish Jain Vice President and Rajesh Kumar Jain General Secretary were also present.

Rajinder said that good work done by the senior BJP functionary is known to one and all as people have undaunted faith in his leadership.

He hoped that Kavinder will continue with his good work parallel to his political career as this dedication towards poor and needy will ultimately pay off and will help him a lot in his political career as well because this philanthropy will make him favourite of all.

Speaking on the occasion, Kavinder expressed his gratitude

towards S S Jain Sabha for the honour which the members have given to him.

He vowed to continue to work for the poor and destitute till his last breath. He said that social work is his passion and irrespective of turns and twists in life in the coming days, he will continue to work for the underprivileged.

### NYK in collaboration with NSS Unit of GCW Parade organises District Level Yuva Utsav

J I NEWS SERVICE

**JAMMU, MAY 18:** Nehru Yuva Kendra Jammu, under MOYAS in collaboration with GCW parade Ground Jammu organized District Level Yuva Utsav under Azaadi Ka Amrit Mahotsav. Yuva Shakti se Jan Bhagedari was the driving force for this grand celebration of 75th Anniversary of India's Independence.

The theme for the Yuva Utsav was the Panch Prans as given by PM Narendra Modi across all events at all levels. The Goal of developed India, to remove any trace of colonial mindset, take pride in our roots, unity and sense of duty among citizens. Five events viz. Painting, Poetry, Photography, Declaration and Cultural Group events were part of the District Level Yuva Utsav. More than 200 participants from different colleges of district Jammu were participated in this programme.

The Morning session of the District Level Yuva Utsav was inaugurated by Dr. S. P. Saraswat Principal GCW Parade Ground, Shri Nisar Ahmed Buti, State Director, NYKS&JK along with other dignitaries namely, Ms Anjali Sharma, Former Director, DD and All India Radio

Station, Mr. Nitin, District Youth Officer, NYK Rajouri , Smt Chanchal Dogra , Ex Principal , M.A.M College, Jammu, Dr. Jagmeet Kour from GDC Akhnoor, Prof Parmil Kumar, Dept of Plastic, Jammu University, Mr. Manoj Chopra Artist, Mr. Amit Gupta, Choreographer, Ms. Poonam Handa , Dance Instructor, Dr Anuradha Sharma, GDC R.S.Pura.

In the beginning, Dr Gurpreet Kour, NSS Programme officer welcomed the participants, Audience and briefed the theme of the programme of the Hon'ble PM announced from the ramparts of the Red Fort on 15th August 2022.

Sh. S. P. Saraswat, Principal, GCW Parade Ground appreciated the efforts of Nehru Yuva Kendra Sangathan. He said that as part of collaborated efforts, wonderful programmes for the upliftment and development of the youth of Jammu have been executed. He also thanked State Director NYKS, J&K for choosing the GCW parade Ground College to collaborate with them in various programme.

Shri Nisar Ahmed Butt, State Director, NYKS, J&K highlighted the objectives and main components of the Programme: India @

2047. He said that different colleges of District Jammu are participating in programme and wished good luck to all of them for their success in events.

He further exhorted the youth to participate actively in upcoming programme: Meri Matti Mera Desh and requested the youth to carry the spirit of the said programme to every nook and corner of the district and hoped the youth would get registered on the portal: Merilife.org.

The Cultural team of GCW Parade , clinched the first prize while the Gandhi Nagar and GDC Akhnoor were adjudged 2nd and 3rd respectively. In Declamation Contest Richa Sharma was adjudged 1st while , Ashpreet Kour Sudan and Anmol deep Kour came 2nd and 3rd respectively. In Painting Ananya Gupta was the winner while Komal Sharma and Laxmi Naryan were runner ups.

In Poetry Mohd Ayob Jan clinched the first prize while Mansha Akhter and Aaghav Arora were adjudged 2nd and 3rd.

In Photography Manvaveer Singh Thakur emerged victorious while Arun Bhagat and Anmol Sharma came 2nd and 3rd.

The valedictory session was presided over by Shri Jugal Kishore Sharma,

### Only BJP can fulfill their aspirations: Yudhvir Listens to public grievances at Pt Prem Nath Dogra Bhawan

J I NEWS SERVICE

**JAMMU, MAY 18:** Yudhvir Sethi, J&K BJP Vice President today listened to the public grievances at Pt Prem Nath Dogra Bhawan Kacchi Chawni Jammu.

Suresh Sadhotra, State Vice President OBC; Parveen Kemi President East; Raman Sharma Mandal President Amphalla, Corporator Dr Akshay, Pardeep Singh Vice President Bajalta Mandal, Sanjay Mahey District Jammu Spokesperson, Arun Sethi General Secretary; Anuradha Sharma East Mandal President Mahila Morcha and Shiv Sharma accompanied the J&K BJP Vice President.

The camp witnessed huge rush of people as people from across the Jammu city reached the camp and highlighted their issues in before senior leaders of BJP.

Various deputations including individual persons and most of them were women visited the party office to discuss their issues with the senior BJP leaders. Issues related to the ration, education, pension, PHE, PDD, revenue, power, water scarcity,



roads and other issues related to the deputations. Yudhvir Sethi resolved most of the issues instantaneously by talking to the authorities concerned on phone. He assured to take up the rest of their issues with the concerned authorities and get the same resolved at the earliest. Sethi said that trusting the BJP's commitment in reaching out and solving the issues of the public, people in large number visit the BJP office to present their issues with a strong belief on the party. He said

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

The senior BJP leader asserted that people of Jammu and Kashmir have lots of expectations from BJP and the Party is also committed to address their issues on priority basis doorsteps. He said that the general public has realized that only BJP can fulfill their dreams and aspirations.

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

The senior BJP leader asserted that people of Jammu and Kashmir have lots of expectations from BJP and the Party is also committed to address their issues on priority basis doorsteps. He said that the general public has realized that only BJP can fulfill their dreams and aspirations.

# GCOE, organizes series of events to mark G-20 Summit in J&K



J I NEWS SERVICE

JAMMU, MAY 18: Government College of Education, Jammu organized a series of events to mark the G-20 summit. The events were based on the theme, "One Earth, One Family, One Future" Sh. Rajinder Sharma, Mayor, Jammu was the Chief Guest of the program while Deputy Mayor Sh. Baldev Singh Baldevaria was the Guest of honor on the occasion. In the beginning, Mayor Jammu unveiled the Heritage Wall created by students of the college. The students created the wall depicting pictures of

cultural practices in Dogra Culture for protecting the environment. The students apprised the guests about the regional cultural practices that were pro-plan in nature. The unveiling of the Heritage Wall was followed by a Symposium on the topic, "Why should plastic be banned?" The speakers raised issues on how plastic is a threat to the planet earth and what the viable solutions are for safeguarding the natural ecosystem. The students also laid emphasis on immediate ban on plastics as it has damaged the rivers, oceans, and the mountains beyond repair.

Speaking on the occasion, Prof. Aekta Gupta, Principal of the College congratulated the students for suggesting means of sustainable cultural practices for saving the environment. She added that the ancient Indian way of life was pro-plan in nature. Later in the program, the newly constructed, Girls Common Room was inaugurated by the Hon'ble Mayor. The college has constructed the room so that the students can spend leisure time by making it productive with the available of proper comfortable space and beautiful

environment created by beautifying the walls with positive and enthusiastic quotes and paintings. In the valedictory session, the investiture ceremony of newly elected College Presidium was held. The hon'ble guests and the faculty decorated the elected college students with Sash and batches for different posts.

About 50 students participated in the event. The program was convened by Dr. Shubhra Jambwal (NSS PO), The faculty members who contribute towards the programme were: Prof. Shalini Rana (QAC), Prof. Shapia Shameem, Prof. Seema Kumari, Prof. Sarita Dogra, Prof. Neera Verma, Prof. Seema Kotwal, Dr. Rajinder Kour, Dr. Sushma Bala, DSW Prof. Anju Bala, Prof. Satish Kumar, Prof. Shalini Sharma, Dr. Anradha Chaudhary, Dr. Anuradha Seth, Ms. Neha, Ms. Arushi, Ms. Anjali organized and anchored the programme successfully.

# Mahajan Sabha pays rich tribute to Late Prof. Chaman Lal Gupta



J I NEWS SERVICE

JAMMU, MAY 18: Jammu Central Mahajan Sabha, today paid rich tribute to Late Prof. Chaman Lal Gupta, a son of the soil of Jammu and Kashmir Union Territory, who was the Chief Patron of the Jammu Central Mahajan Sabhan and also being a popular and visionary leader of the masses, had devoted his whole life for the betterment of the society. He was MLA, MP and Union Minister and played a vital role in politics in Bhartiya Janta Party (BJP). He was a man of strong will and of undeterred courage who faced many odd situations in his whole political life. In the year 1990, when the militancy was at its peak in Jammu and Kashmir and Kashmiri pandits were forced to leave the valley in burning situation Prof. Chaman Lal Gupta joining the "Ekta Yatra", courageously hoisted National Flag at Lal Chowk in Srinagar. He never compromised on his political ideology till he breathed his last. He remained a dedicated soldier of RSS with which he was associated from his student life and after

relinquishing Government service in late fifties. Prof. Chaman Lal was the brain behind establishing village Defence Committees in erstwhile Doda District and other reaches of Jammu Region after the militants indulged in massacres in the said areas and forced the minorities to flee from there. Prof. Chaman Lal Gupta fought for the rights of Nationalist forces in the erstwhile State of Jammu and Kashmir and stood like a rock against the terrorism and disruptive forces. He always stressed that the displaced Kashmiri Pandits be resettled in the valley with honour and dignity. The prominent leaders/ personalities who gave Sharanjoli to Prof. Chaman Lal Gupta on the mike by recalling his excellent social services included Sh. Chandar Parkash Ganga (Sr. BJP leader and Ex-Minister), Sh. Chandar Mohan Sharma (Sr. BJP Leader), Sh. Ramesh Parva (All India Samprad Parmukh RSS), Sh. Satish Sharma, Dr. C.L. Gupta, Sh. Yash Paul Gupta, Sh. C.P. Gupta, Sh. Ravi Rohmetra (Noted Columnist), Sh. Amar Chand Gupta and Sh. Mukesh Mahajan. The President of the Sabha Ramesh Chander Gupta appealed to

the Central Government and State Government of J&K Union Territory to honour the dedicated services of Late Prof. Chaman Lal Gupta and keep his memory alive by erecting his statue at conspicuous places in Jammu City and give posthumous Award to him as he was a strong willed and principled man who left behind a thought provoking legacy. A resolution was passed in the house that Late Prof. Chaman Lal Gupta be conferred with Padam Vibushan Award.

In the end, the Sabha Members observed two minute silence and prayed for eternal peace to the said departed pious soul.

The function concluded with the vote of thanks presented by the President of the Sabha and Sanjay Mahajan General Secretary who held the mike and compared the programme very meticulously.

In the end of the Sharanjoli Sabha the participants joined community lunch served as parash by the Sabha. Other members of the Sabha who paid rich tribute to Prof. Chaman Lal Gupta on his 2nd Death Anniversary included Arun Gupta President CCI, Shiv Partap Gupta Senior Vice President, Harinder Gupta Senior Vice President, Sanjay Mahajan, General Secretary, Dr. Mohan Lal Gupta, Suresh Gupta, Yash Paul Gupta, Balbir Gupta, Vijay Gupta, Satish Gupta, Darshan Gupta, Ramesh Gupta (Bartan Wale), Prabh Dayal Gupta, Dr. Bimal Gupta, Atul Gupta, Ram Gupta, Dr. Arun Gupta, Shanti Parkash Gupta, Vinod Gupta (Lovely), Kuldeep Gupta, Suresh Mohan Gupta, Parshotam Gupta and others.

# Department of Biotechnology Govt P G College Rajouri Conducted One Day Educational Tour

J I NEWS SERVICE

RAJOURI, MAY 18: The Department of Biotechnology Govt P G College Rajouri today conducted one day educational tour to BGSBU Rajouri under the able guidance of Principal Govt P G College Rajouri Dr Shamim Ahmed Azad. The Principal interacted with the students and briefed about the importance of educational tours in developing the scientific temper and zeal in the students and enhancing the moral values.



He then flagged off the tour bus. The students along with the staff members visited various departments of School of Biosciences and Biotechnology BGSBU. The staff members and research scholars of these departments very cordially interacted with the students. Associate Dean, School of Biosciences and Biotechnology, Dr. Asgher Ali Shah gave a thorough lecture on the importance

of Modern research and its impact on day today life and motivated the students for research related activities Ms Shahnaz Anjum and Dr Saleem Rishi Assistant Professors Department of Zoology accompanied the students to various labs of Department of Zoology and briefed about the various research works and projects going on in their labs and also demonstrated the functioning of various advanced instruments

of their labs. Dr Sجاد H Parry from Dept. of Zoology briefed the students about insect biodiversity within the Rajouri district and how these insects are providing the free ecological services like pollination and their importance in food chains. Similarly the students visited Dept of Biotechnology and Botany and the faculty members of these Departments thoroughly demonstrated the functioning of their labs

At the concluding session Dr Azhar Javed HOD of Biotechnology Govt P G College Rajouri thanked Associate Dean School of Biosciences and Biotechnology Dr Asgher Ali Shah and other staff members for their support and assistance during the visit. The other staff members present on the occasion were Dr Tanvir Dr Raja Amir Hassan Dr Mumta Butt Dr Shoaib and Dr Shakeel Ahmed

# Need to showcase Jammu's rich tourism potential at global level: Sham Langer

J I NEWS SERVICE

JAMMU, MAY 18: Sham Lal Langer, Convenor BJP Trade Cell, Jammu and Kashmir, has asserted that Jammu region has immense tourism potential that needs to be brought on the national as well as global tourism map. In a statement issued to media here today, the senior BJP leader said that the potential of Jammu province can be well gauged from the fact that these days, with Jammu Srinagar National Highway remaining mostly closed due to landslides, the tourists in large numbers are moving towards Bhaderwah and Poonch areas especially to witness and enjoy snow fall. He said that there are multiple unexplored areas in Jammu province right from Kathua to Poonch and Doda Bhaderwah regions. He said that there is a dire need to develop all such explored and unexplored places as unique



tourist destinations in this province with proper infrastructure and facilities and bring the same on tourism map.

Langer emphasized tourism forms a substantial feeder for J&K's economy, development of such destinations will not only boost the economy and living standard of these regions and the people but it will further augment the overall

economy of the Union Territory and its people. Moreover it will open vistas for self employment ventures as well as multiply job opportunities for the unemployed youth in these regions.

The senior BJP leader said that it is a coincidence that Bhaderwah and other hilly regions of Jammu province received unseasonal snowfall over the past few days spreading a wonderful white carpet on the green meadows of the hilly regions and the Jammu Srinagar National Highway also got closed due to landslides that ultimately resulted in bringing to fore the tourism potential of the explored and unexplored areas.

Claiming that this has rekindled a hope of economic boost for the locals of these regions, Sham Langer appealed to the UT Administration to work out a well targeted strategy to make all these destinations permanent international class tourist destinations.

# Baru starts black topping of lanes at Anand Vihar Bohri



J I NEWS SERVICE

JAMMU, MAY 18: Bharatiya Janata Party senior Leader and JMC Councillor Ward 41 Sanjay Kumar Baru started Black Topping of lanes followed by drain work at Anand Vihar Bohri in the presence of BJP Talab Tillo Mandal President Keshav Chopra, Shaktikendra Pramukh Rakesh Sharma, Bhubesh Sharma and local BJP leader Jatin Sethi Anand Vihar, Bohri in Ward-41.

Baru said that it was indeed a long pending demand of the inhabitants, which has been met today. He said that the mission behind this was to provide a conducive and clean atmosphere to the society. He said that the work of main road deep drain at Hazuri Bagh, Bohri has been completed and now we are trying to connect corresponding by-lanes with the main deep drain on a foot footing so that this work will be complete before the rainy season so that people do not face problems like every year.

Baru said that this work along with other major works initiated locally would help a lot in achieving the mission of "Ward-41" as Model Ward. He stated that efforts are still being made to provide every possible assistance to the masses at their doorsteps for which he appealed to the inhabitants to contribute in keeping their surroundings neat and clean.

He also stated that providing a neat and clean environment is the motive of Narendra Modi led Central Government and wherever required channelizing of deep drains will be done to provide best infra to the public.

Work of black topping of lanes at estimated cost of 16 lakhs will be completed within week, Baru said while giving information about the present work.

Keshav Chopra, on the occasion appreciated the development works being done by the Corporator Sanjay Kumar Baru.

He said that Sanjay Baru has set an example that how the development works should be done in providing best services to the people. PWD AEE Amit Sharma, K.L. Sharma, Jatinder Khajuria, Jugal Sharma, Suresh Sharma and others were present on the occasion.

# NSS Unit GDC Budhal organized an awareness programme on 'Mission Life'



J I NEWS SERVICE

BUDHAL, MAY 18: NSS Unit of Govt. Degree College Budhal organized an awareness programme on Mission Life "Lifestyle for Environment" under the patronage of worthy Principal Dr. Mohd Mazammal Hussain.

The formal welcome address was presented by the NSS Programme

Officer Dr. Ajaz Hussain Shah, in his welcome address he highlighted the historical background and significance of Life Mission "Lifestyle for Environment" said that Mission Life was introduced by Prime Minister Narendra Modi at the COP26 in Glasgow in November 2021. It is an India-led global mass movement that will nudge individ-

ual and collective actions towards the protection and preservation of environment. It follows three pronged strategy to achieve this goal:

- 1.Promotion of environmental-friendly daily practices among people (demand).
- 2.Enable industries and markets to respond to the shift in demand (supply).
- 3.Influence government and industrial policy to support both sustainable consumption and production (policy).

The mission aims to mobilize at least 1 billion Indians and foreigners to take actions that will preserve the environment for the period between 2022 and 2027. It aims to make at least 80 per cent of all villages and urban local bodies in India environmentally friendly by 2028. Mr. Ishfaq Ahmad Assistant Professor GDC Budhal, was the resource person. He delivered his lecture on "Mission Life, Lifestyle for Environment". In his lecture he said Mission Life is a global initiative by India to help the world in its fight against climate change and lead to a sustainable way of life to achieve the sustainable development goals set by the U.N.

Arrangements for annual Kheer Bhawani Mela finalized at Ganderbal

JNEWS SERVICE GANDERBAL, MAY 18

The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah today convened a meeting of officers to finalize arrangements for annual Kheer Bhawani Mela which is being celebrated on May 28.

At the outset, discussions were held on lodging, bedding, repairing works, sanitation, barricading, establishment of joint control room, health facilities, parking of vehicles, fool-proof security and availability of essential commodities besides decoration of the temple.

The ADC directed the departments concerned for making necessary arrangements for uninterrupted power and drinking water supplies, transport, security, fire tenders, ration, bedding, medical camps, additional accommodations, medical facilities and other requisite arrangements.

The Municipality officials were directed to start intensive sanitation drives as well as approaching road stretches to the temple prior to Mela besides installing dustbins at appropriate places in the market.

The ADC discussed department-wise facilities provided for the devotees. He stressed on the concerned authorities to be proactive and make every possible effort for smooth conduct of the Mela.

DC Kupwara reviews functioning of Social welfare, ICDS departments

JNEWS SERVICE KUPWARA, MAY 18



In order to review the progress, implementation and extension of benefits of various Government schemes under Social Welfare and ICDS, the Deputy Commissioner (DC), Kupwara, Dr. Doifode Sagar Dattatray Thursday chaired a meeting of Officers of both the departments at DC office Complex, here.

The DC held a three-hour deliberation on implementation of beneficiary-oriented schemes and took comprehensive review of schemes including POSHAN, functioning of Anganwadi centres, RBSKY, National Social Assistance Programme (NSAP), Integrated Social Security Scheme (ISSS) & State Marriage Assistance Scheme (SMAS), providing Nutrition among Anganwadi beneficiaries, Bal Ashram and Nari Niketan.

At the outset, a detailed Powerpoint presentation was given by the ICDS department and the chair was apprised about the functioning of the Department and targets achieved so far.

It was informed that the district is covered under ICDS umbrella through 119 sub-centres, 2320 AWCs catering child population of (6 month to 6 year age), 206 AWCS functioning in government

buildings, 2114 AWCS functioning in private rented accommodations.

It was told in the review meeting that ICDS implements some flagship programs like PMMVY, POSHAN Abhiyan, Aardhaar enrolment, and protection of women and child from violence.

It was informed in the meeting that child population in the district (0 to 06 year) is 120798, 67297 Child beneficiaries registered on POSHAN tracker and 74750 total beneficiaries who are enrolled in POSHAN tracker application besides 26 domestic violence cases were referred by (181) women Help Line.

The DC reviewed staff strength and number of anganwadi centres in rented accommodations in the district. It was informed that 13 Anganwadi buildings were lying with the mates, contrac-

tors who have not handed over the buildings yet to ICDS.

Dr Sagar asked CDOs and BDOs to get the anganwadi buildings from the concerned mates within two days positively and make the AWCS functional.

It was apprised that 19 Anganwadi centres have been shifted in vacant government school buildings and are fully functional which were identified by the education department and handed over to ICDS.

He reviewed the percentage of children attending the AWCS in each project and asked CDOs to reach out to the concerned parents and make the AWCS more attractive so that the presence of children in AWCS is enhanced.

The DC sought feedback from CDOs to make the AWCS more attractive, colorful and more presentable, and instructed them to do so by doing

proper evaluation and qualitative assessment of rented AWCS on the basis of physical and infrastructural parameters. He also directed concerned CDOs to use Google Read Along app in each AWCS.

District Social Welfare Officer gave a detailed Powerpoint presentation and apprised the DC about the functioning of the Social Welfare Department and targets achieved so far.

He informed that 73 wheeler motorized Tricycles, 191 hearing aids, 119 crutches, 199 wheelchairs, 32 smart tablets, and 10 smart phones were distributed among special-abled persons during 2022-23.

The DC stressed upon the Officers to take comprehensive measures to reach out to all eligible beneficiaries, besides making the Welfare schemes easily accessible to the people so that maximum beneficiaries of the district can reap the benefits.

DC Kupwara asked concerned officers to get the actual figure of stunted children and transgender in the district so that a proper database is prepared and they are reached out well in time.

G20: DC kick-starts U-19 Inter-District Provincial Kho Kho Championship at Bandipora

JNEWS SERVICE BANDIPORA, MAY 18

Under the banner of G20, the Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad today kick-started U19 Boys Inter-District Provincial Kho Kho Championship at International Delhi Public School (IDPS) Bandipora.

This highly anticipated event is set to bring together talented young athletes from various districts, showcasing their skills and promoting the sport of Kho Kho.

The program commenced with an oath marking a significant step towards a drug-free India. The ceremony gathered students, teachers, and officials, besides all committed to creating a society free from the clutches of substance abuse.

Padmashree Faisal Ali, JD Planning Ministry Ahmad, officers from Youth Services and Sports department were present on the occasion.

Speaking about the championship, the DC expressed his enthusiasm to host the U19 Inter-District Provincial Kho Kho Championship in Bandipora. He said, this event showcases the sporting talent of our young athletes and

strengthens the bond between districts.

District Youth Services and Sports Officer on the occasion said the U19 Inter-District Provincial Kho Kho Championship is set to witness the participation of enthusiastic teams from 10 districts of Kashmir division.

He said that the event will feature highly competitive matches, highlighting the agility, speed, and strategic thinking that are integral to the game of Kho Kho. He said Spectators can look forward to witnessing intense moments of athleticism and teamwork as these young athletes strive to outperform their opponents.

While interacting with the teams, Dr. Owais advised them to stay away from the menace of drug abuse and work harder and respect elders to achieve their goals in life.

Sports enthusiasts, students, and the local community members were present on the occasion to witness the thrilling championship matches and show their support for the budding athletes.

Later, a series of cultural programs were presented by the students, which mesmerized the audience.

FROM THE FRONT PAGE...

G20 meeting belongs...

We are marching forward with the common vision of peace, progress and prosperity. Let us all re-dedicate ourselves to make this event a memorable one with the spirit of Yasudhaiva Kutumbakam," said the Lt Governor.

Speaking on the revival of the Tourism sector, the Lt Governor said the sector was affected adversely due to covid pandemic but now it is recovering fast. We are making several interventions to give new momentum to tourism and hospitality sector, he added.

Connectivity is the most important aspect not only for the tourism but also for overall development. More than 1.5 lakh road rupees worth highways & tunnel projects are being executed and the improved road & rail connectivity have brought J&K closer to the world, the Lt Governor further added.

The Lt Governor also commended the contribution & cooperation of all stakeholders, civil society groups, eminent citizens in the preparations of the upcoming G20 event starting from 22nd May in Srinagar.

On the occasion, Junaid Azim Mattu, Mayor SMC; Darakshan Andrabi, Chairperson, J&K Waaf Board; Safina Baig, DDC Chairperson Baramulla & Chairperson J&K Haj Committee; DDC Chairpersons, civil society members, representatives of various organizations and religious heads shared their valuable suggestions for making the G20 event at Srinagar a grand success. They also assured their support and cooperation in the smooth conduct of upcoming Mela Kheer Bhawani, Haj pilgrimage and Shri Amarnathji yatra.

Dr Hina Shafi Bhat, Vice Chairperson, KVIB; R K Goyal, ACS, Home; Dilbag Singh, DGP, senior officials of civil administration and Police were also present.

G-20 meet: Security...

on a range of issues related to the security, law and order situation in the districts. The DCs and SSPs informed the chair about the measures put in place for maintaining peace and order to ensure security of the people.

Senior Superintendents of Police were directed to strengthen nakas, keep check on suspicious movements and ensure there was no law and order situation in the districts.

The SSPs were further instructed to stay vigilant against any attempt by any person or group to vitiate the peaceful atmosphere of the districts or indulge in any illegal activity.

Meanwhile, taking cognizance of frequent complaints being received related to frequent international calls from unknown numbers, Jammu and Kashmir Police in an advisory have appealed to the people not to attend such calls as they are spreading rumours on cancellation of G-20 meeting scheduled to begin in Kashmir next week.

As cyber crime and cyber frauds have swelled manifold, simultaneously, likewise international calls from unknown numbers from different callers and service providers are spreading rumours about cancellation of G-20 meeting to be attended by foreign delegates at Kashmir, they said.

"The rumour of cancellation of G-20 meeting in Jammu and Kashmir is being spread through calls made from foreign numbers," police sources said.

They said that in an advisory, people have been asked not to answer phone calls coming from abroad.

Actually, sources added that since the last few days

people are receiving calls from numbers with +44 code and those who are attending them, the caller is trying to create confusion among people by spreading rumours about the cancellation of the G-20 meeting to the people of Jammu and Kashmir.

"Several such complaints have been received at various police stations," they said, adding that it seems to be a handiwork of some anti-national forces making calls from suspicious phone numbers to mislead people and spread anti-national messages.

"People need to be alert on this and if anybody has such a complaint it can be lodged with the cyber police station or to the nearby police station," said a police official.

Furthermore, Arun Gupta, President Jammu Chamber of Commerce and Industry has requested the administration to arrange the visit of the visiting delegates attending the summit, to Jammu areas also so that they can visit the world famous places like Patnot, Sudhmahadev, Mantalrai and the lakes of Surinara, Mansar and the holy shrine of Mata Vishnovdevi in Katra.

CCI president Arun Gupta said that these places are being visited by the lakhs of the people. The visit of the delegates to Jammu areas will prove as a milestone for improving the tourism sector of Jammu.

Notably, G-20 meeting is commencing in Kashmir next week and in view of that tight security arrangements are made in the Valley—(KNO)

G-20 peoples' event...

The ADGP Kashmir said that police will put in place anti-drone equipment with the help of NSG and the army. "Police are fully capable to deal with any threat in water bodies but since Marine commandos were available, they have been deployed in Dal Lake and other bodies," he said, adding that police, CRPF and SSB teams will also be deployed in strength to foil any possible threats by terrorists.

To a query whether there would be any restrictions, ADGP Kumar said that no curbs would be placed anywhere. "Some rumour mongers are spreading rumours about curbs. Strict action will be taken against such elements," he said. The Kashmir police chief said that all the security teams have been properly briefed to ensure general people don't face any inconvenience during the G-20 event.

Marine commandos have already been deputed in the famous Dal Lake while as NSG commandos conducted a recee of city centre Lal Chowk, ahead of the international event. This is for the first time that Kashmir will host a G-20 event under India's presidency. The event is being conducted at a time when Srinagar is going through a major face lift under Smart City project. A series of security review meetings were chaired in Srinagar to ensure fool-proof security cover for the G-20 event. Union Home Secretary Ajay Bhalla finalized a series of meetings in Srinagar last week to finalise the security and other arrangements for the G-20 event. ADGP Kashmir and Divisional Commissioner Kashmir Vijay Kumar Bhdhuri also chaired a high level of security review jointly in Srinagar. On Wednesday (May 17), DGP Dilbag Singh also chaired a crucial security review meeting at PHQ where he stressed on ensuring a close-synergy among the security agencies. The DGP also stepped up vigil on highways and ordered night patrolling to "keep anti-national elements and terrorists at bay."

J&K's Lieutenant Governor Manoj Sinha recently

stated that the G-20 event will give Tourism a big push on an international platform. Tourist players and traders have pinned hopes with the G-20 that the visiting delegates will help remove the negative foreign travel advisory on Kashmir and pave way for the foreign tourist arrivals in the Valley—(KNO)

Terrorist-Gangster-narco...

"his involvement in a terror conspiracy involving gangster Kaushal Choudhary and his associates Sunil Balyan alias Tilla Tajpuria, among others," the NIA said. He (Irfan) has been arraigned as an accused following the raids that also led to the recovery of arms, the agency said.

The role of Jassa Singh, the NIA said, has been "established" in the Khalistan terror conspiracy and he had delivered a pistol at the instance of Arsh Dalla.

The agency launched the raids, under an operation named 'Divhast' (demolish), on Wednesday at a total of 324 locations in coordination with the Haryana and Punjab Police.

The NIA has said investigations in these cases are connected with conspiracies related to targeted killings, terror funding of pro-Khalistan outfits, extortion and other such criminal activities.

Some of these cases include the killing of Maharashtra builder Sanjay Biyani and international Kabaddi player Sandeep Nangal Ambia in Punjab last year, it said.

"NIA investigations have so far revealed that the conspiracies were being hatched in jails of different states and were being executed by an organised network of operatives based abroad. The spotlight on these gangs has become sharper after reports of several prisons becoming havens of the deadly nexus and hubs of gang wars, which recently resulted in violence and murder inside the Goidwal jail and Tihar jail," the NIA said.

The agency said many criminals, who were leading the gangsters in India, had fled to countries such as Pakistan, Canada, Malaysia and Australia, from where they were engaged in planning serious crimes, in association with criminals lodged in jails across India.

These groups were carrying out targeted killings and raising funds for their nefarious activities through smuggling of drugs and weapons, hawala and extortions, it said. (AGENCIES)

Suspicious ISD...

Moreover, if a person has any grievance or query related to the matter, the cyber police station or any nearby police station or police post can be contacted, the statement added.

Rana takes up with...

that the concerned agency will take a considerate view over the issue and have an adequate number of centres set up in Jammu and Kashmir for the convenience of the aspirants.

Harassment allegations...

said it was strange that she linked the searches with the G20 event.

"The lady (Shah) is strangely linking this with G-20, more strange is an ex CM linking this too with the event, when she herself was privy to such search in particular locality due to terrorist sighting," the statement said.

Police said the search team included three deputy SPs and four lady officials.

"Such attempts of forwarding malicious agenda of attributing routine security measures to an event by family of a separatist undergoing jail in a terror funding case shows sheer frustration of some vested interests," police said.

Earlier Sehara alleged harassment by forces during a search operation and linked it with the G20 Meeting.

She said her mother had just begun praying when the doorbell rang.

"It took her a few minutes to finish her prayers, so she was unable to open the gate, but by that point, about 20 to 25 heavily armed men had broken in through the house's gate. They then climbed the walls and jumped inside..." She later entered the house as usual wearing boots, searched every inch of it and left a mess everywhere," Shah said in a series of tweets

"They destroyed the drawing room's furnishings and scattered objects all over. Our rooms are entirely messed, with all of the almirahs open and everything else thrown throughout. I'm disgusted by how everything has been destroyed. My mother was intimidated as they left and warned that they would return," she said.

She also posted the visuals from the CCTV footage from inside the house.

PDP president Mehbooba Mufti accused the forces of violating the privacy of people.

"Right before G20 in Kashmir, security forces are breaking into homes, ransacking & violating the privacy of people here. As if the existing repression in Kashmir wasn't enough, GOV's paranoia about G20 has unleashed bigger demons. Even women are not being spared," she tweeted. (Agencies)

Dr Jitendra Singh chairs...

creating a start-up culture (Agri-tech start-ups) under Aroma Mission in Jammu & Kashmir, this integration will help other institutions to create Start-ups according to their resources, Dr. Singh added.

Dr. Jitendra Singh maintained, working in silos is no longer an option in India especially under the present government which stresses on greater integration, extensive brainstorming for greater results. This inter-institutional connect today will present a roadmap for the other institutions in the country towards sharing of resources, greater interconnectedness etc., Dr. Singh added.

The collaborative models may be suggested by institutions in any field so that the other institutions may also step in creating an atmosphere of ambient integration, said Dr. Jitendra Singh.

For example, IIM could also create a model regarding personnel management in hospitals for intern doctors, Dr. Jitendra Singh suggested.

Besides Principal Scientific Advisor, Government of India, Ajay Kumar Sood and Director General CSIR & Secretary DSIR, Dr. N. Kalaiselvi, the meeting was attended by Director CSIR-IIIM Jammu, Dr. Zabeer Ahmad, Director AIIMS Jammu, Dr. Shakti Gupta, Vice Chancellor Jammu University, Prof. Umesh Rai, Vice Chancellor Jammu University Jammu, Prof. Bechan Lal, Vice Chancellor SKUAAT Jammu, Prof. Nazir Ahmad Ganie, Vice Chancellor BGSU, Prof. Akbar Masood, Vice Chancellor SMVDU, Prof. R K Sinha, Vice Chancellor CUJ, Prof. Sanjeev Jain, Director HIM Jammu, Prof. B S Sahai, Director IIT Jammu, Dr. Manoj Kumar Gaur and Principal GMC Jammu, Ms. Shashi Sudan.

## JACL organises workshop cum demonstration on Food Fortification in convergence



JI NEWS SERVICE

JAMMU, MAY 18: In alignment with the Honourable Prime Minister Shri Narendra Modi's vision for Food Fortification to reduce malnutrition, Jammu Smart City Ltd has organized a workshop cum demonstration on Food Fortification, which is a scientifically proven, cost-effective, scalable, and sustainable global intervention that addresses the issue of micronutrient deficiencies.

FSSAI operationalized for fortifying staples namely Wheat Flour and Rice (with Iron, Vitamin B12, and Folic Acid), Milk and Edible Oil (with Vitamins A and D) and Double Fortified Salt (with Iodine and Iron) to reduce the high burden of micronutrient malnutrition in India.

This workshop cum demonstration on Food Fortification was organized under the Eat Right Initiatives of Jammu Smart City Ltd (JACL) which is also among the top 11 smart cities in India in the recently concluded Eat Right Smart City Challenge, a Nationwide campaign by FSSAI.

The Workshop was organized at Trikuta Yatri Niwas, Community Hall, Amphalla, Jammu where Special Guest, CDPO Jammu Rashi Dutta launched the workshop while addressing, she said that this is such an important topic for which stakeholders and the public in general need to sensitise at mass level and take this movement to every household.

Dr. Parvesh Kumar, Programme

Coordinator Eat Right Initiatives, Jammu Smart City Ltd introduced the program and shared facts about the impact of malnutrition on health and other related concerns due to nutrition deficiencies.

Mr Satish Kumar, an IEC consultant from Mavis IT Services Pvt Ltd, New Delhi presented a detailed presentation on the "Role of IEC in Food Fortification awareness" which highlights how information and communication technology is leading the way in this by demonstrating the relevant examples and media content.

Dr. Bharat Bhushan delivered presentations on various facets of food fortification practices, nutrition values, etc.

The Students from Bharat Public High School, Satwari also demonstrated the facets of Food Fortification and explained, what activities they are doing in school to implement this topic in true spirit.

The fortified prepared food stalls were also demonstrated by the CDPO Jammu team and an innovative baby shower ceremony was conducted in which fortified food baskets were distributed among the pregnant women beneficiaries and baby kits were distributed to the lactating mother's beneficiaries.

Later, the function was concluded with a vote of thanks by CDPO Jammu Rashi Dutta and she thanked JACL for conducting this workshop for ICDS Supervisors and Anganwadi workers.

## Gear up for Panchayat & ULB polls: Tony asks party cadre

SAYS ONLY AAP CAN FULFILL PEOPLE'S ASPIRATIONS

JI NEWS SERVICE

JAMMU, MAY 18: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh while asserting that only AAP can fulfil the aspirations of the people of J&K who have been facing the brunt in absence of a democratically elected representative Govt for so many years now. He expressed this while addressing a meeting of AAP District Presidents and party workers here today. Taranjit Singh Tony asked all the District Presidents and party workers to gear up for the upcoming ULB and Panchayat Polls in Jammu and Kashmir Union Territory. Urging them to work in absolute coordination he asked them to focus on reaching out to the people at their



doorsteps and get their issues resolved. He said that though a common strategy will be adopted for the aforesaid polls at the same time it can also be adapted as per the local urges in different areas.

The AAP leader said that Central Govt as well as the Union Territory has failed on all fronts be it education, corruption, inflation etc. He said that J&K students have been deprived of proper education which

is evident from the fact that more than 1900 schools stand closed in J&K during the past three years. Corruption and Inflation have crossed all limits with the common man struggling for the very survival today. The AAP leader while asserting that the Bharatiya Janata Party (BJP) is wholly and solely responsible for the miseries of common man in J&K, he said that the saffron party did not even hesitate from demolishing the rich heritage and status of erstwhile Maharaja Hari Singh's princely State by dividing it into two Union Territories. Only AAP can fulfil the aspirations of J&K people, he added.

He asked the party cadre to strengthen the base of the party at grass roots level by making the people aware about the key achievements of AAP in Delhi and Punjab where people are today enjoying democracy in letter and spirit.

## DFSS hold protest against propaganda over 'The The Kerala Story' movie

JI NEWS SERVICE

JAMMU, MAY 18: The workers of Dogra Front & Shiv Sena under the leadership of President Ashok Gupta took out a protest rally in Jammu city against the huge fight and propaganda against the 'The Kerala Story' movie.

Boys hostel medical college has been made to make doctors who can help people and take care of them but for the first time in the history of Jammu & Kashmir slogans like 'Jammu ko POK banadenge' such kind of lines from a doctor are not bearable.

Doctors take oath to protect and cure the citizen regardless of cast, creed and colour but the slogans raised in boys hostel were communal and against people doesn't deserve to be doctors and they should be barred from pursuing MBBS.

The fight reportedly broke out late on Sunday night after a student allegedly shared a Whatsapp message praising the recently released movie 'The Kerala Story'.

First-year MBBS Hindu student uploaded a link to



the movie 'The Kerala Story' with the message 'Must Watch' on a Whatsapp group. A senior Muslim student, along with several others, allegedly confronted the first-year student after becoming enraged by the post.

They were opposed to the message sent in the group. This resulted in an argument. Seeing the 1st year student being threatened, more Hindu students gathered to support him. The argument quickly escalated into a full-fledged brawl.

The students were so outraged with the message that they accosted the first-year student who had

written it in the hostel corridor and threatened him with death. The outraged students threatened to kill him and his family if he kept supporting the film. Gupta stated that they video recordings and screenshots of messages to confirm what happened in the GMC hostel on Sunday night. Opposition leaders also descended on Twitter to use the narrative spun by these media outlets to blame the scuffle on the aggrieved party while portraying the aggressors as victims.

Omar Abdullah has written that Very distressing images of gunda elements targeting Kashmiri students in Jammu.

Mehbooba Mufti wrote Shocking that GOI (Government of India) promotes & encourages violence through movies stoking communal fires. These Ex Chief Ministers should have shame as they are playing divisive politics and trying to disrupt the harmony of Jammu. At last Gupta stated that they culprits should be barred from MBBS and law of the land should be upheld. The party people who were present at the time of protest were Abhishek, Subhash, Prem, Satya, Rajkumari, Baldev, Rampal, Vikas, Vinay and various others were present.

## Apni Party committed for dignified future of J&K youth: Vipul Bali

JI NEWS SERVICE

JAMMU, MAY 18: Apni Party Youth Wing Provincial President, Jammu, Vipul Bali said that Apni Party is committed toward a dignified, peaceful, and prosperous future for the youth of Jammu and Kashmir. Addressing a meeting cum joining programme which was organized by Shivani Koul, Provincial President, Jammu, Youth Wing, Vipul Bali said that the Apni Party is committed to provide a dignified, peaceful and prosperous life to the youth and women of Jammu and Kashmir.

Bali said that the party has highlighted the issues of unemployment, and unbiased recruitment processes and resolved issues confronted by

the youth in Jammu and Kashmir.

"The educated youth are becoming over-aged in absence of employment opportunities in the Govt sector. The youth in J&K are mainly dependent upon the Govt sector jobs, and these jobs are not being advertised.

However, the vacant posts on which the recruitment was conducted turned into major scams," he added.

Besides, he also welcomed the statement of Apni Party President Syed Mohammed Altaf Bukhari who demanded that NTA exams should be conducted within J&K not outside the Union Territory. He also demanded that the NTF exams should be conducted in J&K for the students of the UT.

Meanwhile, over a dozen people joined the Apni Party. Those who joined Apni Party include Parnet Bhat, Akshit Raina, Akash Raina, Danish Gupta, Karan Rajput, Tarun Bharti, Karishma Kanth and others.

Besides, Apni Party Provincial President, Women Wing, Jammu, Pavneet Kour said that the women in Jammu and Kashmir need to be socially, economically and politically empowered. She said that the Apni Party has given ample opportunity to the women.

District President Youth Wing, Shivam Choudhary, District President Women Wing, Rita Pandita, District Vice President Sandeep Vaid, District Vice President, Abhinav Gupta and others were present on the occasion.

## Lagan Society organizes workshop on Duggar Folk Music



JI NEWS SERVICE

JAMMU, MAY 18: Lagan Society for Art and Culture organized a workshop on the subject of Duggar Folk Song and Music which

includes Indian Classical Music at the premises of Music Institute situated at Talab Tillo Chowk, Jammu, which was witnessed by a large number of students and art lovers. The workshop like Folk song and

Music as well as Indian Classical Music with special emphasis on promotion and protection of dying Folk tradition of Jammu Region. The main focus of this workshop was the promotion of Duggar culture of J&K.

The function was started with the lighting of a traditional lamp and presented the bouquet to the guests by the members of the society.

On this occasion, the participants were Lagan Verma, Aditi Gupta, Ayushi Bhat, Parmita Sharma, Aditya Sharma, Rudra Chouhan, Vinod Kumar, Amodini Malhotra and Shingarika Malhotra.

The guests and parents appreciated the role of society for highlighting the importance of Duggar culture. At the end, the vote of thanks was presented by Mr. Rajesh Kumar Verma, President, Lagan Society for Art and Culture to the guests as well as audience.

## Rana takes up with LG issue for conduct of CUET within J&K

JI NEWS SERVICE

JAMMU, MAY 18: Sharing the concern of Jammu and Kashmir students appearing in the Central University Entrance Test (CUET) about their Centres being located outside the Union Territory, Senior BJP leader Mr Devender Singh Rana today sought the intervention of Lieutenant Governor Mr Manoj Sinha for setting up of the centres within J&K. In a statement, Mr Devender Rana said the Lieutenant

Governor has been kind enough to assure that the issue will be taken up at an appropriate forum for redressing the genuine grievances of the aspirants from Jammu and Kashmir.

Mr Rana expressed surprise over the decision of the National Testing Agency for allocating the J&K students centres outside the UT and not having made any arrangements for conducting tests locally at District or Tehsil level. The move will discourage students belonging to financially disadvantaged families to undertake journeys outside the UT for appear-

ing in the test.

This is illogical and the decision needs to be reversed in the large interest of the candidates, he said, adding that the candidates had not preferred centres outside Jammu and Kashmir while exercising their options.

He expressed solidarity with the protesting students and hoped that the concerned agency will take a considerate view over the issue and have an adequate number of centres set up in Jammu and Kashmir for the convenience of the aspirants.

## BJP Govt failed to fulfill promises made to people: Rattan Lal



JI NEWS SERVICE

JAMMU, MAY 18: Rattan Lal Gupta, Provincial President National Conference Jammu accused the BJP Government at the Centre of not fulfilling the promises it had made to people in the run-up to election. The NC stalwart leader said this while addressing a workers meeting in Hiranagar on Thursday. The meeting was presided by Sham Narian Mehta District President Kathua Rural.

Raising the burning issues of border dwellers living along the IB and LoC, Rattan Lal said that starting from Lakanpur to Uri in extreme north of the state, the people residing in border and Kandi belts are facing numerous problems but the BJP dispensation at the Centre and its proxy administration in J&K are doing nothing except rhetoric and showing dreams to the people with more and more promises made every day as if those sitting at helm

will provide moon and stars to the people. Gupta said that people are lurching for basic amenities while the promises made regarding border battalions, 5 mara plots to border dwellers have turned out to be all lies. He said that the people of J&K have now understood well that BJP leadership has expertise in befooling public and telling lies, therefore it is the time for one and all in the UT to extend wholehearted support to NC leadership in the upcoming political contests viz Assembly polls, etc to bail out people from the morass created by BJP Government at the Centre.

The senior NC leader said that farmers in J&K are also confronting number of problems especially in the Hiranagar belt due to new land laws enacted without consulting any of the stakeholders. He said that BJP government is running an authoritative dispensation in J&K with citizen rights under siege as common man is ignored on all fronts.

"The summer has just begun and already the people are facing dearth of potable water and electricity with no answers coming from the people sitting at helm and despite out of proportion hikes in bills.

The healthcare edifice is also in shambles with shortage of medicines in each healthcare facility without any exception, showing indifference of those manning these institutions", Gupta said, adding that people should make up their mind to oust the incompetent dispensation both from J&K and the Centre and give a chance to NC to once again steer J&K and fulfill the aspirations of the people as it did in the past by taking along all the segments of the society and creating social harmony, which is missing these days under BJP regime, which is divisive by choice. He also said that farmers in the region are not getting hybrid seeds and there is acute shortage of fertilizers, making it difficult for the tiller community to get good yield of their crops as the dispensation is in slumber.

The Provincial President asked people of the area to strengthen hands of Dr Farooque Khan and Omar Abdullah to once again install a government which is people-centric and considerate towards the problems of the common man and not like BJP Government which is doing anything and everything for selected few in the country.

## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Depleting water resources

With the growing size of population, there has been need for ensuring matching efforts to deal with the requirements of potable drinking water. In past years, there different reports with regard to water scarcity in the villages of neighbouring states of Haryana and Punjab. One of the news reports suggested that the water table in 12 Nuh villages in Nangal Bilonda block of Gurugram in Haryana are forced to migrate due to non-availability of water. The water table has dipped below 1,200 ft in Nangal Bilonda block areas and tubewells in 12 villages have gone dry with locals buying water for Rs 1,200 per tanker to meet their daily needs. Farmers have no option to irrigate their fields. Similarly, villagers in Punjab's Jind district Kila Jafargarh area who had been fed up with acute water crisis revived a century-old well on the outskirts of the village. The well, according to the villagers, was abandoned about 15 years ago when the government set up a water supply system in the area. Two reports have shown how the people have been grappling with the severe water crisis amid the implementation of 'Har Ghar Jal' Yojna. The water shortage problem does not confine to Haryana and Punjab villages. In Jammu and Kashmir, little has been done for exploration, augmentation and utilization of ground water as only 24 percent of the total available ground water resources of the state has been 'developed' for human consumption and other purposes till date. Kandi belts, particularly Samba and Kathua districts and hilly areas of the Union Territory seem to be heading for tough times in future as 'gradual depletion in water resources' have been reported over the years. What is more shocking is that around 300 village ponds, which could serve as an effective water recharge resource if rehabilitated and de-silted, have vanished in Kandi belts and are in disuse. There are apprehensions that the dwindling water resources in hilly and mountainous belts of the state, where the most of the rainfall goes waste as runoff, could trigger migration of people to plains. Regardless of the prevailing grave situation, Jammu and Kashmir has taken no initiative to establish the State Ground Water Board (SGWB), unlike all other states of the country. The SGWB is mandated to monitor and implement policies for the scientific and sustainable development and management of ground water resources in different states of the country. The net ground water availability (dynamic ground water resources) is 4.82 billion cubic meters (bcm). Jammu and Kashmir, however, has explored and developed only about 25 percent of the net ground water availability of Jammu and Kashmir. The recommendations of Central Ground Water Board (CGWB) for exploration and developing the ground water resources in Jammu and Kashmir have also found few takers in the Union Territory. A few pilot schemes on artificial recharge to groundwater and conserve groundwater resources have been taken but failed to yield desired results. Moreover, there has been a coordination gap between J&K and CGWB as the latter has not been getting any scientific help from the J&K government due to the non-existence of SGWB which exists in all other states of the country. It is high time that the government should seriously look into the problem of depleting water resources and initiate some concrete measures to recharge groundwater so that the problem does not persist for long.

## AI MAKING INROADS INTO THE BUSINESS WORLD

OVER TIME, AS ARTIFICIAL INTELLIGENCE SYSTEMS IMPROVE, THERE WILL BE MORE AND MORE SELF-CORRECTION.

SUBIR ROY

SOFTWARE engineers are panicking that they may lose their jobs to the artificial intelligence (AI) software which can mimic a whole lot of things that they do to earn a living. And since India supplies the technology world with a massive number of software engineers – a boon for the educated middle class – what India is facing is a possible social turmoil resulting from the loss of large numbers of jobs for the middle class.

That this is not unnecessary panic too early in the day can be gauged from the fact that IBM is expected to pause hiring for roles that it thinks can be replaced with AI software. A survey has confirmed that AI has already begun to replace humans in the US. Perhaps the last straw is the 'godfather' of AI, Geoffrey Hinton, becoming so concerned about the risks that AI poses that he is leaving Google so that he can speak freely about these risks.

AI is a software that trains machines to perform intelligent tasks. Earlier, it was used mainly to decipher patterns and make predictions by analysing large amounts of data. But today the rage is generative AI, which can create words, sounds, images and videos like an intelligent human. It powers chatbots which 'chat', so to speak, with humans by answering questions instantly in eerily lifelike conversations.

The chatbot ChatGPT (GPT stands for generative pre-trained transformer) has taken the world by storm in no more than a few months. It can create photos and voices that have fooled experts and write software code, TV episodes, songs and even entire novels, all by mimicking humans with startling accuracy. It works through machine learning via neural networks that mimic the way the human brain works. All this it does by going through enormous amounts of data which it has to feed.

Finding what ChatGPT, created by the San Francisco startup OpenAI, majorly funded by Microsoft, can do, other tech giants have got into the act. Google has come up with its chatbot Bard to power its search



engine and Microsoft has unveiled Bing, entirely its own creation. These have created a boom in generative AI which represents enormous opportunity but, as can be guessed, is also capable of doing enormous damage.

The spectre that society sees before it is of deepfakes, hallucination and sheer misinformation. Chatbots have fathomed imagine scandals, conspiracy theories and plain racist texts. These would be grist to the mill for troublemakers such as the Donald Trump supporters who had stormed the US Capitol on January 6, 2021, seeking to thwart the certification of Joe Biden's victory in the presidential election.

Before we start panicking, there is a need to also look at the other side of the picture. First, generative AI does not come cheap. OpenAI, which has developed ChatGPT, lost a massive \$450 million last year. It is likely to turn out to be the most capital-intensive startup in the history of Silicon Valley. But the market wants the product. OpenAI is likely to clock a revenue of \$1 billion next year.

Second, generative AI will also affect the job market in a positive way. There is a serious shortage of data science specialists working on AI and some of them are getting a pay hike of 35-50 per cent when they are switching jobs. Companies in as diverse fields as

healthcare, finance and entertainment are seeking to build their own AI engines. The demand is coming not from software vendors to whom routine work is outsourced – the backbone of Indian IT – but the companies or clients themselves as AI work cannot be outsourced.

Why do companies need AI capabilities? They help respond to messages, generate ideas, navigate tough communications, facilitate team conversations, and help write self-assessment reports. They perform routine tasks like writing emails, other than, of course, writing code. However, the text generated has errors, sometimes contradicting itself, and the code written has bugs. Overall, AI chatbots provide a great starting point, but the output has to be overseen to correct errors. Simply put, it is a great help to get a first draft of a response to an email but you cannot let the mail go unsupervised.

The Indian software scene faces contending realities. AI can do the absolute basic work of writing a code or routine tasks of system maintenance. But the output has to be checked for errors. Over time, as AI systems improve, there will be more and more self-correction, but the systems themselves will have to be taken forward. So the Indian software industry will not need the number of engineers that it currently does but the demand for

output and systems supervisors will go up. Fewer low-paying jobs will be more high-paying jobs will be the scenario of the future. And that future can arrive within a year.

At the end of the day, why will companies which have nothing to do with software directly, say a steel or beverage company, need to keep abreast of developments in AI? A key reason is that the field is so new, the future is so open and the potential so vast that no company worth its salt will want to be left out of the mainstream of developments in AI.

It is like asking if a company needs a powerful IT system. Of course, it does. AI is really like the next layer. It uses IT to do the routine computational work that any business has to do, either in-house or outsourced. The challenge that AI offers is getting the IT to do a part of the routine cerebral work too so that the number of staff in non-customer facing positions is reduced. Other than writing or vetting resumes, what AI can do is write the first draft of the company's annual report.

And should those in the government think that generative AI is a headache for the private sector, the realisation should dawn that the jobs of those who do the first draft of notes are also at stake. Generative AI can even do a first take on the Budget speech of the Union Finance Minister!

## Confronting threat posed by China's space programme

YOGESH GUPTA

SPEAKING at a symposium organised by the Indian Space Association in New Delhi last month, India's Chief of Defence Staff General Anil Chauhan made a strong pitch for India to acquire defensive and offensive capabilities in the space domain. The steady progress towards the weaponisation of space had led to a possibility of war in space; space can enhance capabilities of war on land, sea, air and even in cyberspace. India needs to work on "miniaturisation of satellites and reusable launch platforms" to reduce costs and augment its space capabilities, he added.

The Chief of Air Staff, Air Chief Marshal VR Chaudhari, reiterated some weeks later that India needs to have a "full-fledged military space doctrine" amid the increasing weaponisation and contestation in space. Giving the examples of the USA and France, he said India should transition from air power to aerospace power. Both the Chiefs had in mind the rapid progress made by China, which has doubled the number of its satellites to about 700 in the past three-four years. It has also acquired the capability to degrade and kill satellites of its adversaries by kinetic means, electronic warfare and lasers, and track the movement of aircraft carrier groups and missile tests.



China's space programme began in the 1950s with the use of their Dong Feng 3 Intermediate Range and later, the DF-5 inter-continental ballistic missiles modified as satellite launch vehicles. China's three-phase space strategy crafted in 1992 involved sending a manned spacecraft into outer space and returning its crew safely back to earth, which was achieved in 2003. The second phase involved extravehicular activities, rendezvous and docking operations and landing a rover on Mars. The third phase required setting up the Tiangong space station, which was launched on April 29, 2021. It is conducting experiments in space medicine, life sciences, microgravity,

combustion, astronomy and emerging technologies. During the restructuring of its armed forces in 2015, China set up a Strategic Support Force to assist its combat operations, including in the land, water, cyber, electronic and psychological warfare domains. The first task of China's weaponisation of space was accomplished in 2007 when its Dong Neng-1 rocket, which was a modified version of its SC-19 anti-ballistic missile, destroyed a defunct Chinese weather satellite. An upgraded Dong Neng-2 was tested in 2013 for a non-destructive test of a geostationary satellite. In 2016, on the first China 'Space Day', Chinese President Xi Jinping directed his

government and the military to become the "foremost global space power by 2045". The Chinese space programme was aimed mainly at the US; in its thinking, the overwhelming capabilities of the Americans gave them undue advantage which needed to be neutralised before China could take territories in the first island chain (Taiwan), and dominate the second island chain and beyond in the Pacific. China's space weapons include both disruptive and destructive options. The disruptive options include terrestrial lasers, which can degrade satellite sensor and electronic jammers that interfere with the navigation and communication systems. China has

set up land-based satellite tracking stations in Xinjiang and other provinces, which can disable satellites through release of high-energy beam and electro-magnetic interferences. China has developed plenty of destructive options to kill an adversary's satellites by hacking into them, manipulating their outcomes, sending orbital interceptors, which can attack the satellites, and deploying 'parasitic microsatellites' released from another satellite, which can smash into the adversary's satellite. There have been reports of Chinese satellites spying on those of its adversaries.

India is about 15 years behind China in some of the above fields, as per some experts. China's BeiDou satellite navigation system based on 35 satellites in orbit is far more advanced in reach than India's Navigation with the Indian Constellation (NavIC), which is working with eight satellites and has a regional coverage up to 1,500 km from its borders. China's space programme has been very ambitious and its budget for 2023 is \$12.77 billion, well above India's \$1.529 billion. The Chinese launch vehicle (Chinese Long March 5 rocket) is capable of carrying five times more payload than India's heavy lifer GSLV-Mk3. In 2021-22, India had fallen behind in new launches as compared to China due to the spread of the Covid-19 infection;

while China launched 55 satellites in 2021, India was able to launch only two. India's security-related space programme got a boost in 2019, when it set up Defence Space Agency (DSA) in Bengaluru, integrating the functions of the Defence Imagery Processing and Analysis Centre, New Delhi, and the Defence Satellite Control Centre, Bhopal. Separately, the Defence Space Research Organisation (DSRO) was set up to provide technical and research support to the DSA for space warfare-oriented technologies and weapons. India launched a Network for Space Object Tracking and Analysis (NETRA) project in September 2019 to improve its space situational awareness.

In November last year, India got its first privately designed and operated rocket launch pad and mission control centre set up by a space start-up called Agnikul Cosmos, using the facilities at the Satish Dhawan Space Centre (SDSC), Sriharikota, Andhra Pradesh. The first private launch took place on November 18, 2022, when a private firm, Skyroot Aerospace, launched its suborbital rocket from the SDSC facility.

In March 2019, India successfully tested an anti-satellite weapon when a fast-moving Indian target satellite in low earth orbit was neutralised with pinpoint accuracy by a three-stage A-SAT missile with two solid rocket boosters.

## Daisy Shah On 'Khatron Ke Khiladi': Joined The Show To Understand Myself As A Person

Daisy Shah, known for films 'Jai Ho' and 'Race 3', says she made the decision to participate in reality show 'Khatron Ke Khiladi' as she wanted to discover her limits and fears.

Shah is taking part in the 13th installment of the stunt-based series, hosted by filmmaker Rohit Shetty, along with the likes of Shiv Thakare, Rohit Roy, Rashmeet Kaur, Dino James, Anjali Gautam, Arjit Taneja, Rishi Chaturvedi, Anjum Fakih, Anjali Amand, Nyrara, M Bhaneri, Aishwarya Sharma and Soundous Mourfak.

The 38-year-old actor said she is always on the lookout for opportunities where she can try her hand at something new and exciting.

"What better than 'Khatron Ke Khiladi' because of the kind of adventure you go through, and the fears that

you face and overcome. I am going there to understand myself better as a person, to understand my fears, which I don't know yet," Shah told PTI in an interview.

Being a part of the popular reality show was something, the actor said, she manifested over the years.

"A year before, I had mentioned in one of the interviews when I was asked 'If there is anything that I want to try in the space of TV?' I said 'Khatron Ke Khiladi'. It is a show that is my kind. I manifested it for myself," she said.

Shah said she doesn't believe in differentiating between movies and television as they both are different mediums of entertainment. "In my dictionary, I do not have categories when it comes to the entertainment industry, like TV and movies are different.



## Cannes 2023: Aishwarya Rai's Turns Queen Of Cannes With 'Hoodie Couture' On The Red Carpet



Making her 21st appearance on the Cannes red carpet on Thursday evening (local time), Aishwarya Rai Bachchan, after French photographers mistook Urvasi Rautela for her, left observers flummoxed with her choice of clothing.

The less respectful called it 'hoodie couture', some others said it appeared as if she had picked up a flowing sheet of aluminum foil from a kitchen in a hurry to act as a sort of canopy atop her flowing black gown; her fawning fans, however, insisted that she was looking very much like the 'Queen of Cannes'.

In the past, according to media reports, she has shown up in a gold mermaid gown by Roberto Cavalli, accessorised with coral lips and immaculate hair, or as the personification of Cinderella, and last year, Renaissance painter Botticelli's ageless masterpiece, The Birth of Venus, had clearly inspired her look. Cannes 2023: Sunny Leone To Manushi Chhillar To Aditi Rao Hydari - Indians Who're Making An Impact At The French Riviera Earlier in the morning, she wore a little more understandable dress - what looked like a shimmery green cape (reportedly by Valentino) paired with straight hair, light lip liner, and high heels. This look was for a L'Oréal event. Aishwarya has been representing the cosmetics giant for more than two decades.

## Cannes 2023: Sara Ali Khan, Esha Gupta and others join L Murugan as he inaugurates India pavilion

Minister of State for Information and Broadcasting L Murugan on Wednesday inaugurated the India Pavilion at the 76th Cannes Film Festival. Joining him at the event were Sara Ali Khan, Khushbu Sundar, Madhur Bhandarkar, Vijay Varma and Manushi Chhillar with Esha Gupta.

At the event, Murugan highlighted India's "timeless tradition of storytelling" that was increasingly being recognised around the world, as per a report in PTI.

"You will not find too many Hollywood films these days that do not have names of Indians in the credits, especially in the VFX and animation departments," the minister said.



He went on to point out that the foundations of "our creative economy" are so strong that "India is well placed to become the world's leading content creator".

Also on the dais at the festival's opening day was Guillaume Esmiol, the executive director of the Cannes Marche

du Film. Esmiol acknowledged that Indian cinema was more and more connected to the global movie business, which makes the country very important for the festival. In his keynote address, Jawed Ashraf, India's ambassador to France and the Principality of Monaco, said: "Cinema is intricately, and inextricably, linked to the lives of the people of India." He added: "Our movie industry is doing a job that diplomats are meant to do: making the world dance to India's tune."

Upon her turn to speak, Sara said, "I think as a nation maybe we are not doing enough, and we should be even more proud of and vocal of the culture that we do have, that we should be able to bring to the rest of the world.

## Witness calls out 'crazy hyperbole' details of Prince Harry-Meghan Markle car chase

Prince Harry and Meghan Markle, along with her mother Doria Ragland, were involved in a car chase while they were being pursued by paparazzi in New York City on Tuesday night. Now a witness to the car chase has called out the hyperbolic description of the incident as "near catastrophic" to be nothing more than "sensational."

The spokesperson for the Duke and Duchess of Sussex said in a statement, "Last night, the Duke and Duchess of Sussex and Ms. Ragland were involved in a near catastrophic car chase at the hands of a ring of highly aggressive paparazzi. This relentless pursuit, lasting over two hours, resulted in multiple near collisions involving other drivers on the road, pedestrians and two NYPD officers."

"While being a public figure comes with a level of interest from the public, it should never come at the cost of anyone's safety. Dissemination of these images, given the ways in which they were obtained, encourages a highly intrusive practice that is dangerous to all involved," it added.

Now, according to a report by People, a photographer on the scene has shared their opinion calling out the description of the incident. They said that it is "sensational" to term the car chase as "near catastrophic." They said, "Nobody got a ticket or arrested... I don't see how it was near catastrophic other than crazy hyperbole." The source also reports, "Prince Harry and Meghan Markle's driver gets pulled over after he was observed by NYPD swerving and almost hitting pedestrians while trying to evade the paparazzi."

## Modern Love Chennai review: Isn't entirely groundbreaking, but offers an eclectic mix of stories on love and heartbreak

Tamil cinema is slowly heading in the right direction in the OTT space, which has allowed filmmakers like Balaji Sakthivel, who has returned to direction after a decade, to truly make something that defines them. Modern Love Chennai - the six-part anthology film from Prime Video, which is adapted from the Modern Love series in The New York Times - isn't entirely groundbreaking. It has stories that are flat, but at the same time we get some truly exceptional work from filmmakers who've enjoyed the freedom to truly make what they want.

Rajumurugan's 'Lalagunda Bommaigal' is an interesting take on modern-day love which asks the most important question which a lot of us tend to ignore. Is modern love all about attraction, getting physical (which also includes abortion) and moving on? Centered on a young girl coping from the pain caused by heartbreak, the show's premise is built on a very common line - don't judge a book by its cover. In the

opening shot, we meet Shoba (a terrific Sri Gouri Priya) in a hospital and she's just undergone an abortion. A few shots later, we feel she's moved on with great difficulty. However, life isn't the same as she's so scarred by the incident that she's perennially angry. A local pani-puri vendor, an immigrant from the north, starts to show interest in her. Every time she comes to eat pani-puri, her friends notice that the guy actually places six puris on her plate instead of the usual four. Even before she starts to show interest, the guy turns out to be like most men and this breaks Shoba's heart once again.

Eventually, when Shoba finds a partner in a local godman turned fruit seller and finds happiness, she truly understands the essence of the proverb - 'never judge a book by its cover'.

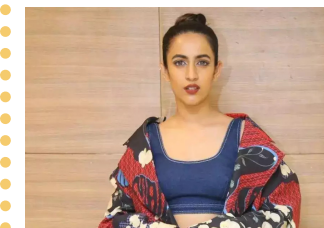
Returning to direct after a decade, Balaji Sakthivel's Imailgal has to be one of the best shorts of the anthology. It's so moving and impactful at the same time. This is a story about a young girl named

Devi with a rare eye condition which will leave her completely blind in a decade or so. The short opens with the scene where Devi (TJ Bhanu) tells her boyfriend Nithya (Ashok Selvan) about her condition. She warns him that life with her isn't going to be a bed of roses.

When they eventually get married and a few years pass by with the arrival of their daughter, the issues kick in with respect to Devi's eye condition and it's a challenge for her to do the simplest of tasks without messing up. The beauty of the short lies in some of the most tender moments between Devi and Nithya.

This is truly a class of a comeback for Balaji Sakthivel, who gives us a story to find someone who can embrace us the way we are (including the troubles that come with us) and encourage us to become who we want. Krishnakumar Ramakumar's Kaadhil Enbadhu Kanula Heart Irukkaara Enjoji is cut from the same cloth as Gautham Menon's idea of love and romance.

## How Niharika Konidela reacted to wedding rumours of brother Varun Tej and Lavanya Tripathi



Social media, over the last few days, has been buzzing with reports about actors Varun Tej and Lavanya Tripathi tying the knot later this year. Now, Varun Tej's sister Niharika Konidela has reacted to the wedding rumour in a promotional interview ahead of the release of her upcoming Telugu web series, Dead Pixels.

As per multiple reports, Varun Tej and Lavanya Tripathi are set to get engaged in June and marry later this year. The two have worked together in two Telugu films, Mister and Antariksham 9000KMPH.

As part of the promotions for the show, Niharika was asked to comment on the rumours surrounding her brother's marriage. When asked about Varun's marriage, Niharika neither denied nor confirmed the rumours. She simply said during an interview with Filmy Hunt, "Let's talk about Dead Pixels."

Dead Pixels is the Telugu adaptation of a British show of the same name. follows the lives of three friends who are obsessed with a video game named Kingdom Scrolls, and how their virtual life affects their real life and vice versa.

Meanwhile, there are also reports that Niharika is dealing with some issues in her marriage. A few weeks ago, both Niharika and her husband Chaitanya unfollowed each other on Instagram amidst rumours that there's trouble brewing between the two. As per fresh reports, Niharika has deleted pictures of her husband from her Instagram page.

Chaitanya had deleted pictures with Niharika when he unfollowed her.



## Satyaprem Ki Katha teaser: Kartik Aaryan and Kiara Advani kiss, give glimpse of their chemistry in romantic film

KARTIK AARYAN AND KIARA ADVANI WOW FANS WITH THEIR SIZZLING CHEMISTRY IN SATYAPREM KI KATHA. WATCH THE TEASER FOR THEIR UPCOMING ROMANTIC FILM.

On Thursday, actor Kartik Aaryan shared a teaser for his upcoming film with Kiara Advani, Satyaprem Ki Katha. The

short clip introduced their characters in the drama. From dancing their hearts out in the middle of picturesque fields to marrying in a grand ceremony and sharing a kiss, the two impressed fans with their chemistry.

Sharing the clip on Instagram Reels, Kartik wrote in his caption, "Aansoo uske ho... par... aankhein meri ho (May her tears fall from my eyes)." As Kartik and Kiara Advani went on bike rides in the mountains, posed together on a shikara (traditional boat) in Kashmir, tried on jewellery during a shopping spree, and

more, the former's voiceover played in the background.

Kartik said, "Wadain, jo kabhi puri na ho, Wadain, jo adhure na ho, Hasi, jo kabhi kam na ho, Ankhin jo kabhi num na ho. Aur Agar ho to bas itna zaroor ho, aansoo uske ho, aur aankhein meri ho (May we have conversations that never end. May we always keep our promises. May our laughter never end. May our eyes never tear up.

And if they do, may her tears fall from my eyes)." A fan commented on Kartik's Instagram Reels, "Can't wait!" One more said, "All Karthik fans will love this one. The chemistry is top-notch. Cannot wait for this one." One more wrote, "Oh my God! What a surprise." A fan also said, "The romance, the love, the visuals. What a stunning film."

In Satyanarayan Ki Katha,

Kartik will be seen romancing Kiara. The film marks the actors' second collaboration after the blockbuster Bhool Bhulaiyaa 2, which was released in 2022. Both Kartik and Kiara have been sharing glimpses of their shoot for Satyaprem Ki Katha. Helmed by Sameer Vidhwans and produced by Sajid Nadiadwala, the film is all set to hit the theatres on June 29, 2023.

The film was in news due to its earlier title Satyanarayan Ki Katha, which translates to the story of Satyanarayan, which is another name for the Hindu God Vishnu. In 2021, director Sameer Vidhwans issued a statement to announce the change in title. Kartik also reposted the statement on his official Instagram account, which said that the title will be changed to avoid hurting sentiments.

# How does food get contaminated? Unsafe habits that kill over 400K people a year

Unsafe foods, according to the World Health Organisation (WHO), contribute to poor health, including impaired growth and development, micro-nutrient deficiencies, non-communicable and infectious diseases, and mental illness. Globally, one in ten people are affected by food-borne diseases each year. Antonina Mutoro, a nutrition researcher at the African Population and Health Research Center, explains what causes food contamination and how we can lower the risk of disease.

Access to safe and nutritious food is a basic human right which many do not enjoy, partly because of food contamination. This is defined as the presence of harmful chemicals and microorganisms in food that can cause illness. According to the WHO, food contamination affects about one in every ten people globally and causes about 420,000 deaths annually. Food contamination can be physical: foreign objects in food can potentially cause injury or carry disease-causing microorganisms. Pieces of metal, glass and stones can be choking hazards, or cause cuts or damage to teeth. Hair is another physical contaminant.

Biological: living organisms in food, including microorganisms (bacteria, viruses and protozoa),



pests (weevils, cockroaches and rats) or parasites (worms), can cause disease.

Chemical: substances like soap residue, pesticide residue and toxins produced by microorganisms such as aflatoxins can lead to poisoning.

What are the most common causes of food contamination? The most common cause of food contamination is poor food handling. This includes not washing your hands at the appropriate time - before eating and preparing food, after using the toilet, or after blowing your nose, coughing or sneezing.

Using dirty utensils, not washing fruits and vegetables with clean water, and storing raw and cooked food in the same place can also be harmful. Sick people should not handle food. And you should avoid consuming under-cooked foods, particularly meat. Poor farming practices

also contaminate food. This includes the heavy use of pesticides and antibiotics, or growing fruits and vegetables using contaminated soil and water. The use of inadequately composted or raw animal manure or sewage is also harmful.

Fresh foods can lead to a number of illnesses. In Kenya, for instance, the contamination of meat, fruits and vegetables with human waste is relatively common. This is attributed to the use of contaminated water to wash food. Flies carrying contaminants can also directly transfer faecal matter and bacteria onto plant leaves or fruits.

Street foods are another common source of food contamination. These foods are widely consumed in low- and middle-income countries because they're cheap and easily accessible. What are the signs that you've eaten contaminated

food? Biological and chemical substances are the most common food contaminants. They account for more than 200 food-borne illnesses, including

to poor hygiene and sanitation, including a lack of access to safe water and toilets. Additionally, when children are ill, they tend to have poor appetites. This translates to reduced

**ACCESS TO SAFE AND NUTRITIOUS FOOD IS A BASIC HUMAN RIGHT WHICH MANY DO NOT ENJOY, PARTLY BECAUSE OF FOOD CONTAMINATION.**

typhoid, cholera and listeriosis. Food-borne illnesses usually present as diarrhoea, vomiting and stomach pain.

In severe cases, food-borne illnesses can lead to neurological disorders, organ failure and even death. It's therefore advisable to seek immediate medical attention if you begin to experience symptoms like persistent diarrhoea and vomiting after eating or drinking.

Children aged under five are the most vulnerable to food-borne illnesses. They bear 40 per cent of the food-borne disease burden. A child's immune system is still developing and can't fight off infections as effectively as an adult's.

In low- and middle-income countries, reduced immunity in children can also occur as a result of malnutrition and frequent exposure to infections due

to poor hygiene and sanitation, including a lack of access to safe water and toilets. Additionally, when children are ill, they tend to have poor appetites. This translates to reduced

Food-borne illnesses also have negative economic impacts, especially in low- and middle-income countries. The World Bank estimates it costs more than USD 15 billion annually to treat these illnesses in these countries. So it's important to have preventive strategies in place.

Pregnant women and people with reduced immunity due to illness or age are equally vulnerable and extra care should, therefore, be taken to prevent food-borne illnesses among these groups.

Food contamination can be prevented through simple measures:

## Healthy ways to include fibre in your diet during summers

LOOKING TO ADD MORE FIBRE TO YOUR DIET DURING THE SUMMER MONTHS? CHECK OUT THESE EASY AND DELICIOUS WAYS TO INCORPORATE FIBRE-RICH FOODS INTO YOUR MEALS.



As the summer season is here, it's essential to focus on maintaining a well-balanced diet that promotes good health and overall well-being. One crucial component of a healthy diet is dietary fibre. Fibre plays a significant role in supporting digestion, regulating blood sugar levels, promoting heart health, and aiding in weight management. With the abundance of fresh produce and seasonal delights during the summer, it becomes easier than ever to include enough fibre in your diet. Whether you're a health-conscious individual or simply seeking to embrace the vibrant flavours of the season, these fibre-rich ideas will help you create delicious and nutritious summer dishes that your body will thank you for.

Ways to include enough fibre in your summer diet  
Yash Vardhan Swami, Celebrity Fitness Coach and the Founder of TrainedByYVS, shared with HT Lifestyle, "One easy way to add fibre during summer is adding seasonal fruits or refreshing salads to diet. Another way would be simply switching regular carbohydrates with unprocessed variants for example Rolled oats instead of regular, whole wheat bread instead of white bread, brown rice instead of white rice."

"Fibre is a type of carbohydrate that is not digested and gets eliminated from the body. It stays in the body for longer and gives satiety by adding bulk to the diet, which helps maintain a healthy weight and manages blood sugar, blood pressure, and cholesterol levels. Fruits, vegetables, legumes, lentils, beans, whole grains, millets, nuts, and seeds are naturally rich in fibre," says, Aman Puri, Fitness Nutrition Specialist and Founder, Steadfast Nutrition.

He added, "Include a serving or two of local and seasonal fruits in your diet every day. Fruits such as apples, pears, berries, bananas, and guava are high in fibre and can be taken as a fruit salad or a fresh smoothie. The best time to have fruits is either in-between your main meals-mid-morning or evening snack, or on an empty stomach. Avocado is another fruit high in fibre-100 grams of avocado contains about 6.69 grams of fibre. One can prepare avocado spreads and have them with sandwiches or use avocado in smoothies and salads."

"Include salads in your daily diet before consuming the main meal (breakfast, lunch, and dinner to make your body alkaline, add bulk to the diet and avoid over-eating. Non-starchy vegetables, such as broccoli, cabbage, celery, cucumber, zucchini, tomato, cauliflower, and mushrooms are relatively low in calories and contain a decent amount of nutrients, including fibre. Chia seeds are packed with healthy fats and protein and are high in fibre-100 grams have approximately 34.4 grams of fibre. Use these to make chia pudding, chia-infused water, for making overnight oats and homemade protein bars, or sprinkle the seeds over your salads and smoothies," says, Aman. "Including legumes, lentils, and peas in your everyday diet can also meet the body's fibre needs. A cup of cooked beans can help meet nearly 50% of our daily fibre requirements. They can be consumed traditionally with chapati or rice or as chana/lobia/rajma/soyabean/moong dal salad. You can also use white chana or chickpeas to prepare hummus at home. Use it with salad sticks (cucumber/carrot/beetroot sticks), or apply it over your toasts, wraps, and sandwiches."

# The WHO says we shouldn't bother with artificial sweeteners for weight loss or health. Is sugar better?

This week, the World Health Organisation (WHO) advised that "non-sugar sweeteners should not be used as a means of achieving weight control or reducing the risk of noncommunicable diseases" such as diabetes and heart disease.

Artificial sweeteners are either natural compounds or synthesised compounds that taste sweet like sugar - and are up to 400 times sweeter by weight - but provide no or negligible energy. As a comparison, sugar has 17kj (or four calories) per gram, so one teaspoon of sugar would have 85 kilojoules.

Several types of artificial sweeteners are used in Australia. Some are synthetic, others are extracted from foods such as monk fruit and the stevia plant.

So, what do the new WHO guidelines mean for people who have switched to artificial sweeteners for health reasons? Should they just go back to sugar?

As a practising clinical dietitian in the 1990s, I remember when artificial sweeteners began to appear in processed foods.

They were promoted as a way of substituting sugar into food products that may lead to weight loss.

A can of sugar-sweetened soft drink contains on average about 500kj. Theoretically, the substitution of one sugar-sweetened can of soft drink with an artificially sweetened can of soft drink every day would reduce your weight by about 1kg per month. But research over the past few decades shows this doesn't hold up.

What's the new advice based on? The WHO has based its recommendation on a systematic review it has conducted. Its objective was to provide evidence-based guidance on the use of artificial sweeteners in weight management and for disease prevention.

Weight management is important, given obesity increases the risk of diseases such as diabetes and certain types of cancer, which are the leading cause of death globally.

The WHO's systematic review included data from different types of studies, which give us



different information: 50 were randomised controlled trials (when scientists intervene and make changes - in this case to the diet - while keeping everything else constant, to see the impact of that change)

97 were prospective cohort studies (when scientists observe a risk factor in a large group of people over a period of time to see how it impacts an outcome - without intervening or make any changes)

47 were case-control studies (another type of observational study that follows and compares

two groups of otherwise matched people, aside from the risk factor of interest).

Randomised controlled trials provide us with causal data, allowing us to say the intervention led to the change we saw.

Prospective cohort and case-control only give us associations or links. We can't prove the risk factors led to a change in the outcomes - in this case, weight - because other risk factors that scientists haven't considered could be responsible. But they give great clues about what might be happening, particular-

ly if we can't do a trial because it's unethical or unsafe to give or withhold specific treatments.

For body fatness, the randomised controlled trials showed those consuming more artificial sweeteners had slightly lower weight - an average of 0.71kg - than those consuming less or no artificial sweeteners.

But the cohort studies found higher intakes of artificial sweeteners were associated with a higher BMI, or body mass index (0.14 kg/m<sup>2</sup>) and a 76% increased likelihood of having obesity.

The prospective cohort studies showed for higher intakes of artificial sweetened beverages there was a 23% increase in the risk of type 2 diabetes. If artificial sweeteners were consumed as a tabletop item (that the consumer added to foods and drinks) there was a 34% increase in the risk of diabetes.

In people with diabetes, artificial sweeteners did not improve or worsen any clinical indicators used to monitor their diabetes such as fasting blood sugar or insulin levels.

# Zone 2 exercise is beneficial for cardiovascular health; here's how you can calculate its intensity

For better heart health, just sweat it out! It needs no retelling that exercise has numerous health benefits, including weight management, better strength, better blood sugar levels, better mental health, and agility, among others. But exercise is also extremely good for heart health, especially zone 2 exercise. Calling exercise "medicine", Dr Arvind Bhatnagar, lead neurosurgeon, Sparsh Hospitals, took to Instagram to share that doing "45 mins of zone 2 exercise, 4-5 days a week, can greatly improve cardiovascular health". Explaining what zone 2 is, Dr Bhatnagar said, "Simple way of calculating zone 2 is based on your maximum heart rate. Your maximum heart rate is given by the formula 220 minus your age. So, you take 65 to 70 percent of your maximum heart rate, and exercise at that intensity for at least 45 minutes, four times a week, to maintain decent cardiovascular health".



Dr Arvind Bhatnagar, lead neurosurgeon, Sparsh Hospitals, took to Instagram to share that doing "45 mins of zone 2 exercise, 4-5 days a week, can greatly improve cardiovascular health". Explaining what zone 2 is, Dr Bhatnagar said, "Simple way of calculating zone 2 is based on your maximum heart rate. Your maximum heart rate is given by the formula 220 minus your age. So, you take 65 to 70 percent of your maximum heart rate, and exercise at that intensity for at least 45 minutes, four times a week, to maintain decent cardiovascular health".

1As Tom Hanks opens up about feeling "never-ending pressure", find out how it affects you - physically, emotionally, mentally

What is zone 2 exercise? Zone 2 exercise refers to a specific intensity level of cardiovascular activity that targets the aerobic energy system. Deepthi Sharma, Director Multitask

system's efficiency by increasing cardiac output. Regular aerobic exercise strengthens the heart muscle, allowing it to pump blood more effectively. This increased output supplies oxygenated blood to the working muscles and organs, facilitating their optimal functioning.

2 Improved Stroke Volume: Stroke volume refers to the amount of blood pumped by the heart with each contraction. Zone 2 exercise increases stroke volume by enlarging the heart's left ventricle and enhancing its contractile strength. This enables the heart to deliver a greater volume of oxygenated blood to the body per beat, reducing the strain on the heart and improving overall cardiovascular function.

3 Enhanced Capillary Network: Aerobic exercise stimulates the development of a denser capillary network increases oxygen extraction by the tissues, enhancing their endurance and overall cardiovascular health.

4 Lowered Resting Heart Rate: Regular zone 2 exercise can lead to a reduced resting heart rate. This is due to the increased efficiency of the heart, allowing it to pump more blood with fewer beats. A lower resting heart rate indicates a healthier heart and reflects a higher level of cardiovascular fitness.

Zone 2 exercises typically refer to exercises performed at a moderate intensity level, where you are working at a pace that allows for sustained effort without becoming overly strenuous. These exercises primarily target the "aerobic energy system," shared

Agarwal. Below are some activities that can be Zone 2 exercises:

- 1. Brisk walking: Walking at a fast pace that elevates your heart rate but still allows for conversation.
- 2. Jogging or running at a comfortable pace.

3. Cycling: Moderate-intensity cycling, either outdoors or on a stationary bike, where you maintain a steady effort without significant spikes in intensity.

4. Swimming: Engaging in continuous swimming at a moderate pace, ensuring steady breathing and consistent effort.

5. Aerobic classes: Participating in aerobic classes such as dance aerobics, step aerobics, or low-impact cardio workouts that involve rhythmic movements and sustained effort.

6. Rowing: Moderate-intensity rowing on a rowing machine or in a boat, focusing on maintaining a steady pace and rhythm.

able pace: Running at a pace that you can maintain for an extended duration without feeling excessively fatigued.

7. Interval training: Incorporating short bursts of higher intensity exercises into your Zone 2 routine to boost cardiovascular fitness.

8. Core strengthening: Engaging in core exercises to improve stability and support overall cardiovascular health.

9. Flexibility exercises: Incorporating stretching or yoga to improve muscle elasticity and reduce the risk of injury.

10. Mindfulness: Practising mindfulness or meditation to reduce stress and improve overall well-being, which can positively impact cardiovascular health.

11. Strength training: Incorporating light to moderate weightlifting to build muscle mass and support metabolic health.





# PM Modi Inaugurates Mega Expo In Delhi On International Museum Day



**NEW DELHI:** Prime Minister Narendra Modi today said his government has prioritised preserving the country's heritage, even as he lamented that enough efforts were not made in this direction post Independence. Addressing a gathering after inaugurating the International Museum Expo 2023 at Pragati Maidan in Delhi, PM Modi also flagged the issue of trafficking of ancient Indian art and antiques, and said that with India's increasing prestige in the world, various countries have now started returning things belonging to Indian heritage.

PM Modi said 10 special museums are being built to immortalise the contribution of the tribal community in the country's freedom struggle. The long period of slavery also resulted in the destruction of the country's written and unwritten heritage, PM Modi noted. This is not only India's loss, it is the loss of the whole world, he asserted. "Unfortunately, the efforts that should have been made post Independence to preserve our heritage, were not made," he said. He also urged people to make preserving historical artifacts their nature.

"For example every household must make a family museum in which they preserve things of their ancestors and elders. Schools and institutions should also make their own museums," he said. During the event, PM Modi also unveiled the mascot of the International Museum Expo, a graphic novel titled "A day at the Museum", a directory of Indian museums, a pocket map of Kartavya Path, and museum cards. The mascot of the International Museum Expo is a contemporary version of the dancing girl made of wood in the Chennai-patnam art style.

The graphic novel portrays a group of children visiting the National Museum where they learn about different career opportunities that are available at a museum. The pocket map of the Kartavya Path highlights various cultural spaces and institutions and also traces the history of the iconic pathway.

The Museums cards are a set of 75 cards with illustrated facades of iconic museums across the country, and is an innovative way to introduce museums to people of all ages and each card holds brief information of museums.

The expo is being organised as part of 'Azadi Ka Amrit Mahotsav' to celebrate the 77th International Museum Day (IMD), according to an official statement. The IMD theme for this year is "museums, sustainability and well-being". The expo is designed to initiate a holistic conversation on museums with professionals to enable these to evolve as cultural centres that play a pivotal role in India's cultural diplomacy, it said. During the programme, PM Modi also inaugurated a virtual walkthrough of the upcoming national museum at North Block and South Block.

## Prime Accused Among 3 In Bengal Cracker Unit Blast Case Arrested From Odisha: Police

**KOLKATA:** The West Bengal CID today arrested the prime accused and two others from Odisha in connection with its probe into a blast at an illegal firecracker factory in Purba Medinipur district where nine people were killed in the explosion.

Bhanu Bagh, the main accused in the case, owns the illegal firecracker unit, a senior officer said. The owner of the factory was arrested from a nursing home in Odisha where he has been undergoing treatment after he was injured in Tuesday's blast, the CID officer said.

Bhanu Bagh sustained 70 per cent burn injuries, and was in a "critical condition", he said.

"The prime accused, his son and nephew in the firecracker unit blast case were arrested from Cuttack," the officer said.

The health condition of the main accused in the case is still "critical", and it is "now impossible to bring him back to West Bengal," the officer said. The district police have lodged an FIR in connection with the explosion that took place on Tuesday in which nine people were killed and several others injured.

# Imran Khan Warns Of "Imminent Disaster", "East Pakistan-Like Situation"



**LAHORE:** Pakistan is heading towards an "imminent disaster" and it may face disintegration, former Prime Minister Imran Khan has warned as he accused the ruling coalition of hatching a conspiracy to pit the army against his party. In a video-link address from his Zaman Park residence in Lahore on Wednesday, the 70-year-old Pakistan Tehreek-e-Insaf chief said the only solution to end political instability was to hold elections.

"The PDM leaders and Nawaz Sharif, who is missing in London, are least concerned whether the country's constitution is desecrated, state institutions are destroyed or even Pakistan Army earns a bad name. They are looking for their vested interests of saving the looted wealth alone," he said. "I am seeing a frightening dream that the country is heading towards an imminent disaster. I appeal to the powers that be to let the elections take

place and save the country," Imran Khan said as police surrounded his home. Speaking about the unrest that followed his arrest from the Islamabad High Court premises on May 9, Imran Khan asserted that it was a "pure conspiracy" hatched and executed allegedly on behalf of the ruling coalition and the Punjab caretaker government.

"This is high time that the powers that be should sensibly rethink otherwise the country will face an East Pakistan-like situation," he was quoted as saying by Dawn newspaper. Defending his criticism of the country's constitution, Imran Khan said: "When I reprimand the army, it is like I am criticising my kids." "I have repeatedly stated that I do not interfere in state institutions' internal matters. I did not interfere when I had confirmed reports that the former army chief was conspiring against me," he said, claiming some politicians were telling the cur-

rent army chief that Imran Khan would de-notify him if voted to power.

Strongly reacting to the Punjab government's claim that some 40 terrorists are hiding at his Zaman Park residence, Imran Khan said the government must search the house in a lawful manner after obtaining a search warrant because his own life was also in danger in the presence of terrorists.

"But don't make this an excuse to launch a crackdown on the country's largest political party PTI," he said. Imran Khan said a recent survey revealed that Pakistan's 70 per cent population was standing with his party - PTI - and the remaining 30 per cent people with all the parties that are part of the ruling coalition. Following his video-link address, Imran Khan allowed the electronic and digital media representatives access to his residence to see for themselves that there were no terrorists inside Zaman Park.

The media persons, who visited the house, later reported that there were only domestic workers and some policemen inside the house.

Earlier in the day, he tweeted: "Probably my last tweet before my next arrest. Police have surrounded my house".

He also posted some videos showing police taking positions outside his house.

# Siddaramaiah Chief Minister, DK Shivakumar Deputy: Congress Ends Deadlock

**NEW DELHI:** Siddaramaiah will be the next Chief Minister of Karnataka and DK Shivakumar his deputy, the Congress announced on Thursday, ending five days of suspense after the party's emphatic election win. The decision was announced by Congress spokesperson Randeep Singh Surjewala at a news conference after days of internal wrangling with both contenders pushing for the top job. Mr Surjewala dodged a question whether five-year term will be split among them saying, "Power-sharing means sharing power with people of Karnataka, nothing else." Sources close to Mr Shivakumar said that he had accepted the Number 2 position following an intervention by former Congress president Sonia Gandhi. The sources said the veteran leader had agreed to make the "sacrifice in the interest of the party". DK Suresh, Congress MP and Mr Shivakumar's brother told NDTV



that they are "not happy". "My brother wanted to be Chief Minister. We are not happy with this decision," he said. Mr Siddaramaiah and Mr Shivakumar met Congress general secretary KC Venugopal this morning. This was the first meeting between the two leaders since the tussle for the top post began. The two leaders then went to

meet Congress chief Mallikarjun Kharge. Earlier, Mr Kharge and Rahul Gandhi had made two offers to Mr Shivakumar at a meeting in Delhi on Wednesday. But the meet remained inconclusive, with the top post contender turning down both options, sources said. Another meeting was held later in the evening. Sources said the

first option gave Mr Shivakumar the post of the state's single Deputy Chief Minister post alongside his current job - heading the state party unit. He was also offered six ministries of his choice. There was also Option 2 - power sharing between Mr Shivakumar and Mr Siddaramaiah. Under this, Mr Siddaramaiah was to get the top post for two years, and would have been followed by Mr Shivakumar for three years, sources said. But sources said neither Mr Shivakumar nor Mr Siddaramaiah was ready to go second. There is no clarity on whether there has been a final decision on the rotational Chief Ministership yet. The power-sharing arrangement, it is learnt, now hinges on the Congress's performance in Karnataka in the general election next year. A lot was riding on the decision because of next year's general election.

# Pakistan Supreme Court Judges Get Paid More Than President, PM: Report

**ISLAMABAD:** The salaries of supreme court judges are more than those of the president, the prime minister, ministers, federal secretaries and parliamentarians, The News International reported citing the data submitted to the Public Accounts Committee. The Chief Justice of Pakistan ranks first in receiving the salary, supreme court judges are second, the president comes third, and the prime minister gets a salary less than ministers and federal secretaries. At the Public Accounts Committee, Chairman Noor Khan informed the members that the salary of the Pakistan President is Pakistani Rupees (PKR) 896,550, and the prime minister gets PKR 201,574 salary. At the same time, the Chief Justice of Pakistan receives PKR 1,527,399. The salary of supreme court judges is PKR 1,470,711 and federal ministers get PKR 338,125. A parliamentarian gets PKR 188,000

salary while a grade-22 officer receives PKR 591,475. The PAC sought details regarding perks and privileges received by the Pakistan President, the Prime Minister, the Chief Justice of Pakistan, and other Supreme Court judges, The News International reported. The Supreme Court of Pakistan registrar did not appear before the PAC for the audit of more than 10 year-expenditures of the top court on Tuesday. The committee has re-summoned him for a meeting scheduled to be held on next Tuesday and warned of issuing his warrants if he did not appear. The committee members expressed anger over the absence of a registrar, as per the news report. Noor Khan said, "If the principal accounting officer of the Supreme Court of Pakistan does not appear before the PAC, why will the rest of institutions be accountable," as per The News International report.

# "Wasn't Like Car Chase": Cabbie Who Drove Meghan, Harry On Couple's Charge

**NEW YORK:** Prince Harry and his wife Meghan Markle were involved in a "near catastrophic car chase" with paparazzi in New York, a spokesperson for the couple said Wednesday.

But police and even the mayor of New York City, as well as a taxi driver who briefly transported the couple, played down the danger and duration of the reported pursuit.

The pair were uninjured in the incident Tuesday night that came almost 26 years after the Paris crash that killed Harry's mother, Princess Diana, which Harry blames on paparazzi.

The episode occurred after Harry, 38, and Meghan, 41, attended an awards ceremony in America's financial capital with Meghan's mother Doria Ragland.

"Last night, The Duke and Duchess of Sussex and Ms. Ragland were involved in a near catastrophic car chase at the hands of a ring of highly aggressive paparazzi," the spokesperson said in a statement emailed to AFP.

"This relentless pursuit, lasting over two hours, resulted in multiple near collisions involving other drivers on the road, pedestrians and two



NYPD officers," the spokesperson added. A source close to the couple said Meghan and Harry were pursued by half a dozen blacked out vehicles with "unidentified people driving recklessly and endangering the convoy and everyone around them." "The chase could have been fatal,"

the source added, claiming a number of possible traffic violations - including driving on the sidewalk, running red lights and reversing down a one-way street - were committed.

A spokesperson for the New York Police Department said "there were numerous photographers that made

their transport challenging." The Duke and Duchess of Sussex arrived at their destination and there were no reported collisions, summonses, injuries, or arrests in regard," NYPD spokesman Julian Phillips told AFP. Mother's death

Harry has long had a difficult relationship with the media. He blames press intrusion for causing the death of his mother in a car crash in a Paris tunnel in 1997 while she was being pursued by paparazzi.

In a US television interview earlier this year he recalled seeing the final photos of her and realizing that the last thing she saw before she died was photographers taking her picture. Harry and Meghan, an American former TV actress, sensationally quit royal family duties in early 2020 and moved from Britain to the United States, in part because of intense media scrutiny.

The younger son of King Charles III has been involved in several legal cases against British newspaper publishers since moving to California.

Last week the publisher of The Mirror apologized "unreservedly" to

Harry, who has accused the tabloid of unlawful information gathering. Harry is also pursuing claims against the publisher of The Sun and the publisher of the Daily Mail. Those cases will be decided later this year.

"Hard to believe" Harry and Meghan departed the Ms. Foundation for Women ceremony at the Ziegfeld Ballroom in midtown Manhattan, where Meghan received an award, and were heading towards a private residence when they were pursued. US media reported that the couple got in a taxi outside a police station for part of their journey as they apparently tried to shake off the photographers. Taxi driver Sukhcham Singh told the Washington Post that two vehicles followed them. "I never felt like I was in danger. It wasn't like a car chase in a movie. They were quiet and seemed scared but it's New York - it's safe," he said.

Mayor Eric Adams said he found it "hard to believe that there was a two-hour high-speed chase" through the Big Apple, but added that even 10-minute chase is extremely dangerous in New York City.

The couple's spokesperson said that "while being a public figure comes with a level of interest from the public, it should never come at the cost of anyone's safety." "Dissemination of these images, given the ways in which they were obtained, encourages a highly intrusive practice that is dangerous to all involved," said the spokesperson. Harry carried out several TV interviews this year to promote his best-selling memoir "Spare," which has broken publishing records. In the book and subsequent interviews, Harry aired a barrage of criticism at other royals, including elder brother Prince William. He claimed William physically attacked him during an argument about Meghan and also detailed his strained relationship with his father, King Charles. Harry attended his father's coronation earlier this month without Meghan, who remained in California with the couple's two children. He was not given a formal role in the ceremony. Harry and Meghan have their own private security team in the US but lost their UK taxpayer-paid protection after they left Britain. They are challenging the move in British courts.

# VC SKUAST chairs 17th Scientific Advisory Committee meeting of KVK, Kulgam

J I NEWS SERVICE

SRINAGAR, MAY 18: Vice Chancellor SKUAST-K, Prof Nazir Ahmad Ganai, today chaired 17th Scientific Advisory Committee (SAC) meeting of Krishi Vigyan Kendra, Kulgam, at MRCCF Khudwani.

Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo, was present as chief guest.

Director Extension SKUAST-K, Professor Dilj Mohammad Makhdoomi co-chaired the meeting while Director Research SKUASTK, Professor Tariq H Masoodi, Dean Faculty of Agriculture Wadoora, Professor Rihana H Kant, Dean Faculty of Horticulture SKUAST-K, Professor Shabir Ahmad Wani, Associate Director Research MRCCF Khudwani, Professor Najeub ur Rehman Sofi, Associate Director Research, Professor Nasir A Dar, Senior



Scientist and Head KVK Kulgam, Dr. Manzoor Ahmad Ganai, scientists of KVK Kulgam and MRCCF Khudwani besides all chiefs and other officers of line departments, progressive farmers and entrepreneurs were present in the meeting.

Vice Chancellor SKUAST-K stressed on integration of mandatory work of Kendra with all the components of Holistic Agriculture Development Plan (HADP) so that the activities listed under the plan are integrated and carried out in collaboration with line departments efficiently and in time bound manner.

He emphasized the need for value addition and branding of agricultural produce for its profitable marketing.

Atal Dulloo, in his address, highlighted the decreasing factor productivity in agriculture and stressed that investment in agriculture needs to be increased to enhance its productivity and profitability. He laid emphasis on value chain development for growth of agriculture and use of IT for dissemination of advisory and also for human resource development of the farming

community.

Director Extension highlighted the determined efforts of Vice Chancellor in bringing laurels to SKUAST Kashmir. He appreciated the efforts of KVK in carrying out their mandated activities religiously with focus on initiatives set to change the scenario of agriculture and allied sectors in the UT.

Director Research SKUAST Kashmir briefed about the research feats of the University and extended his thanks to Atal Dulloo for being a corner stone to newly launched HADP initiative in the UT.

Additional District Development Commissioner, Showkat Ahmad, expressed his views on various novel programmes and schemes in agriculture like Farm ITI and aspirational blocks.

Professor Najeub ur Rehman, presented the work done in the station on very high yielding oilseed, short duration and rust resistant wheat and high yielding blast resistant rice varieties.

Senior Scientist and Head KVK Kulgam, Dr Manzoor Ahmad Ganai, presented the detailed power point presentation on Annual Progress Report for the year 2022-23 and Action Plan for the year 2023-24. He revealed that KVK is already working on various potential areas which have been channelized to uplift the farming community of the district. He also highlighted commendable work done by the Kendra on decreasing the cost of production in apple, scientific measures for pesticide residue reduction in apple, skill development of rural youth for entrepreneurship development, mobilization of farmers for FPO formation, drone technology and food processing and exploitation of social groups for efficient spread of SKUAST K technology.

# Principal Secretary inspects Directorate of Skill Development, distributes job offer letters

J I NEWS SERVICE



JAMMU, MAY 18: Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon, today conducted administrative inspection of Directorate of Skill Development, Jammu.

He took stock of sanctioned strength of the office, distribution of work between the officers and officials, time bound disposal of correspondence through e-office, litigation status and other issues.

Dr Samoon distributed job offer letters among pass out students from various government ITIs.

He emphasized the importance of linkage with industry for creating placement avenues for ITI pass outs. He said that the Skill Development Department is in the continuous process of exploring job opportunities in its ITI pass out candidates. The department frequently conducts placement drives for providing job opportunities to its candidates in different sectors.

On the occasion, Principal Secretary awarded certificate of appreciation to Ayush Gupta, ITI pass out in Electronic Trade (holding Samsung authorized Service Center) besides Manik Sharma and Manju Thappa, ITI pass out in Draughtsman Civil Trade (Architectural Entrepreneur) and Sonu Kumar, ITI pass out in Building Construction (Manger ETJCL).

Dr. Asgar Samoon congratulated the students and advised them to work hard and thanked the companies for providing job opportunities to these students. He impressed upon the students to participate in various placement drives with full enthusiasm and make full use of their professional and technical skills for employability in various organizations.

Director Skill Development Department, Surdeshan Kumar and other concerned officials accompanied the Principal Secretary.

# Asserts 'Increasing productivity, production and farmers Income, Govts' top priority

J I NEWS SERVICE

BARAMULLA, MAY 18: In a significant initiative towards augmentation of veterinary care and treatment in Baramulla district, Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today visited Pattan where he inaugurated Veterinary hospital and mega Fertility Camp held under Holistic Agriculture Development Programme (HADP).

Deputy Commissioner Baramulla, Dr Syed Sheshir Ashgar, Director General, Sheep Husbandry Department, Bashir Ahmad Khan, District Animal Husbandry Kashmir, Purima Mittal, Chief Executive officer Livestock, Dr Balbir Singh, SDM Pattan and other officers were present.

The programme was participated by progressive farmers, local farm women and other concerned stakeholders including youth.

After inaugurating Veterinary hospital, Atal Dulloo complimented the people for the facility and asserted that the hospital will tremendously augment animal care and treatment in the area. The facility coming up on modern lines at a cost of Rs 1.92 crore will house drug store, medical facility, operation theatre besides quarters for doctors and staff, he added.

ACS informed that the hospital will have all sophisticated and latest equipments that will focus on treating animals under the supervision of doctors and trained professionals.

During his visit, Atal

Dulloo also inaugurated Mega Fertility Camp held under HADP meant to resolve the infertility problem among the cattle. He was informed that cows and other animals will be treated free of cost for various fertility related problems by means of hormonal treatment.

Later, Additional Chief Secretary held a brief interaction with the local progressive farmers under HADP and sought feedback regarding their achievements in the sector. Atal Dulloo asked the officers to ensure that benefit of all schemes related to agriculture and allied sectors should percolate to all eligible and deserving farmers across the district. He added that increasing productivity, production and farmer income is among the top priorities of the UT

administration.

Elaborating further, ACS said that imparting training to the budding farmers should be of pivotal importance for the district administration.

Dr Syed Sheshir, while addressing the event, said that the hospital is expected to serve the farmers of the area rearing milch animals by providing them better services thus fulfilling the increasing demand for modern animal care and treatment. DC also briefed that district administration is carrying out various training programmes on "Holistic Agriculture Development Plan" during which people are being educated about various departmental schemes like KCC, Cattle Insurance, Dairy Development schemes etc.

# Promoting healthy lifestyle

HEALTH WELLNESS CAMP, YOGA SESSION HELD AT GOVT BOYS PAHARI HOSTEL RAJOURI

J I NEWS SERVICE

RAJOURI, MAY 18: Ayush Health Wellness Centre, Rajouri organised a health and medical awareness camp and a Yoga session here in Government Boys Pahari Hostel under its Information Education Communication (IEC) activity calendar.

As many as 125 inmates of Government Boys Pahari Hostel, Rajouri took benefit of the camp. The team of doctors conducted a medical checkup of the inmates and provided them free Ayurvedic medicines. Demonstration of Yoga Asanas was also held to promote a healthy lifestyle among the youth. The camp was the initiative of Secretary Pahari Advisory Board, J&K UT, Sapna Kotwal. The programme was managed and conducted under the supervision of Warden Government Boys Pahari Rajouri Abdul Hamid Malik.

Assistant Warden of the Hostel, Rajinder Sharma, Supporting Staff including Vikrant Sharma, Nigid Malik, Tabassum Mirza, Mohd. Aslam(Pharmacist) and Istabaz Ahmed(Junior Assl.) also assisted in holding the camp.

Those from the Ayush Department who conducted the camp included Dr. Liaqat Ali(Medical Officer), Dr. Mubashra Saeed(Medical Officer), Ramesh Kumar (Sr.Pharmacist), Raghav Kumar (Yoga Instructor) and Sunil Kumar(Out Sources).

# Dr Samoon chairs 17th meeting of Board of Governors of FCI, Jammu

J I NEWS SERVICE

JAMMU, MAY 18: Principal Secretary, Skill Development Department, Dr Asgar Hassan Samoon, today chaired the 17th meeting of Board of Governors Food Cart Institute (FCI), Jammu, here at Civil Secretariat.

While reviewing performance of the institute, Dr Samoon appreciated the Principal and management of the institute for conducting various trainings in the hospitality sector besides ensuring placement of the successful candidates in the sector.

Dr Samoon instructed the FCI Principal to further step up efforts in creating employment opportunities for the unemployed youth so that the students after attaining the skills can venture into the Hospitality Sector with their skills apart from regular studies.

While reviewing progress on training and placement of students, Principal Secretary said that tie up with various five star hotels across the country is a welcome step where students will get good exposure during six months industrial training helping them get employment in the later stages preferably in the same hotel. He also appreciated those students who are joining Cruise Lines for better career opportunities.

FCI Principal, during his PowerPoint Presentation, briefed that various short term programmes are being conducted at various destinations across the UT as per the guidelines of Union Ministry of Tourism.

The career progression of staff of the institute was also deliberated upon to which certain instructions were conveyed to the Principal for following the procedure.

It was informed in the meeting that FCI has entered into an MoU with J&K Police for training and placement of next of kin of their Martyrs. Besides, FCI Jammu shall soon impart specific trainings to Jail inmates of Kot Bhalwal which would help them attain skills for their livelihood at later stages.

The Board appreciated FCI for conducting other activities like Swachhita Pakwada at various tourist destinations like holy town Katra, Shiv Khori, Akhnor, Mansar and Surisar during the last year. It also lauded conduct of workshop on skilling of youth in the institute under the chairmanship of Dr. Asgar Hassan Samoon.

Later, the meeting also accorded approval for purchase of one bus for the institute.

# Padma Shri Padma Sachdev Govt. College for Women organises Poster-Making Competition on "Say No to Tobacco"

J I NEWS SERVICE

JAMMU, MAY 18: Nisha Mukht Bharat Abhiyan Committee, in collaboration with Department of Commerce of Padma Shri Padma Sachdev Govt. College for Women, Gandhi Nagar, organised a Poster-Making Competition on the theme "Say No to Tobacco". The Programme was held under the patronage of Principal Prof. Minu Mahajan. She laid emphasis on the harmful and dead-

ly effects of tobacco use and discouraged the use of tobacco. Total 16 students participated and created colourful posters to spread awareness regarding no use of tobacco. The posters depicting consequences of tobacco consumption and drug abuse prevention were showcased beautifully by the students. Prof Mamta Gupta, HOD Commerce encouraged the participants to employ their artistic talents, innovative ideas and persuasive communication skills to design posters

that inspire individuals to adopt a tobacco-free lifestyle.

Prof. Rashmi Kumari, Convener of NMBA appreciated the students' efforts. She added that tobacco consumption continues to be a global public health concern, causing numerous diseases and posing a significant risk to individual's wellbeing. Recognising the importance of education and advocacy, the committee has taken initiative to address this critical issue through the power of art

and expression. All posters were evaluated by a panel of esteemed judges: Prof. Bindu Sharma, Prof Mamta Gupta and Prof. Rajni Kumari. The first position was bagged by Ms. Tanvi second position by Ms. Sarvi Gupta and third position bagged by Ms. Rasleen kaur, Ms. Sneha Gupta and Ms. Mehak Pawar. Whole event was conducted with the support of Prof. Mamta Kundal, Prof Paramjeet Singh, Prof. Swarn Singh, Prof. Sunita and Dr. Deepthi Abrol.

# Kisan Sampark Abhiyan: 1.10 lakh farmers attend orientation programmes in 1097 Panchayats

J I NEWS SERVICE

SRINAGAR, MAY 18: The ambitious "KISAN SAMPAK ABHIYAN" has received an overwhelming participation of a total of 1.10 lakh farmers in its massive orientation programmes held during first four rounds of the programme which began on 24th April, this year.

The fourth round which was held from 15th May to 17th May saw massive participation of farmers with coverage of a total of 1097 panchayats during all four rounds conducted till 17th May.

Lieutenant Governor, Manoj Sinha, himself participated in the Kisan Sampark Abhiyan and visited Dooru Panchayat in Anantnag district and Hardpanzoo panchayat in Budgam on 15th and 16th May respectively. An overwhelming participation of farmers in both the panchayats bears a testimony to the fact that farmers are enthusiastic about the newly launched Holistic Agriculture Development Programme.

Lieutenant Governor asked the educated youth to take advantage of the schemes under Holistic Agriculture Development Plan (HADP) as it was a unique and first of its kind initiative in the country, where-

by interventions in all the domains of agriculture and allied sectors are available. He expressed confidence that, with implementation of HADP within next five years, J&K shall have the distinction of being first to double farm incomes besides having a double-digit growth in the agriculture sector.

The Agriculture Production Department is currently engaged in a first of its kind, ground breaking, extensive farmer orientation exercise. Under the Kisan Sampark Abhiyan, ambitious goals have been set for reaching, out to every farmer in each Panchayat of the UT within the next four months. The exercise started on April 24 and will last until August 31, 2023 and has been planned under Holistic Agriculture Development Programme (HADP), a turnaround programme which has been approved in Agriculture sector by the UT government recently. All districts in the UT are observing a series of orientation programmes under Kisan Sampark Abhiyan simultaneously during the first three days of the week. The government has released a thorough calendar that is specific to each district. Officers and Officials from the Agriculture, Animal/Sheep Husbandry,

Horticulture, Sericulture, and Fisheries departments who were trained in advance during the 641 training sessions held throughout all districts from January to April, are acting as the resource persons for the farmer's orientations.

Notably, a creative method is being implemented to use short films/videos to describe various initiatives and projects. The farmers will be shown a total of 49 short films/videos about HADP and other centrally supported programmes at various locations in J&K. In addition, a question & answer session was also being held following each video screening session to allay farmers' concerns.

Additionally, pamphlets and brochures detailing all of the programmes are being given to the farmers in Hindi, Urdu, and English. These brochures also included contact information for every department under the UT's agriculture production department. A baseline survey/skill gap study of the farmers is also being carried out simultaneously during the Kisan Sampark Abhiyan. The data of farmers is being captured using IT tools for having a holistic assessment of the state of agriculture and farmers in the UT.

The farmers were also made aware of

the DAKSH KISAN, a Learning Management System (LMS) designed to help them increase their skills.

Pertinently, the Agriculture Production Department has created DAKSH KISAN, a first of its kind learning management system exclusively for farmers in the country, where farmers can enrol for free in 121 skill-building courses, organised according to the agro-climatic zones of the J&K UT. A farmer can register for free and enrol in any skilling course of their choice at the DAKSH KISAN Portal by simply scanning the QR code on the back of the brochure. A total of 1600 farmers have already been registered on DAKSH KISAN PORTAL with enrolment of about 400 in various skilling courses.

The textual material under DAKSH KISAN portal is being provided in Hindi, Urdu and English, and the video lectures offered by the LMS are available in Kashmiri, Urdu, Dogri, and Hindi.

In addition, specialised modules on business management and financial /credit linkages have been included to make sure that the farmers receive more than just simple training, the courses have been designed to turn farmers into skilled entrepreneurs.

# DC Rajouri meets accident victims at GMC&AH

J I NEWS SERVICE

RAJOURI, MAY 18: Deputy Commissioner Rajouri, Vikas Kunal today visited Government Medical College & Associated Hospital Rajouri to meet the persons injured in the Eco car accident at Kandi.

As many as 9 passengers were injured when the Eco car they were traveling turned turtle at Kandi. The injured are being treated at GMC & AH Rajouri.

During his visit, the DC interacted with the injured passengers and inquired about their health and well-being. He instructed the medical team to ensure that the patients receive the best possible medical care to facilitate their speedy recovery.

He also assured that the District Administration would provide the injured and their families with all the help necessary during these trying times.

# DC inaugurates One Day Job Fair at District Employment & Counseling Centre Poonch

ENCOURAGES YOUTH TO BECOME JOB CREATORS, ENTREPRENEURS

JJ NEWS SERVICE

POONCH, MAY 18: Deputy Commissioner Poonch, Yasin M. Choudhary today inaugurated a one day job fair held here in District Employment & Counseling Centre (DECC). Over 600 youth from across the district participated in the Job Fair and were benefited by the information provided by District Employment & Counseling Centre - Poonch.

In the event, Eleven (11) private companies/agencies, including Maruti Suzuki, SBI Life, Life Insurance Corporation, Mirror Infotech Pvt. Ltd & others participated in the job fair to select youth for 200 vacancies. The participating companies shortlisted over 280 candidates for different jobs.

The Deputy Commissioner exhorted the youth to participate in such events & avail the benefits. He also praised the department for the initiative and direct-



the staff to organize more such events on a regular basis. Besides this, he laid stress on the unemployed youth to avail the benefits of self employment schemes to become job providers rather than the job seekers. The Deputy Commissioner also advised youth to avail benefits of Career

Counseling facility which is a prerequisite for success in competitive examination. Earlier, in his welcome address, Deputy Director - DECC, Mohammad Rafiq appraised the Deputy Commissioner regarding aims & objectives of the said job fair and other deliverables/activities of

the department such as Registration, Survey of unemployed youth & implementation of various self employment schemes of Mission Youth (Mumkin, Tejaswini, Spurring Entrepreneurship Initiative).

The event was attended by unemployed youth on Jk employment portal (jakempn.nic.in) & NCS portal (nec.gov.in) for availing the benefits of various employment related opportunities.

The event was attended by ADDC, Malikzada Sheeraz ul Haq; Lead District Manager, Ashutosh Koul; District Nodal Officer-JKEDI, Azmat Hussain; Prof. Fateh Mohd. Abbasi, Prof. Murtaza Ahmed, Dr Mohd. Ashfaq (Coordinator's Career Counseling Centre, Govt. Degree College Poonch, Mendhar & Surankote respectively), besides other officials from various agencies.

# Sports has power to bind all: Secretary Sports Council

JJ NEWS SERVICE

SRINAGAR, MAY 18: The sports fields in J&K remained abuzz with activities both organized by J&K Sports Council and local clubs with a greater number of players adding to the aggregate of participants.

The number of activities held under My Youth My Pride module at Polo Ground Srinagar, today. The activities included Pencak Silat, Judo, Taekwondo, Kabaddi, and Rugby. The Sports Officer of Kashmir, Nuzhat Farooq presided over the function as the chief guest.

The event kicked off with a nail-biting Kabaddi match between J&K Police and ACME Sports Academy which the former won by a score of 23:19. In the Handball match played between J&K Police and Al-Murad Baramulla, J&K Police triumphed with the scoreboard reading 31:25 in their favour.

Khelo India Girls Team and got better of Hoopstar Club by a narrow margin of 15:13 points in the Basketball clash. In another encounter in the same discipline which went down to the wire, the Khelo India Center Boys emerged as the winner over their opponents MET Warriors by a score of 53-38.

Even as My Youth My Pride activities continue to attract huge crowds, the players equally receive due praise and support for their respective performances. Pertinently this module of activities is organized to promote sports in J&K and encourage youth to take part in sports activities.

Meanwhile, District Anantnag Rugby Championship-2023 was held at Delhi Public School, Anantnag in which more than 200 participants of different age groups from different areas of district Anantnag participated.

Apart from the regular coaching and training classes, various sports activities are taking place under floodlights to further the scope of sports in J&K. The events held during the night especially see a huge participation from the athletes. The activities of Football, Handball, Basketball and Lawn Tennis are adding vibrancy to the ambience and making venues the happening places.

Speaking on the sidelines of the events, Secretary Sports Council, Nuzhat Gull said that sports is emerging as the prime choice for the recreation of youth. The visuals from district Shiptan in South Kashmir the other day where participants swelled in large numbers in the district stadium under Nasha Mukti Bharat campaign makes one realize the power of sports which binds all, she added.

The Volleyball Association of J&K during a Volleyball event in MA Stadium Jammu today organized volleyball-exhibition matches for boys and girls. During the concluding ceremony Sports officer Jammu, Ashok Singh presided over the function and distributed prizes among the participating clubs. While speak-

ing on the occasion he stressed upon the need to get involved in the sports activities for fitness and wellbeing.

Meanwhile, early in the morning a meeting convened by Ashok Singh Sports Officer pertaining to smooth functioning of Khelo India State Centre of Excellence in Fencing was held in the meeting hall of MA Stadium Jammu. The selected athletes along with their parents, and KISCE staff was part of the meeting during which performance of each player was analyzed besides providing a weekly training schedule and stressing upon the punctuality for higher performance.

The participants were apprised about the guidelines of the programme besides discussing on hostel facilities and school admissions.

Pertinently the KISCE is an inhouse training facility where all the expenses of boarding and lodging of selected candidates including education is borne by the government.

# 2-Day workshop on 'Financial Literacy for Youth Programme' concludes in GDC Vijaypur

JJ NEWS SERVICE

SAMBA, MAY 18: The two day workshop on "Financial Literacy for Youth Programme-FLY" organised by Government Degree College Vijaypur, in collaboration with NISM (National Institute for security markets) created by Securities and exchange board of India (SEBI) under the ministry of finance, Government of India, concluded today.

The objective of this programme was to inculcate the habit of saving and investment among youth and also to prepare them for career opportunities in the field of financial services.

The programme started with the welcome address by Dr. Gunjeet Mahiwal (HOD Education) where she welcomed the guest and speaker of the workshop Ashok Singla and also briefed the schedule for two days workshop. The proceedings of the programme was conducted by Prof. Anil Bhagat (HOD Commerce) where he explicated about the Financial Literacy for Youth (FLY) and said that Financial Literacy for Youth (FLY) is a Non-Profit organization that offers free services to teach youth about credit, budgeting, scholarships, saving money, the importance of life insurance, how to start a business and how to volunteer with their time and talent.

Speaker of the session Ashok Singla explained about financial markets and explained the concept of investment and its importance in our day to day life. He explained how one should adopt appropriate precautions before making any investments and also explained about mutual funds. He further explained the various objectives of financial education. Speaker of the workshop also detailed about SEBI and various career opportunities in securities markets. Students of the College interacted with the speaker of the session at the end of the workshop and also took part in a question-answer session in the two days long workshop.

Principal of the College, Prof. (Dr.) Vandana Gupta congratulated the speaker of the workshop for such an interactive workshop for the students of GDC Vijaypur and also congratulated the organizing team for their efforts in organizing the workshop on the topic that is the need of the hour. The program was coordinated by Prof. Anil Bhagat (HOD Commerce) and Prof. Poonam Kundan (HOD Environmental Sciences). Participants were given certificates from NISM which can play an important role in getting the job in security markets. Refreshment was also distributed to all the students during the two days workshop.

Principal of the College, Prof. (Dr.) Vandana Gupta congratulated the speaker of the workshop for such an interactive workshop for the students of GDC Vijaypur and also congratulated the organizing team for their efforts in organizing the workshop on the topic that is the need of the hour. The program was coordinated by Prof. Anil Bhagat (HOD Commerce) and Prof. Poonam Kundan (HOD Environmental Sciences). Participants were given certificates from NISM which can play an important role in getting the job in security markets. Refreshment was also distributed to all the students during the two days workshop.

# Nowshera Forest Division holds series of programmes under "Mission LIFE"

JJ NEWS SERVICE

RAJOURI, MAY 18: Nowshera Forest Division organised a series of awareness programmes to educate and encourage the youth to be part of "Mission LIFE" campaign. A Pledge taking ceremony and cleanliness drive were held at Govt. High School Baranara in Sunderbani Forest Range Rajinder Sharma, DDC Sunderbani, was the chief guest and Vinod Behnal, Additional Deputy Commissioner Sunderbani, Chanchal Kumari, Head Mistress GHS Baranara, Davinder Kumar, Naib Sarpanch Nallah were the guests of honour. Dr. Rakesh Verma, Range officer Sunderbani welcomed the guests and gave detailed informa-



tion about aims, objectives and activities undertaken under mission life to combat challenges of climate change. Vinod Baniyal, ADC, said that individual action is the core of Climate responsibility. The average carbon footprint of a person in India is 0.56 tons per year compared to the global average of 4 tons. India's traditional knowledge of social norms and daily household practices strongly positions it to lead the narrative of addressing climate change through individual behaviours, in the form of a movement (Jan Andolan), life. Rajinder Sharma, DDC

Sunderbani, while speaking said that his team of all PRIs is always ready to support the forest department in all its endeavors, be it forest fire control measures, retrieval of encroachments, plantation programmes or environmental protection. Chanchal Kumari, Headmistress GHS Baranara presented vote of thanks to all the guests as well as PRIs members and Students present during the Programme.

Further a Pledge taking ceremony and cleanliness drive was also conducted in the premises of Amriteshwar Mandir Dharpur. The officials of the Forest Department also cleaned and maintained Water bodies (Bowlis) at Charnot, Bassian, Dharpur of Sunderbani Sub Division.

## UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

e-mail: xenorth@gmail.com

### NOTICE INVITING TENDER e-NIT No. 62 of 2023-24

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Cost of document/ tender fee (In Rs.)	Earnest money	Validity of Rates	Bid validity
1.	Providing, laying, installation, testing and commissioning of the copper cable 300 mm sq. and allied works at Sillee under District Capes.	200/-	02% of the Quoted amount	180 days	180 days

Position of AAA: Accorded  
Position of TS: Accorded  
Date of Publishing : 16-05-2023 02.00 pm.

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 15-05-2023 (02.00 pm).
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 22-05-2023 (02.00 pm) to 05-06-2023 (02.00 pm).
- The complete bidding process will be online <http://jktenders.gov.in>. A pre-bid meeting shall be held in the office of Executive Engineer, Jal Shakti Mech. Division North Jammu on 19-05-2023 (1.00 pm) for any clarification and other information required by the bidders who intend to participate in the tender.
- The Technical bids received shall be opened online on 06-06-2023 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.
- The Financial bid of the bidders shall be opened online after scanning the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division North Jammu/tender fee receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>
- The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L<sub>1</sub> bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L<sub>1</sub> bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- The date and time of opening of financial bids will be notified on website <http://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.
- The original documents when submitted by L<sub>1</sub> bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scanned copies) otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- The Financial bid of the bidders shall be opened online after scanning the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- The bid for the execution of work shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.
- The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.
- Special conditions as per Finance Department order No. OM/24 (2017)-551 dated 07-06-2018.
  - Furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the bidder who is declared as L-1 after opening of financial bids.
  - The cost of tenders should be collected by introducing e-challan or simply uploading a copy of necessary challan / receipt.
  - Similarly, instead of insisting on actual cash deposit receipt, a copy of same duly pledged to the concerned department should be uploaded by the tenderers. However, before allotting the work or issuing the supply order, the original CDR/FDR should be obtained and kept on record.
- Other details, instructions and terms and conditions can be seen / downloaded from the bidding document.

MSMDNI/791-93  
Dated: 15-05-2023  
DIP/J-1654/23  
EXECUTIVE ENGINEER  
JAL SHAKTI MECH. DIVISION NORTH  
JAMMU

## OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL HOSPITAL & CENTRAL HEATING DIVISION, GOVERNMENT MEDICAL COLLEGE & HOSPITAL, JAMMU

### NOTICE INVITING TENDER (SHORT TERM)

MHDJ/E-NIT 40 of 2023-24  
Dated: 16.05.2023  
Date: 24.05.2023

On behalf of the President of India, e-tenders in two cover system on turnkey basis are invited from registered/reputed firms having sufficient relevant experience for the work mentioned below:

S. No.	Description of work	Project Authority	Estt	AAA/ TS	Earnest Money Deposit	Cost of tender document	Time of completion	Eligibility Criterion of bidder
1.	Complete overhauling and repair of existing one no. Vacuum Pump 7.5 HP Busch Make Installed at SMH Jammu.	Principal GNC & Associate Hospital Jammu	3,750	ACCORDER LACS	Rs.7600.00 in the shape of CDR/FDR valid for 03 months to be pledged to the Executive Engineer Mech. Div. Jammu	Rs 200.00 in the shape of Challan Through J&K Govt. Treasury indicating Treasury Voucher No. in date and also indicating the name of work duly credited to 0059-PWD (Revenue) and uploading a copy of treasury challan / receipt on e-tendering portal.	15 days	Authorized dealer having sufficient experience as per Annureure "C" Similar nature of work.

THE NIT CONSISTING OF Qualifying INFORMATION, ELIGIBILITY CRITERIA, BILL OF QUANTITIES (BOQ) SETS OF TERMS & CONDITIONS OF CONTRACT & OTHER DETAILS CAN BE VIEWED / DOWNLOADED FROM THE WEBSITE [www.jktenders.gov.in](http://www.jktenders.gov.in).

DIP/J-1643/23  
SD/-  
(ER. VISHA MAHAJAN)  
EXECUTIVE ENGINEER  
MECHANICAL HOSPITAL & CENTRAL HEATING DIVISION  
GMCH, JAMMU

## Dogra Art Museum celebrates International Museum Day

JI NEWS SERVICE

JAMMU, MAY 18: Department of Archives, Archaeology and Museums, Jammu and Kashmir today celebrated International Museum Day 2023 here at Dogra Art Museum, Mubarak Mandi. Every year 18th May is celebrated as International Museum Day across the world. The day is observed to celebrate the diversity of the cultural heritage and the efforts required for the preservation of our tangible and intangible heritage. The theme for this year's International Museum Day was Museums, Sustainability and Well being.

Mayor, Jammu Municipal Corporation, Rajinder Sharma was the Chief Guest on the occasion. On the Special event, Rajinder Sharma unveiled the collection of Indian Postal Stamps of pre 1947 era that have been added to the col-



lection of Dogra Art Museum and put on display for the first time.

Sharma, while interacting with the visiting students, reiterated the importance of heritage conservation and lauded the role of museums in heritage management and conservation. The event

started with lighting of the traditional lamp by Rajinder Sharma, Mayor, Jammu Municipal Corporation, Dr Sangeeta Sharma, Assistant Director Archives, Archaeology and Museums Jammu, and Mukul Magotra, Curator, Dogra Art Museum Jammu. A power-

point presentation on various monuments of Jammu division, describing their historical significance was also shown to the visitors as a special attraction to the event. Pardeep Kumar, Director Archives, Archaeology and Museums, J&K is very keen and particular about spreading the awareness of Art and Culture to every nook and corner of the union territory. To give fillip to this objective, instructions have been imparted from the Director to make the event a grand success by inviting more and more people and institutions for the occasion so that a comprehensive awareness about Art & Cultural heritage is generated. Dr Sangeeta Sharma, Assistant Director Archives, Archaeology and Museums Jammu, while speaking on the occasion highlighted the importance of museums in imparting Cultural and non-formal education.

## 2 day training workshop for Seasonal Teachers begins at DIET Kishtwar

OUT OF SCHOOL CHILDREN TO GET EDUCATION AT DHOKAS

JI NEWS SERVICE

KISHTWAR, MAY 18: Deputy Commissioner Kishtwar Dr. Devansh Yadav, today inaugurated a two day training workshop organised for seasonal teachers by DIET Kishtwar in collaboration with the Chief Education Office. As many as 69 Volunteer teachers attended the first day virtual training programme wherein educationist cum experts from New Delhi, Disha Kawa, Jaishree Goyal and AF Pratibha from Anandaya Foundation took detailed sessions on topics like Music and Movement, Examples of activities for gross and fine motor skills, how to use nature to teach numbers and colors, Creating building cards to develop grouping and Math skills, Number cards to teach place value with



clay and marbles, Games to reinforce letter names and sound, Reading rules, methods to teach reading from family book, Session by Anandaya Foundation representative on word family readers, Counting sounds to teach spellings, Mnemonic devices to teach difficult spellings, Steps to follow while delivering a Grammar lesson, Importance of using a dictionary and teaching children at least methods to learn new words every week, Activity to practice synonyms, Song and

activity to practice opposites, Making finger puppets and miming 3 little pigs story etc. The first session ended with experience sharing with seasonal teachers who enjoyed the training workshop and learnt new techniques and also learnt modern day teaching including preparing TLM. The Deputy Commissioner exhorted the teachers to utilize the skills learned in the workshop to impart education to the out of school children. He

informed that limited mnemonics material in handout shape would be shared with the seasonal teachers to use it in a limited cognitive way in schools. He further stressed the teachers to motivate the OoSCs with the right approach and equip them with proper teaching learning material.

Pertinent to mention here that with the efforts of Deputy Commissioner Kishtwar more than 1400 out of school children from ST community have joined the mainstream and most of them have been enrolled in schools which is an extraordinary step taken by administration with regard to the mainstreaming of poor out of school children of ST Community. All ZEOs and other experts also shared their views for the betterment of these OoSC.

## DDC Chairperson Kishtwar reviews estimation for Proposed Works under Capex Budget 2023-24

JI NEWS SERVICE

KISHTWAR, MAY 18: District Development Council, Chairperson Kishtwar, Pooja Thakur today chaired a meeting of the officers and officials of line departments to review the estimation process for the works proposed under the Area Development Plan, as part of the Capex budget for the fiscal year 2023-24.

The review meeting was attended by Additional District Development Commissioner Kishwar Sham Lal, ACP Kishtwar Zakir Hussain Wani, ACD Kishtwar Sunil Bhutyal, ExEn ReW, PWD, PMGSY, PHE, JPDCL besides all BDOs, CMO Kishtwar, Panchayat Account Assistants, CIC operators, DDC members and other concerned stakeholders.

During the meeting, the progress made at the block level regarding the estimation of proposed works under the Area Development Plan was extensively reviewed and discussed and a series of directives were issued to the concerned authorities to accelerate the estimation process.

The DDC Chairperson said that the goal is to ensure that all proposed works are assessed and implemented without any technical encumbrances, guaranteeing optimal efficiency and transparency.

Moreover, the review meeting served as a platform for open dialogue, allowing for the discussion of various issues and grievances. Deliberations were made to find effective solutions and ensure that the developmental projects align with the needs and aspirations of the local community.

## Delegations of Taxi operators, Sainik School Parents Association Genderbal call on Lt Governor

JI NEWS SERVICE

Srinagar, May 18: A delegation of Taxi operators called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The members of the delegation led by Sh Fayaz Ahmed apprised the Lt Governor of various issues of taxi operators of TRC Srinagar.

Later, representatives of J&K Sainik School Parents Association Manasbal Genderbal also called on the Lt Governor and put forth the concerning issues of the school.

The Lt Governor assured the members of delegations that the issues and genuine demands projected by them would be looked into for redressal on merit.

## DC Poonch conducts extensive tour of Mandi, Sultanpatri, Battalkote Ziarat & adjoining areas to inspect ongoing developmental works

Inaugurates additional power transformer at Receiving Station Loran; Directs completion of Mandi bridge before yatra



JI NEWS SERVICE

POONCH, MAY 18: District Development Commissioner Yasin M. Choudhary today conducted an extensive tour of Block Mandi, Sultanpatri, Battalkote Ziarat and other adjoining areas to inspect ongoing developmental works.

During the tour, the Deputy Commissioner paid obeisance at Ziarat Battalkot amid the annual Urs. He met with the managing committee members of the shrine to discuss the developmental scenario of the area.

In the next leg of the visit, he visited Sultanpatri and took stock of the existing tourist facilities in the area. He directed the concerned officer to develop tourist infrastructure in the area and emphasized the need to preserve the natural beauty and cultural heritage by promoting sustainable tourism.

The Deputy Commissioner also interacted with the local residents and listened to their grievances. Later, he inspected the Sports Stadium, Bridges, and Roads enroute Chandak to Mandi and stressed on maintaining quality and completing the works within the timeline. The Deputy Commissioner directed concerned officers to complete the double-lane motorable bridge in Mandi before the annual Amarnath yatra. He also inspected the Middle School Danna and directed the Education Department to identify the suitable land for school building. He directed to shift the school to a private building till the new building was ready. He asked the concerned officer to submit a report within a week's time.

## 3-Day training program for mushroom growers concludes at Krishi Bhawan Jammu

JI NEWS SERVICE

JAMMU, MAY 18: Three Day orientation cum training program organized by Mushroom Development Scheme for farmers and mushroom entrepreneurs from May 16 concluded today here at Krishi Bhawan, TalabTillo.

Training Programmed module was designed and structured with all the theoretical as well practical classes,

Trainees were provided all the relevant information to become Mushroom growers with concept of Business entrepreneurs in mushroom's cultivation practices for all round the year cultivation of Button, Dhingri and Milky Mushroom were taught mushroom business. So batch of 20 No participant of Young educated Qualified Youths having the qualification of MBA and Engineers and Sciences.

Group discussion was held among the old Regular Mushroom Growers with newly interested growers to know about the technology for making mushroom cultivation success.

K.K. Sharma, Director Agriculture Jammu presided over the valedictory function and appreciated the youngsters for taking Agriculture/Mushroom as Business. Certificates were given to all the Participants for attending the 3 day

Programme. Sanjay Dhar, Mushroom Development Officer Jammu thanked the participants for making the Training/orientation Grand success and promised more training events will be conducted for rural educated youths in near future.

Kamaljeet Sharma SMS-III S. Bhpinder Singh, Mohan Singh provides logistic support and conducted technical Session.

## Vice Chairperson launches work of Jal Jeevan Mission scheme at Panchayat Pinger

JI NEWS SERVICE

UDHAMPUR, MAY 18: Vice Chairperson, District Development Council, Udhampur, Juhi Pathania today toured Panchayat Pinger of Block Parildhar along with the officers of various line departments.

She launched the work on WSS Pinger under Jal Jeevan Mission, the ambitious project of GOI. The project has been launched in line with the PM's resolution to provide 'Har Ghar Ko Jal'. She called upon the officers to ensure that all the sanctioned projects are started timely thereby facilitating provision of tap water to each house in the habitation. The Inaugurated project will help in enhancing the quality of life of these villages.

While launching Jal Jeevan Mission, Pathania assured the people that after the completion of the project worth Rs 969.12 lakh every household in the vicinity will get clean tap water and the



problem concerning the death of potable water will be fully eliminated.

During her tour, the Vice Chairperson also listened to the public grievances and assured them timely redressal of the same. She also instructed the accompanying officers to work for the uplift of rural areas and push themselves for the timely completion of various ongoing developmental proj-

ects. She called for redressal of problems being faced by the locals of the respective areas. The camp was attended by different departments, and district/block heads of the Education Department, Rural Development, Power, Public Health Engineering (PHE), Forest, Health and other departments were also present.

Mrs Pathania called for greater coord-

ination between general public and officials of various departments for speedy development of the area and redressal of the public issues.

Earlier, she listened to problems of the people of the area and issued direction for on spot redressal of the problems projected by the people. For staff shortage in schools and demand for sheep husbandry centre was taken up with concerned authorities. On the occasion, Pathania vouched for basic living facilities like water supply, electricity, road connectivity issues.

While interacting with the people, she said that the whole exercise is in accordance with the party principle of 'Sabka Saath, Sabka Vikas objective'. Rather it is a sincere attempt to have direct interaction with the masses and provide best possible solutions to their day to day administrative and developmental issues. She called it a sincere attempt to lessen the gap between administration and people.

## Checking of medical shops conducted in Ramban



JI NEWS SERVICE

RAMBAN, MAY 18: The Drug and Food Control Organization on Thursday carried-out a massive inspection of medical stores in Ramban town to check the registration, authorization and record of availability and sale of medicines, besides checking standard parameters of medicines, available in the chemist's shops.

On the directions of Deputy Commissioner Ramban, Mussarat Islam, the Drug Control Officer (DCO), Imtiyaz Ahmed today inspected various medical stores in Ramban town.

During the inspection chemists were instructed to install CCTV cameras and ensure that the sale of Drugs is made only on a valid and proper prescription. Chemists were made clear that there will be zero tolerance towards misuse of prescription drugs and selling medical shops will be dealt strictly under Drugs & Cosmetics Act. Besides, 02 drug samples were also lifted from medical stores for determining their quality and purity.

The department also requested the general public to put a vigil on persons involved in the trade of Narcotics & Psychotropic drugs, and inform the concerned if they found any violation of rules.