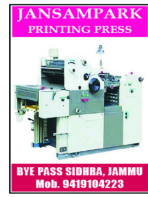


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India tells UN it is developing programmes to reduce risk of losses from all hazards

AGENCIES UNITED NATIONS, MAY 19

India has told the UN General Assembly that it accords high importance to disaster risk reduction issues and is developing ambitious mitigation programmes to reduce the risk of losses from all hazards, including landslides, floods, earthquakes, heat waves and lightning.



"response and 'build back better', and eco-system based approaches to DRR - will provide added impetus to the achievement of Sendai targets globally," he said.

Mishra told the UNGA that India has significantly increased funding earmarked for disaster risk reduction and has brought about landmark changes in its financing architecture to support the entire spectrum of disaster risk management needs - disaster risk mitigation, preparedness, response, recovery and reconstruction.

Principal Secretary to Prime Minister Narendra Modi, P K Mishra, said in his address to the Mid-term Review of Sendai Framework for Disaster Risk Reduction (2015-2030) at a plenary in the UN General Assembly here on Thursday that in India disaster risk reduction is a "central public policy issue". Mishra is leading the Indian delegation at the High-Level Meeting of the General Assembly on the Midterm Review

of the implementation of the Sendai Framework for Disaster Risk Reduction 2015-2030 (HLM) that is taking place from May 18-19 at the United Nations Headquarters.

He said that under India's current presidency of the G20, the group's members have agreed to establish a 'Working Group on Disaster Risk Reduction'. "The five priorities identified by the G20 Working Group - early warning for all, resilient infrastructure, improved financing of DRR, systems and capacities for

RBI to withdraw Rs 2,000 notes from circulation; notes can be exchanged, deposited till September 30

AGENCIES MUMBAI, MAY 19

In a surprise move, the Reserve Bank on Friday announced withdrawal of Rs 2,000 currency notes from circulation but gave public time till September 30 to either deposit such notes in accounts or exchange them at banks. Unlike the November 2016 shock demonetisation when old Rs 500 and Rs 1,000 notes were invalidated overnight, the Rs 2,000 notes will continue to be a legal



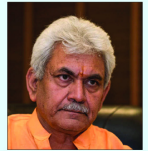
accounts, exchange of a maximum of Rs 20,000 (10 notes of Rs 2,000) for other currency notes will be allowed at a time.

The move comes amid concerns of the highest denomination notes being used to hoard black money. The RBI had stopped printing Rs 2,000 notes in 2018-19 and the notes were rarely in circulation.

The Rs 2,000 denomination bank note was introduced in November 2016, primarily to

Union Education Minister assured CUET exam centre issue will be resolved on priority: LG Sinha

JNEWS SERVICE SRINAGAR, MAY 19



Jammu and Kashmir Lieutenant Governor Manoj Sinha Friday said the Union Education Minister Dharmendra Pradhan has assured him that the issue of CUET examination centres will be addressed on priority.

Office of LG J&K on its official Twitter handle, as per the news agency-Kashmir News Observer (KNO) informed that LG Sinha discussed the matter relating to exam centres for the scheduled Common University Entrance Test (CUET) with Union Minister of Education Dharmendra Pradhan and requested for CUET centres in J&K.

Sinha said that the Union Minister has assured the issue will be addressed on priority.

Earlier, the University of Kashmir said that the CUET examination centre issue will get 'resolved' on Friday. Vice Chancellor Prof Nilofar Khan said that it has taken up the CUET examination centre issue with the National Testing Agency (NTA) and Higher Education Department. Pertinently, hundreds of aspirants have expressed concern over allotting examination centres outside Jammu and Kashmir in contrary to their preferred centres. CONTINUED ON ► PAGE 4

PM Modi arrives in Hiroshima to euphoric welcome by Indian community members

JNEWS SERVICE NEW DELHI, HIROSHIMA (JAPAN), MAY 19

Prime Minister Narendra Modi on Friday evening arrived in Hiroshima where he will attend the G7 Summit and CONTINUED ON ► PAGE 4



Dr Jitendra calls upon Shanghai nations for enhanced multilateral collaboration

AGENCIES NEW DELHI, MAY 19

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh called upon the Shanghai Cooperation Organisation (SCO) nations to join hands for enhanced multilateral collaboration in the field of Science, Technology and Innovation.



Addressing the Seventh Session of the Heads of Ministries and Agencies of Science and Technology of the SCO Member States, as representative Minister of the host country India, Dr Jitendra Singh said, India under Prime Minister

Narendra Modi is ready to work closely with other member countries of the SCO to jointly address the emerging challenges of the Eurasian region. The Minister appreciated the participation and the overwhelming efforts of each of the Member States to enhance the cooperation among SCO Member States. Dr Jitendra Singh said

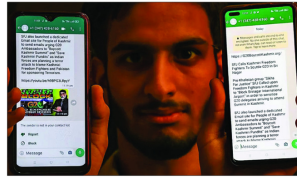
that SCO has emerged as a vital cog in transforming the multilateral cooperation in the Eurasian region in the past two decades of its existence, and India attaches special importance to SCO in harnessing this crucial cooperation in the region.

The Minister mentioned that SCO countries are exposed to

J&K police issues advisory about international numbers spreading misinformation about G20 meet

JNEWS SERVICE SRINAGAR, MAY 19

The police in Kashmir has issued a public advisory against suspicious international mobile numbers allegedly being used to spread rumours about next week's meeting of the G20 tourism track in the Valley.



Kashmir will host the third G20 Tourism Working Group meeting from May 22-24.

The police on Friday issued the advisory about some suspicious international

mobile numbers used to spread misinformation about the upcoming G20 event, a spokesman said. The general public is

advised to remain cautious about some suspicious telecommunications and not to respond to calls from the CONTINUED ON ► PAGE 4

G20 event is game changer for J&K: Rana



JNEWS SERVICE JAMMU, MAY 19

Senior BJP leader Mr Devender Singh Rana today described the G20 meet in the Valley as a game changer for Jammu and Kashmir economy, saying the mega event will open up vistas of opportunities for the people of Jammu and Kashmir with its rich potential and ethos getting showcased on global canvas.

"The event will unfold to the world what Jammu and Kashmir is all about, given its scenic splendour and spiritual ambience in both the regions", Mr Rana said while interacting with deputations and individuals from various walks of life during the BJP's weekly grievance redressal public hearing a mechanism held on weekly basis - at CONTINUED ON ► PAGE 4

Three mud houses gutted in fire in Doda



JNEWS SERVICE BHADERVAH JAMMU, MAY 19

Three mud houses belonging to Gujjar families were gutted in a huge fire in the Dhadkai area of Doda district in the early hours of Friday destroying properties worth lakhs, police said.

The SDPO said. The mud houses belonged to Jamat Ali, Lal Hussain, and Mohd Israel, he added. SSP Doda Abdul Qayoom said after news of the incident spread, hundreds of locals rushed in and attempted to extinguish the fire but the blaze had already engulfed all three houses.

There were no casualties or injuries in the incident and the cause of the fire is unknown. Sub-divisional police officer Gandoh Adil Rishu said three families were rendered homeless by the incident that took place in a village in the Gandoh sub-division. The fire erupted at 1 am in one of the three houses and quickly spread to the other two houses,

"We have registered a case regarding the accident and the report will be submitted to the DC (Deputy Commissioner) so that the process of compensation is processed at the earliest," the SSP said. BDC chairman Gandoh Mohd Hanief said the efforts by locals at the spot prevented the fire from spreading to

MP Jugal Kishore raises CUET Centers issue with Union Education Minister

JNEWS SERVICE JAMMU, MAY 19



Member of Parliament from Jammu-Poonch Lok Sabha seat, Jugal Kishore Sharma today wrote a letter to the Union Minister of Education, Dharmendra Pradhan requesting him to review the decision and allot Centers within Jammu region.

While taking concern over the important issue of allotment of Centers for Common University

also had conversation to the Ministry of Education Govt of India New Delhi and requested to address the immediate matter for allotment of Centers to the students hailing from Jammu with in Jammu region i.e Jammu/Samba/Kathua/Katra/Udhampur/Rajouri and other areas.

He said that establishment of Centers for CUET which is going to be held on May 20 onwards in Punjab instead of Jammu

for aspirants from Jammu region seems to be unjust. He said that it was very inconvenient for the students from far flung areas to appear in the entrance test in Punjab. He brought into the notice of the Ministry about the topography of Jammu Region as hilly and far flung area and requested the Ministry to establish the examination Centers in Jammu and got assurance that this issue would be addressed soon.

Oscar-Winning 'The Elephant Whisperers' producer Guneet Monga shares her excitement ahead of G20 summit in Kashmir

JNEWS SERVICE SRINAGAR, MAY 19



G20 meeting which is scheduled to be held in Srinagar for the first time is just a few days away for the world to witness and experience the picturesque region of Jammu and Kashmir. Like many, even Oscar-winning "The Elephant Whisperers" producer Guneet Monga can't keep calm and shared her excitement with her fans.

Guneet took to Twitter and posted a video message to inform her fans about the upcoming Summit and also revealed why Kashmir has a special place in her heart. She said, "Kashmir has a special place in my heart. I mean, the beauty, the culture, people, the food just everything. The craftsmanship is so beautiful. I recently came to know that the G20 Summit is happening in Kashmir in a few days. I mean who could have thought this view years ago? It's absolutely incredible, the world will get to see Kashmir's beauty, culture, heritage and people. In fact, shooting in Dal Lake is one of my dreams for

CONTINUED ON ► PAGE 4

SC gets two new judges: CJJ administers oath of office to justice Mishra, senior advocate Viswanathan

AGENCIES NEW DELHI, MAY 19



Justice Prashant Kumar Mishra and senior advocate Kalpathy Venkataraman Viswanathan were on Friday administered the oath of office as judges of the Supreme Court by Chief Justice of India DY Chandrachud.

The new judges were administered the oath of office during a ceremony at the apex court's auditorium.

With the swearing-in of Justice Mishra and Justice Viswanathan, the number of judges in the Supreme Court reached its sanctioned strength of 34.

However, the apex court will be at full strength only for a brief period as Friday is also the last working day of three judges who are set to retire in June. Justice KM Joseph, Justice Ajay Rastogi and Jus-

Justice Joseph is set to retire on June 16, Justice Rastogi on June 17 and Justice Ramasubramanian on June 29. Justice Krishna Murari will demit office on July 8.

Justice Viswanathan will become the Chief Justice of India upon the retirement of Justice JB Pardiwala on August 11, 2030, and remain in the post till May 25, 2031.

The warrant of appointments of Justice Mishra and Justice Viswanathan as apex court judges was issued from the office of President Droupadi Murmu on Thursday.

Their appointments were announced by new Law Minister Arjun

M.K Ajatshatru Singh, Ranvijay review functioning of ancient temples at Bhanderwah

Ask Pujaris to provide state of art facilities to pilgrims, tourists



Kashmir. During the visit at the aforesaid temple, both the Trustees held threedbare discussions with staff and the priests giving them advice to take good care of the temples and provide state of art facilities to the visitors.

M.K Ajatshatru Singh, while interacting with Trust's staff, informed that the Dharmarth Trust is over 100 years old institution and is serving devotees selflessly therefore it becomes bounded duty of every stakeholder associated with the Trust to maintain the tradition of this age old religious body founded by Maharaja Gulab Singh ji to provide all possible assistance to whosoever comes to temples and shrines being run by the Trust.

J I NEWS SERVICE

by the J&K Dharmarth Trust, during their visit to Bhanderwah.

Temple and Ganeshji Temple in Bhandarwah. M.K Ajatshatru Singh also performed special Pooja Archana in the aforesaid temples and prayed for peace, prosperity and progress of Jammu and

JAMMU, MAY 19: M.K Ajatshatru Singh, Trustee J&K Dharmarth Trust along with Ranvijay Singh, Trustee reviewed functioning of ancient temples being looked after

LAACL, Kargil organises on spot Music & Painting Competition held

J I NEWS SERVICE

KARGIL, MAY 19: Continuing with Academy's pursuit for talent hunt among the children of the far flung areas of Kargil District in the field of musical and visual arts coupled with the objective to inculcate musical and painting skills among the rural children of different age groups, Ladakh Academy of Art, Culture and Languages, Kargil today organized a Children's On Spot Music Competition and Children's On Spot Painting Competition under the Amateur Age Group at Government High School Hagnis, Kargil.

Around 50 boys and girls' students of different school of Chiktan Block participated in the day long competitions that mesmerized the gathering comprising of school teachers, staff members, guests and a large number of students with their musical presentations and transcribed their creative ideas on the canvas. In the music competition Rigzin Yangdol Student HS Bodh Kharboon the first prize, Zakir Hussain Student HSS Chiktan and Asiya Banoo Student HS Yokmakharbootho second prize while as Umbi Kulsom Student HSYokmakharboonwon the 3rd prizes respectively. Similarly in the painting competitionKhatija Parveen Student Govt. HSS Chiktan won the

first prize,Shagufta Zahra Student HSS Kharwalwon the second prize, while as Stanzin Angmostudent HSS Chiktan won the 3rd prize respectively. Executive Councilor LAHDC Kargil Sh. Mohsin Ali, was the chief guest while as Sh. Haji Gulam Ali Headmaster Government High School Hagniswas the guest of honor on the occasion. Addressing the students, teachers and villagers after distributing certificates of merit among the prize-winning children, Sh. Mohsin Ali hailed the Academy for having organized these children-based competitions at village Hagnis, adding he expressed hope that such competitions would pay the children rich dividends in life. He also congratulated the Academy for its continuing endeavors in encouraging the younger lot of the far-flung areas through such initiatives and urged the need to organize similar programmes in future.

Sh. Haji Gulam Ali Headmaster Govt. High School Hagnis, while speaking on the occasion thanked the Academy for having chosen their school for the holding of these children-based competitions and expressed hope that these would enable the children acquire the spirit of competition besides cultural and creative awakening. He added that such programmes are the need of the hour, as the present era

of competition demands children to be adequately competent in extracurricular activities as well, especially creative ones, apart from their studies. Earlier while welcoming the children, teachers, jury and guests Sh. Tsewang Rigzin, Sr. Assistant LAACL Kargil highlighted the objectives of the competitions and said that these are part of a series of such children-basedprogrammes being held by Cultural Academy Kargil across schools in different blocks of the district. Rigzin said that the core idea behind organizing such events is to introduce the young minds to the realm of creative arts in painting and music. While reiterating the commitment of the Academy to work tirelessly for the encouragement of the younger generation. Also He said that apart from being committed to the preservation and promotion of the local cultural heritage through various programmes at regular intervals, every possible effort is being made to inspire and invoke the children to explore their creative faculties through such programmes.

Kaneez Fatima a Student of Govt. High School Hagnis & Tsewang Rigzin conducted the proceedings of the day long competitions, while as cultural Assistant MohdAbbasSkhik, delivered the vote of thanks at the end.

Sanjay Baru meets Union Minister Samriti Zubin Irani, discuss hurdles in processing pension schemes

J I NEWS SERVICE

JAMMU, MAY 19: Bharatiya Janata Party Senior Leader Sanjay Kumar Baru discussed the hurdles being faced by public at large while processing the documentation for various pension schemes during the meeting with Samriti Zubin Irani, Hon'ble Union Minister for Woman and Child development & Minister of Minorities Gol held at Patnitop in Ramban district during her two days tour of JK-UT.



While raising the issue of common masses, Sanjay Baru detailed that all the public representatives are finding themselves helpless to redress the difficulties being faced by different pension beneficiaries during the verifications of their existing pension cases after the JK-UT Government latest order in which criteria for pension

scheme was confined to single window mechanism having PIHH/BPL ration cards who can avail the benefits of pension schemes. d

Due to this many other beneficiaries are suffering who have very low income but unfortunately doesn't have PIHH or BPL Ration cards. Baru further requested the Union

Minister to make place a single window mechanism for all verifications regarding Date of Birth, Death Certificate, Age Certificate and other such requisite documents under the overall supervision of Tehsildar Concerned as the Nodal Officer.

Hon'ble Union Minister after listening the genuine

issue patiently and keeping in view the sensitivity of the matter ensured the redressal of this genuine demand for public welfare. Baru thanked and extended gratitude to the Union Minister for his prompt attention and assurance to mitigate the grievances of common masses.

SSP Reasi conducts SMAC meeting

J I NEWS SERVICE

JAMMU, MAY 19: In view of present security scenario & G20 Summit to be held on 22-24 may 2023 at Kashmir and With the aim to share information between different agencies operating in district Reasi, today Sh Amit Gupta Senior Superintendent of Police Reasi conducted a Subsidiary Multi-Agency Centre (SMAC) meeting in the office chamber of at District Police Office Reasi.



Besides officers of Reasi Police, meeting was attended by the Col. Sanjeev Shrivastava SSO Station Head, CO IR 1st Bn Sh. R. C Kotwal SSP, Nisar Mohamad CO 12th BN CRPF, Lt. Col Sunil

Kumar Sharma MI Reasi Military Station, S.S. Mishra A/C 6th BN CRPF, Manish Kumar Sinha DCIO/IB Reasi, Ashok Kumar IB Reasi, Insp. Ashiq Hussain Shah CID Cl, Insp. Altaf Hussain DI CID SB Reasi & Insp. Sunil Kumar DSB Reasi. At the outset of the

meeting SSP Reasi welcome all the officers and put forth the agenda of the meeting. In the meeting threathbare discussion was held on present security scenario & G20 Summit, in view of recent terror attack in district Rajouri and its spillover effects in Reasi, law & order situation, under currents, movement/presence of militants, present dynamics and revival of militancy, surveillance over OGWs, surrendered militants, missing youths and their presence in POK & keep check on radicalization of youth in society.

PCC team conducts routine inspection of Polythene Manufacture units

J I NEWS SERVICE

JAMMU, MAY 19: A Team of Pollution Control Committee Jammu conducted inspection of polythene Manufacture units in the Industrial Area of Gangyal Jammu.

During the inspection of the Industrial units, the team seized 211 kg of single use plastic (14 Nos. Rolls) used for the wrapping of sweet boxes and one packet of 75 micron. The team comprised Arshad Nazir Malik, Divisional Officer, PCC Jammu South; Randeep Singh Manhas, Scientist-A and Dimple Sharma, Field Inspector, Pollution Control Committee Jammu North. Meanwhile action under rules has been initiated against the offenders.

DC Rajouri reviews pendency of court cases of Rural Development Department

J I NEWS SERVICE

RAJOURI, MAY 19: Deputy Commissioner Rajouri, Vikas Kundal, chaired a meeting of the concerned officers to review the status of court cases of the Rural Development Department, here today. During the meeting, the DC inquired about the status of cases pending before the High Court of Jammu and Kashmir wherein the concerned officers briefed the meeting about the same. While reviewing the case-by-case details, the meeting was informed that there are 107 cases of RDD pending before the High Court of which the replies for 78 cases have been filed. The DC directed the concerned officers to ensure that replies for the rest of the cases are filed in a week's time to avoid any delays.

Kesri seeks support of every section of society to eradicate drug menace

J I NEWS SERVICE

JAMMU, MAY 19: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today framed party unit at Alha in Arnia Block . In a press note issued here, Ramesh Kumar appointed President, Polaram, Vice President, Gurpreet Bhagat, General Secretary Vivek Kumar, Cashier Darshan Lal as Chairman. Similarly Women Wing was also framed in which Ruby Devi appointed President, Neeru Devi Vice President, Suman Lata General Secretary, Chandan Deep Chairman, Namo Devi Cashier.

Speaking on the occasion, Kesri directed new office bearers to help downtrodden people of the village in addressing their issues like helping those who need new Ration cards and awareness regarding various Prime Minister's welfare schemes so that poor people may get benefits of



these schemes. Kesri sought the support of every section of society to eradicate drug menace and protect the youth. He said drug abuse is one of the most dangerous and threatening challenges before humanity."

Neither police nor society alone can face this menacing challenge which is destroying our younger generation," he said, while emphasizing on the need

for a joint fight by police and society.

Kesri exhorted the society to remain vigilant against drug mafia and inform police as soon as possible in case of spotting any suspicious activities."

Your support is must to eradicate this menace from the roots," he said. He asked concerned agencies to intensify their efforts as drug abuse was "increasing at a threaten-

ing and dangerous level in Jammu."He asserted that the drug mafia has to be dealt with iron hands to save the younger generation.

Prominent among those present on the occasion include Balveer Kumar, Balwant Fauji, Vijay Luthra, Rajkumar, Rajesh Kumar, Suresh Kumar, Darshana Devi, Jyoti Devi, Rajni Devi, Lata Singh besides others.

Nodal Centre for ISRO-START Program Launches at Central University of Jammu



J I NEWS SERVICE

JAMMU, MAY 19: Central University of Jammu (CUJ) has become the Nodal Centre for the Space science and Technology Awareness Training (START) program which has been approved by Indian Space Research Organisation (ISRO). This ground-breaking initiative is made possible through the generous collaboration with the Indian Space Research Organization (ISRO). The Nodal Centre for START Program, established at the Central University of Jammu, aims to inspire, educate, and empower the next generation of space enthusiasts,

fostering a passion for space science and technology among aspiring scientists and engineers.

CUJ will invite aspiring post-graduate and final-year undergraduate students of physical sciences and technology, engineers,space enthusiasts, educational institutions, and organizations to join on this incredible journey of discovery and knowledge. It will embark on a mission to explore the vast frontiers of space and unlock the limitless potential that lies within.

Prof. Sanjeev Jain, Vice-Chancellor, CUJ said that the START programme is part of ISRO's efforts to enable Indian students to become

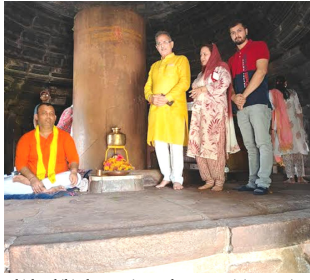
professionals in space science and technology, as the organization's space science exploration program continues to expand into new domains. The programme is intended to provide students with an introductory-level training in space science and technology, giving them an overview of different facets of the field, research opportunities, and career options. The training will also emphasize the cross-disciplinary nature of space science, giving students insights into how their individual aptitudes can be applied to the field. The programme is expected to help build a human capacity that will lead space science and research in the future. The student community will be benefited from this training programme, as they will receive an overview of the different fields of space science and technology, exposure to the research ongoing in different Indian institutes, insight into how their individual aptitude would suit some of the facets of space science and technology, appreciate the cross-disciplinary nature of the subject, and accordingly choose their career path. Prof. Vinay Kumar, Convener, Satish Dhawan Centre for Space Science and Technology, CUJ will coordinate this programme.

Modi Govt restored peace & normalcy, rejuvenated tourism in J&K: Kavinder

JI NEWS SERVICE

JAMMU, MAY 19: The Centre-led by Prime Minister Narendra Modi has restored peace and normalcy in Jammu and Kashmir by way of its policy of zero tolerance against terrorism and rejuvenated tourism by instilling confidence among countrymen with regard to prevailing tranquility in Kashmir resulting into record number of tourist footfall in the UT.

This was said by a senior BJP leader and former Deputy Chief Minister while speaking to media persons after paying obeisance at Malangeswar Mahadev Mandir in Madhya Pradesh. The BJP stalwart leader said that Madhya Pradesh has splendid beauty and various world class destinations of tourist interests like the case of J&K. He said that Madhya Pradesh is particularly famous for its Khajuraho Temples



which exhibit the amazing sculptures depicting the rich culture of ancient India.

The former Deputy Chief Minister said Jammu and Kashmir is also an abode for tourism which was severely affected by the scourge of terrorism and turmoil. He said that the Modi Government after taking revolutionary steps in J&K has brought in desired

changes reviving tourism in a big way with scores of tourists turning towards Paradise on Earth after a gap of about three decades and also ensured peaceful dwelling once again.

Kavinder said that there is dire need to preserve the cultural heritage of J&K and efforts should be made by all the stakeholders and the public to make the Union Territory the best place for tourism

and travel. Later, Kavinder Gupta also visited Panna Tiger Reserve which is a critical tiger habitat located in Vindhya Hill in northern Madhya Pradesh and fragile through dynamic dry deciduous forest. This land is characterized by extensive plateaus and gorges. It is a land of mesmerizing waterfalls, natural, archaeological splendours, legends & cultural richness. He also visited Khajwa Kutni Dam which is a multipurpose River Canal project on Kutni river situated in Khajwa, Madhya Pradesh. It is the largest dam in Chhatrapur District. The dam across the Kutni River and it is 7 km from Rajnagar, 12 km from Khajuraho and 40 km from Chhatrapur District. The dam is famous for its beauty and vastness and Kutni island resort, hotel is located in Kutni Dam Khajwa town.

Major development in J&K took place during NC regime: Rattan Lal

JI NEWS SERVICE

SAMBA, MAY 19: Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC) Jammu, while accusing the Union Territory Administration of utter failure on all fronts, has asserted that major developments across the erstwhile State of Jammu and Kashmir took place during the National Conference governance and the same has nose dive virtually to nil during the incumbent Bharatiya Janata Party (BJP) proxy governance in J&K. The senior NC leader stated this while addressing the party workers meeting held in Samba today. The meeting was organised by NC leader Mohinder Singh and presided over by Sudagar Chand Gupta District President Samba. Shri Rattan Lal Gupta was the Chief Guest on the occasion.



upon the issues and problems being faced by the general public of Samba District, the main focus was on Panchayat and Local Bodies elections. Rattan Lal Gupta while highlighting the achievements of the erstwhile NC government said that it was during NC rule that industrial sector was established both at Samba and Bari Brahmana industrial areas as a result of which thousands of workers got jobs in these industries. He said that Dr Farooq Abdullah deserves full credit for ensuring that 90 per cent workers provided jobs in interest were locals only and 10 per cent from outsiders. He lamented that today industrial sector in J&K is on the verge of closure due to wrong industrial policies of Central/ UT govts including GST

department with workers being on roads. He said that Samba industrial growth centre has been totally ignored by the present Administration. The senior NC leader said youth of the region are facing utter despair as unemployment is at peak having crossed all the limits. Recruitment scams have further marred their prospects of getting employed, he added. The situation of the Health Department is no good too as it is totally in shambles. The situation can be well gauged from the fact that the department is headless with the post of Director Health lying vacant since long. He said that direct fallout is that people are not getting adequate health facilities. Moreover there is absolute anarchy in Ayush Dept with peo-

ple suffering on this count too. Rattan Lal Gupta said that people are decrying for power and drinking water facilities and have been compelled to come on roads at many places across the Kandi belt and border region. Asserting that NC government alone is the solution to end the miseries of people, he directed the party cadre especially the workers to gear up for the upcoming Panchayat and Local Bodies elections. Those who were present in the meeting included: Ashok Kumar Attar, Rajni Devi, Balbir Singh, Bua Ditta, Ravinder Jasrotia, Hussain Din, Rajenwar Singh, Bhadur Singh, Major Singh, Yashpal Sharma, Prem Singh, Satpal, Joginder Pal and other party functionaries District/ Blocks.

JU's Poonch Campus , JKEDI organized awareness Programme on "Entrepreneurship Orientation"

JI NEWS SERVICE

POONCH, MAY 19: Poonch Campus University of Jammu organised one day Awareness Programme on "Entrepreneurship Orientation" here today. The Awareness Programme was organized in Collaboration with Jammu and Kashmir Entrepreneurship Development Institute Poonch.

Director Poonch Campus Prof Rakesh Vaid inaugurated the awareness programme in Presence of the former Director Prof Dipankar Sengupta, Principal SKC-GDC Poonch Dr Jasbir Singh, Mr. Azmat Hussain District Nodal Officer JKEDI, Poonch, Mr. Rashid Mehmoor Office Associates JKEDI, Poonch, Mr. Shuja Mohammad, Employment Officer, DECC Poonch, Mr. Harman Singh Young, Professional Employment Officer, Dr Rubia Bukhari Campus Officer/ Incharge, Dr Suraksha Chanotra, Miss Kalpna Sudan, Miss Sumya Kapoor, Dr Jyoti Angotra, Mr. Mohd Arshad, Mr Mohd Sageer, Mr Sandeep, Mr. Arjun, Ms Punmya and Students from both Poonch Campus and SKC-GDC Poonch, attended the awareness programme.

The program aimed to provide an insight into the world of entrepreneurship to the participating students and acknowledged the fact that there is a need to mould young minds towards entrepreneurship, which is the only way forward.

Speaking on the occasion Director

Poonch Campus Prof Rakesh Vaid congratulated both Poonch Campus and JKEDI Poonch for organizing such awareness programme for the welfare of the Students of Department of Sericulture Poonch Campus and SKC-GDC Poonch. "Aim behind organizing such programs are to impart training to the Students of Department of Sericulture so that they can start their own venture after the completion of the Course," he added He said that certain important regulations to be followed in the university and also made remarks on Sericulture as the most prestigious career which youth of new generation can choose.

He further stated that Sericulture being an applied and professional degree, students have ample scope to start their own venture after the completion of their course.

Director Poonch Campus hailed the efforts of outgoing Director Prof Dipankar Sengupta for his contribution to make Poonch Campus best educational hub of the area.

He further said that he will carry forward the same approach for the overall development of Poonch Campus on both academic as well as an administrative front. Speaking on the occasion, Prof Dipankar Sengupta while congratulating Poonch Campus and JKEDI Poonch for such initiatives, he said that such awareness programme on Entrepreneurship Orientation will definitely help the students of

Sericulture to Choose their future goal.

While lauding the efforts of Campus Officer Dr Rubia Bukhari and other faculty members , he said that it's really great to see that all the faculty members of the Department of Sericulture Poonch Campus are doing extremely well with regard to academic and administration. "The Contribution of Campus Officer Dr Rubia Bukhari and other faculty members in organizing such events is remarkable and is their hardwork that Poonch Campus has established its identity on state as well on National level through print and electronic media," he said adding further that he is hopeful that all the faculty members will put their hardwork for the betterment of Poonch Campus.

Principal SKC-GDC Poonch Dr Jasbir Singh in address hailed the efforts of Poonch Campus for organizing awareness programmes on such important topic. He further informed that Poonch Campus and SKC-GDC Poonch will work together to aware the people of Poonch district about the importance of Sericulture. Speaking on the occasion, District Nodal Officer - JKEDI, Poonch Mr. Azmat Hussain provided a detailed insight about the basic pre-requisites for creation of a successful enterprise and the importance of such enterprises in a rapidly changing startup environment where innovation and creativity are considered as the drivers of economic and social solidity.

Ten Day Yoga Workshop starts at JU



JI NEWS SERVICE

JAMMU, MAY 19: Gandhian Centre for Peace and Conflict Studies University of Jammu organised a ten day yoga workshop, "Yoga and Inner peace" in collaboration with the Directorate of Sports and Physical Education University of Jammu. The purpose of the workshop is to make the students experience yoga so that they are able to make it a part of their daily routine. Prof Rajiv Rattan, Director

College Development Council, University of Jammu was the chief guest in the inaugural session. He in his inaugural address talked about yoga as a significant aspect of our culture and heritage since times immemorial. He further threw light on the negative impact of sedentary lifestyle and poor dietary habits on our physical and mental health.

Dr Shreyans Kumar Jain, State Chairman, Indian Yoga Association and President Vichar Kranti Manch International was the Guest of

Honour. He in his address highlighted yoga as a mechanism in dealing with health problems citing various examples. Besides this he also threw light on the benefits of a healthy lifestyle in general and practicing yoga and naturopathy in particular. Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education gave special Remarks wherein he talked about the role of yoga being instrumental in development of harmonious life. Mr. Sanjeevkumar and Mr. Sandeep Sharma are the resource persons for the workshop who will be training the student s in different yoga techniques. Earlier Dr Seema Rohmetra, Incharge Director Gandhian Centre for Peace and Conflict Studies presented the welcome address wherein she focused upon yoga adding discipline to one's lives which otherwise has become sedentary in nature in the present context of materialism and consumerism. Dr Mandeep Singh, Assistant Professor, Directorate of Sports and Physical Education presented the formal Vote of thanks.

Sixty two students are attending this workshop. Among others, Dr. Sapna Sangra, Sandeep Sharma, Gagan Kumar, Ravish vaid Rajkumar, Jai Bharat, PD Singhand Gagan Singh were also present during the inaugural session.

MCC organised one-day workshop on "Preventive Conservation of Manuscript"

JI NEWS SERVICE

JAMMU, MAY 19: The "International Museum Day" was organised with much fanfare and enthusiasm by the Manuscript Conservation Centre (MCC) , Shashvat Art Gallery & Museum, established by National Mission for Manuscript, Indira Gandhi National Centre for Arts, Ministry of Culture, Government of India, New Delhi here today.

On the occasion, a One-Day Workshop on "Preventive Conservation of Manuscript " was organised by MCC in collaboration with the Department of Sanskrit, University of Jammu.

Prof. Sushma Devi Gupta, Head, Department of Sanskrit, University of Jammu introduced the theme of the workshop and stressed upon the need to preserve and conserve our rich cultural heritage including the rare Manuscripts pride of India. Prof. (Dr.) Shohab



Iniayat Malik, Head Department of Buddhist Studies, Prof. Sucheta Pathnia, Dean Faculty of Arts and HOD English Jammu university, Prof. Ram Bahadur Shukla, Dr. Vidya Dhar, Dr. Satya Priya, Dr. Priyanka, Dr. Pritibha, Dr.Prince, Madam neelam Rajdhan, madam Santosh shah and other university dignitaries were also present and participated in the celebrations. The key resource person Dr. Suresh Abrol, Director, MCC Jammu and his team included Mr. Ramesh

Chander (Advisor), Sh. K.K. Kotwal (Technical Assistant and Conservator) and Mr. Arvind Kotiyal (Senior Conservator) of Shashvat Art Gallery & Museum.

There were two sessions in the workshop. In the first session, Director of the Gallery & Museum, Dr. Suresh Abrol made the students aware about the various aspects of the conservation of manuscripts and their importance. Further, he highlighted the various initiatives taken by the gallery related to the conservation of

heritage and culture of the region.

The second technical session was headed by Mr. Arvind Kotiyal, Senior Conservator. During this session, he ably demonstrated the students various methods for conservation of manuscripts by using acid free paper. Around 25 students of the 3th and 6th semesters of the Department of Sanskrit, University of Jammu participated in the workshop. The workshop concluded with a vote of thanks presented by Dr. Partibha.

Uday Chib meets protesting wrestlers at Jantar Mantar, extends support



JI NEWS SERVICE

NEW DELHI, MAY 19: J&K Pradesh Youth Congress today extended support to the country's top wrestlers, staging a protest here at Jantar Mantar against the chief of Wrestling Federation of India (WFI) Brihshaban Sharan Singh demanding "convincing legal action" against WFI Chief for sexually

harassing several female Indian wrestlers. In this context, Uday Bahnu Chib, President JKPC along with Jagdeep Giga, IYC General Secretary and Navnet Kaur IYC Secretary visited the wrestlers at Jantar Mantar and extended full support to their fight for justice. Uday Chib met the protesting wrestlers at Jantar Mantar and said

that the Delhi Police should intensify the proceedings of an FIR registered against the WFI chief and arrest him without any further delay. He said that the players who have made the country proud in the world are sitting at Jantar Mantar against 'sexual harassment', but why no action is being taken. Chib asserted that instead of getting justice, they are in tears and the Prime Minister and his coterie, who make tall claims on women's safety, are sitting silently to save the BJP MP. "Prime Minister ji, you will have to account for each and every tear of these daughters who raised the country's prestige at the international level," he added.

Uday Chib said the Congress stands with the wrestlers, adding the party wants the Central Government to act on the demands of the wrestlers and the WFI Chief should be arrested without any further delay.

BIS holds Standard writing competition in GMHSS Ramban, GHSS Dhandrath

JJ NEWS SERVICE

RAMBAN, MAY 19: As part of its programme to hold standard writing competition in schools who have established standard clubs, the Bureau of Indian Standards today reached Hala Dhandrath area of Ramban district.



The competition was organised in Government Higher Secondary School Hala Dhandrath in which 24 students participated. Another such competition was organised in Government Model Higher Secondary School (GMHSS) Ramban in which 21 students participated and wrote standards.

The day began with the competition being organised in GMHSS Ramban where Principal K.K. Sharma remained attached with BIS resource support team (RST) member Raja Amir Karim. The staff and students of the school expressed their happiness at attending one of the rare competitions in their area where the concept of standardisation was a distant dream, not only for students but for the staff as well.

JKAP 4th Bn Security Honoured Rajesh Virdhy

JJ NEWS SERVICE

JAMMU, MAY 19: A function was organised by JKAP-4th Bn Security to honour Sh Rajesh Virdhy who has passed NRAI Judges Course in both Rifle and Pistol categories.

Sh Sharat Chander Dy SP JKAP-4th Security CEO Jammu & Kashmir Rifle Association gave a ephemerical note on the value of sports to all the officers and officials of JKAP-4th Bn. Sh Aijaz Ahmed Bhat Dy SP, Quarter Master, Sh Arjun Chib Dy SP, Adjutant and Sh Shashi Kant Raina MJO of the Unit of the Battalion expressed their sports experiences and the zeal dedication of Rajesh Virdhy in sports as well as in his assigned duties in the Unit.

Dy CO JKAP-4th Security Sh Pawan Kumar-SP, Sh Kewal Sharma (Insp) and Smt Meetu Raina, (Insp) stated that they have monitored dedication towards his assigned duties and fervour experiences of sports will soon see Rajesh Virdhy to officiate in International Events of Shooting.

Parents-Teachers meet held at Bazar Qasaban and Palli

JJ NEWS SERVICE

JAMMU, MAY 19: School Readiness Camps for promoting Parent-Teacher Engagement and Retention were held today at GPS Palli, Samba and CGHSS Bazar Qasaban, Jammu. Around 80 Parents and 100 Children from both schools, apart from School Staff, participated. These camps were organized in collaboration with the Directorate of School Education Jammu and the Directorate of Samagra Shiksha, J&K, in partnership with UNICEF India.



The camps aimed at strengthening the Government's efforts on Education as envisioned in National Education Policy 2020. National Development Foundation organized these camps where the Parents of Pre-Primary Children were sensitized. This platform was created to promote Parent-Teacher Engagement, which boosts learning at home and inculcates a strong bond between teacher, parent and student.

Mr. Sunny Kumar, Programme Manager, NDF, briefed about the National Development Foundation intervention and its work during the past thirty years. He also sensitized the parents on the importance of Education and the concept of ECCE (Early Childhood Care and Education), FLN (Foundational Literacy and Numeracy), NIPUN Bharat and NEP 2020.

BJP National President JP Nadra launches Mahila Morcha training Program "Kamal Mitra"



JJ NEWS SERVICE

JAMMU, MAY 19: Mahila Morcha, Bharatiya Janata Party (BJP), Jammu & Kashmir led by Mahila Morcha President Sanjita Dogra organized a programme at party headquarters, Trikuta Nagar, Jammu in which Bharatiya Janata Party's National President JP Nadra inaugurated the "Kamal Mitra" training program from

Delhi where only seven states were chosen for online interaction and Jammu and Kashmir is one of them. BJP President Ravinder Raina, General Secretary (Org) Ashok Koul, and BJP NEM Priya Sethi, along with all office bearers participated in the programme virtually from party headquarters. While giving information about the programme, it was told that in the "Kamal Mitra" training programme, 200 women from every Lok Sabha constituency will be trained to become Mahila Mitra.

enlightened women including doctors, professors, engineers, lawyers, IT professionals and research scholars, will train these female workers and prepare a group of enlightened women for the country. Ashok Koul asked the Mahila Morcha leaders to concentrate on the women centric schemes in this programme. Sanjita Dogra said that Kamal Mitra would be a unique training program through which there is a plan to train their female workers on the schemes implemented by Prime Minister Narendra Modi led Union government.

JKMEF highlights prevailing situation in Health Dept



JJ NEWS SERVICE

JAMMU, MAY 19: Jammu Kashmir Medical Employees Federation under the President ship of Sh. Sushil Sudan held Press Conference on 19/05/2023 to high light the prevailing situation in Health Department which created mess among health employees.

The post of Director Health Services is lying vacant from 1st April 2023 after the retirement of Dr. Saleem Ur Rehman. Due to non availability of Director Health Services and Director Family Welfare lot of work are lying pending in both the wings of Health department. Public as well as Employees are wondering Pillar to post for their genuine work.

time. Many employees are waiting for their transfer for which the portal has been closed on 01/04/2023 and federation request the Government to keep this portal open till the post of Director Health Service is not filled. Number of files of Health employees and public are waiting the nod of Director Health for terminal ill patients who are waiting to get their treatment of Kidney/Liver Transplant from higher institute. Release Salary of

FMPHW- The salary of FMPHW is pending from last six months and they are persistently demanding for release of Salary. Despite of repeated request to Government the issue of pending salary is not resolved till date. Many FMPHW now on Life Long treatment and at the mercy of Almighty for sustenance. The salary of FMPHW and other staff Working under 2211 head is disbursed from the state confer all over the country and budgetary grant sanction later on by the Central Government, and same grant is to the UT Govt, but this rule is not implemented in JKUT. We appeal to His Excellency Lt.Governor Sh. Manoj Sinha and chief Secretary Dr. Arun Mehta solve the issue of permanent employees at the earliest. Those who participated in the press conference are Sh. Madan Lal Sharma, Sh. Sanjay Choudhary, S. Kulwant Singh & S. Tejinder Singh.

Govt revamping worn out, archaic power infra in phased manner: Bharat Bhushan



JJ NEWS SERVICE

JAMMU, MAY 19: Bharat Bhushan Bodhi, DDC Chairman Jammu on Friday said that Government is fast revamping the worn out and archaic power infrastructure to provide much needed succor to farming community and general masses as the same was in abysmal condition under the successive regimes. He said that under the BJP Government led by PM Narendra Modi there is no dearth of funds and that is the reason behind transformation of civic infra including power infra in the Union Territory. The DDC Chairman was speaking after the inauguration

of 200 KVA transformer, installed and commissioned today on public demand in Mohalla Burj Khady of village Bachyal in Marh Constituency. Prem Singh Chib Sarpanch Channu Chak, Mulkh Raj Sarpanch Kalyanpur, Devinder Singh Jamal ex Sarpanch Kanha Chak and Dhanner Singh ex Sarpanch Rajpura along with other PRI members were also present during the launch of the transformer. Bharat Bhushan said that the newly installed transformer will benefit 50 farmer families and would provide relief from scorching heat in upcoming summer season resolving power related issues of the general public. He said that under the successive dispensations, the power edifice was on the verge of collapse and it was the BJP Government at the Centre which has been taking pain to ensure colossal development in J&K to make it a model unit setting examples for others to follow. He said that development is in progress in every nook and corner of Jammu District and the people will themselves find the difference in coming days.

JK Saryara Sadar Sabha condolences demise of Arun Kumar

JJ NEWS SERVICE

JAMMU, MAY 19: Jammu and Kashmir Saryara Sadar Sabha deeply shocked on hearing the sad news about the death of Arun Kumar s/o Sh Ranjit Singh R/o Karoli Pathankot under mysterious circumstances.

shining student and prayed to God for providing peace to the departed soul in the heaven. They also prayed for granting enough strength to the bereaved family to bear this irreparable loss. In a statement Saryara Sadar Sabha, J&K, demanded thorough probe in the matter stressing an early enquiry by the administration into the heinous crime leading to mysterious death so that justice is given to the family of the deceased. The statement issued by Sh. Baldev Raj General Secy., Manohar Lal Vice President, Dwarka Nath Vice President, Krishna Lal Secy., Moal Raj Joint Secy., Satpaul President City Sabha, Bahadur Lal President Babu Fort, Sagotra President Rural Jammu, Charan Dass Durga President Reasi Distt., Ramesh Kumar President Udhampur Distt., Darshan Kumar President Kathua Distt. (Billawar), Baldev Raj President Bashioli-Sanjit Kumar Secy., B.D Dalotra, Ramesh Lal, Raj Kumar, Surinder Patiyal, Rajesh Sagotra, Sagar Dalotra, Charan Dass Som Dutt, Subedar Om Parkash, Sushant Chander, Sukh Dev, Tilak Raj, Sanjeev Kumar and Others.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Chinese threat needs immediate attention

Recently, China increased its defence spending by 7.2 per cent to nearly \$225 billion in 2023 and it was the eighth consecutive year of increase notwithstanding the fact that there was a global unease over its aggressive behaviour. China, which also shares its border with India, has already entered into several military standoffs with its neighbour and its attempt to continuously increase its defence budget is a matter of concern for India. The reports have suggested that China has hiked the allocation for general public expenditure by 5.7 per cent and it dropped enough hints that Beijing is prioritising national security over development. What is worrisome is that it's the second year in a row that the annual hike in military spending has exceeded 7 per cent, reversing a two-decade trend under which the expansion of defence capabilities took a back seat to economic growth. If one counts on official statistics, China's military spending may only be a third of the US level, but is over three times higher than India's. The neighbouring country has even justified the increased spending as appropriate and reasonable, claiming that it faces escalating threats from the outside world. China is already having bitter ties with the United States and these ties are counterpoised by a warm embrace of President Putin. The security challenges range from Chinese-claimed Taiwan to the US naval and air missions in the disputed South China Sea near Chinese-occupied islands. Through increasing the defence budget, China has attempted to give an impression that it is on a mission to strengthen its military power and would not tolerate any aggression, of any kind, on its soil. The responses have included holding unprecedented exercises last August to punish Taiwan for hosting the then US House Speaker Pelosi. China's neighbours are already baffled due to the policy of aggressive, assertive and offensive use of military force. For India, the border standoff in eastern Ladakh stands out as unprovoked belligerence. The world is closely monitoring China's gradual military build-up through its continuous increased budget spending at a time when the National People's Congress set to confirm Xi Jinping's third term as President and head of the armed forces. The neighbouring country now controls the world's largest navy by size and it also aims high by increasing military power. Going by the media reports, China's key areas of spending are most likely to include the commissioning of its third aircraft carrier, the rapid production of new destroyers and fighter aircraft and investments in space technology and artificial intelligence for missile targeting systems. These are quite disturbing signals for China's neighbours, especially India and the latter should accordingly devise its defence strategy to deal with China's growing challenge in near future.

LOST ASPIRATIONS AMID ILLUSORY SUCCESS

BLIND CONFORMITY TRANSFORMING BOARD EXAM TOPPERS INTO SOPHISTICATED PRODUCTS

AVIJIT PATHAK

EVERY year around this time, when board exam results occupy the mental landscape of young students and their parents, we witness the way an aggressively hyper-competitive and obsessively judgmental society valorises 'success' and stigmatises 'failure'. Yes, the 'toppers' become instant celebrities; brand-conscious schools and profit-making coaching centres love to sell their success stories; and television channels further mythologise them as they speak of their 'focused' study, self-discipline and hard work. But then, amid this euphoria of success, we also hear about suicides, depression and shame.

Unhappiness is not limited to those whom the system has declared as 'failures'. Even the pampered 'achievers' remain unhappy.

In fact, those who have 'failed' (in the age of inflated marks, even those who get less than 90 per cent marks do not make their parents and peers happy) are stigmatised, and often seen as irresponsible and intellectually dull. Their parents feel embarrassed as their neighbours and colleagues show undue interest in board exam results. And these young students who have just begun to see the world are compelled to carry the burden of 'failure'. There is hardly anybody who bothers to talk to them, understand the experience of humiliation they pass through, and make them understand that the complex and inexplicable trajectory of life does not depend on whether one has got 499 marks out of 500 in the board exams.

And what is really ironic is that seldom do we bother to know about the hollowness of the 'success' stories. What do these 'toppers' with 99 per cent marks seek to do? Or, how do they look at the world? Or, for that matter, what do their parents expect of them? As a teacher and keen observer of human existence, I have been waiting eagerly for a 'topper' surprising me by saying that she/he wants to become a theoretical physicist, a mathematician, a historian, or for that matter, a social activist like Medha Patkar, a filmmaker like Satyajit Ray, or a liter-



ary figure like Amrita Pritam.

Even though I continue to wait, I have not yet found any 'topper' acquiring the courage to see beyond the standardised, routinised and 'safe' trajectory. I am tired of hearing the same answer: 'I wish to become a computer engineer, a doctor or an IAS officer.' There is nothing wrong in these useful careers. However, when the uniformity of aspirations — often driven by peer pressure, parental ambition, middle-class obsession with 'good' jobs, and these days the market-induced neoliberal logic of material wealth and social capital — transforms all these young 'toppers' into parrots repeating the same formula, striving for the same goal, and feeling hesitant to think of any other option, there is reason to be worried about.

This uniformity is unnatural (you do not study science only to become a computer engineer; or for that matter, you do not study history, sociology and psychology only to become an IAS officer); it abhors the autonomy and uniqueness of a young aspirant (even a science student might have the undiscovered talent and aptitude for music, painting and literature); and above all, it transforms these 'toppers' into sophisticated 'products' — a bunch of conformists destined to live with the mythology of 'placement and salary packages'.

Accept it: the never-ending practice of giving and accepting

dowry in an instrumental marital alliance, the normalisation of capitation fee in many medical/engineering/management colleges, and social conservatism amid ornamental modernity — these are inevitable consequences of this blind conformity.

Think of the other consequences of this societal neurosis. From the all-pervading presence of coaching centres and Ed Tech companies to the mushrooming growth of private medical/engineering colleges; or from middle-class parents selling their property and land, or taking bank loans to send their children to these life-killing chambers, to young aspirants living with perpetual stress and fear — the madness is everywhere. Even if every middle-class parent spends a huge amount of money, not every child can get admitted to an engineering/medical college; and even if thousands of young graduates from Bihar, Uttar Pradesh and Odisha take shelter in Delhi's Mukherjee Nagar, visit IAS coaching centres frequently, and spend sleepless nights while reading the 'notes' on general studies, history and sociology, not everyone can become what they have mythologised while growing up in small towns: a District Magistrate with a huge bungalow, or a Superintendent of Police demonstrating the aura of state power. The inevitable consequence of this madness is the loss of meaningful/productive years, the death of

the spirit of wonder and experiments with truth, and eventually, a sense of fatigue, cynicism and inferiority that would continue to haunt them.

Are we, then, creating unhappy people? We must ask this question. If you are never encouraged to look at yourself with authenticity, if you have always tried to see yourself through the eyes of others, and if you are compelled to do what does not truly fulfil you, you remain alienated. And alienation is the negation of inner fulfillment, creativity and happiness.

The fact is that this unhappiness is not limited only to those whom the system has declared as 'failures' — those who could not become, say, computer engineers, doctors or IAS officers. We require courage to admit that even the pampered 'achievers' remain unhappy. You can be 'successful', 'powerful' and wealthy — yet discontented and alienated. And the mythology of 'good living' through the seductive logic of conspicuous consumption or the glamour associated with your official status cannot heal this wound.

Even if you pretend to be happy and successful, you remain empty inside.

How can there be happiness if, to take a striking illustration, one who could have become a great historian finds herself working as a customs officer at the Indira Gandhi International Airport?

Scientific research needs sustained investments

BASIC RESEARCH IS PLAYING A VITAL ROLE IN ADDRESSING GLOBAL CHALLENGES SUCH AS CLIMATE CHANGE AND FOOD SECURITY.

DINESH C. SHARMA

HINGOLI is a town and a district headquarters in the Marathwada region of Maharashtra. It was a part of the territory under the Nizam of Hyderabad till 1948 and was used as a military base. The district is all set to acquire a new identity as the home to a global 'Big Science' project called Laser Interferometer Gravitational-Wave Observatory (LIGO). LIGO is a mega physics experiment designed to detect cosmic gravitational waves. Two such observatories are functional at Hanford and Livingston in the US, while two others are in Italy and Japan. Hingoli will be a part of this network once the observatory is ready by 2030. It will have an L-shaped interferometer with 4-km-long arms. The Prime Minister laid the foundation stone for the Rs 1,200-crore project via teleconference during the National Technology Day celebrations at Pragati Maidan in New Delhi last week. While the scientific community is happy that a large research project is finally seeing the light of the day, the occasion provides an opportunity to examine our approach to such scientific projects, and fundamental research in general. A consortium of Indian institutions started working on gravitational waves in 2009 and the idea of setting up an observatory in India was born then. The US-based LIGO laboratory formally asked Indian scientists to join its programme in 2011. Research work was initiated and the Indian group submitted a detailed proposal for an



Indian LIGO to the Department of Atomic Energy and the Department of Science and Technology the same year. The project was recommended for funding by a committee on mega science projects in 2012.

After facing red tape for four years, the project got 'in-principle' approval from the Union Cabinet in February 2016. It took another seven years for the Cabinet to give

the final approval to a prestigious mega project backed by some of the finest Indian scientists. That speaks volumes about the so-called 'ease of doing science' approach. The episode is a reflection of India's stagnating R&D expenditure, which has been a cause for concern for a long time. The Gross Domestic Expenditure on R&D (GERD) as a percentage of the GDP has hovered around

0.7 per cent for a decade now, according to a report published by the NITI Aayog last year. This is lower than even Brazil (1.16 per cent), South Africa (0.83 per cent), and, of course, much lower than China, which spends 2.14 per cent of its GDP on R&D. With such low contribution, the report said, R&D performance is bound to remain stagnant.

Policies set high goals but they are not backed by money and action. The Science Technology and Innovation (STI) Policy of 2013 envisaged positioning India among the top five global scientific powers by 2020. Nine years later, an updated STI Policy, 2022, came up with a reworded and vague goal — placing India among the top five countries in the world in terms of 'quality of research outcome' by 2030. Our policymakers fail to understand that no amount of rephrasing of goals can substitute the need for enhanced funding and focus on basic research.

In recent years, the success in Covid-19 vaccine development and manufacturing as well as the development of digital products such as CoWIN and UPI are being cited as proof of India's growing technological prowess, and rightly so. However, we ignore that these achievements are a result of sustained investments in research and the creation and nurturing of institutions over the decades.

Technical capabilities were built in state-funded national laboratories and higher education institutions and universities for

several decades, and these have been utilised by the private sector. Take, for instance, vaccine development and manufacturing as well as the generic medicine business in the private sector. The labs under the Council of Scientific and Industrial Research (CSIR) and Indian Council of Medical Research (ICMR) developed capabilities to make drugs and vaccines, clinical trials, etc. since the 1970s, and helped the private sector grow.

Bodies like the Department of Biotechnology and the Technology Development Board handhold biotech firms like Bharat Biotech and Shantha Biotechnics in their formative years. Development funding worth hundreds of crores has flowed to private vaccine manufacturers. All these capabilities developed over the past three decades came in handy when the pandemic struck.

The same holds for achievements in the information and communications technology (ICT) sector. Research in computer science, mathematics and physics has paved the way for advancements in IT. Fundamental research in algorithms, artificial intelligence, cryptography and networking led to the development of computers, the Internet and smartphones. India made early investments in computer science education at the Indian Institutes of Technology, Regional Engineering Colleges (known as National Institutes of Technology now), and later in the creation of the Indian Institutes of Information Technology.

Sunny Leone on constant chatter about her past and how she dealt with it: My job is to take care of me and my family

Sunny Leone is someone who is regularly subjected to trolling and negativity owing to her past, especially her adult film career. But, the actor chooses to filter out the noise and focus on her work.
Leone, who is gearing up for her Cannes Film Festival debut, tells us, "As long as I'm working and making money, I don't really care what other people have to say. My job is to take care of me and my family and enjoy my work and be safe and be happy. My main focus in life when it comes to work is to ignore everybody and just do what I want. I think that when you can do it your way, it's the best way."
Not too long ago, the 41-year-old had shared her journey and struggles while boosting a contestant's morale in a reality show that she hosted. She had

said, "If I had taken everyone seriously since I got here in this country, I would have packed my bags and gone back home."
Was there a point when she came close to quitting acting? "I don't think that I would ever quit anything. So that was never the problem. I don't believe in defeat or failure. Sometimes we make mistakes and sometimes things don't go right. There are many different variables and factors that go into making a film or a show or working on a campaign. There are so many moving pieces, and if it was a single person's act of doing everything, that would be totally different. But there is no quitting in my vocabulary. There's drama to pick up if you are a smart business person, but know when to get out when things are not working a cer-



Kim Kardashian's social media empire fuels a \$1.34 billion buyout blitz

In a dazzling display of entrepreneurial prowess, Kim Kardashian, the queen of reality TV turned cultural icon, is leveraging her social media empire to launch a debut private equity fund. SKKY Partners, the brainchild of Kardashian and former Carlyle Group executive Jay Sammons, aims to raise a staggering \$1.34 billion in a challenging fundraising landscape.

What sets SKKY Partners apart from the competition? It's none other than the millions of devoted fans who hang on to Kardashian's every post, tweet, and TikTok dance routine. With a jaw-dropping 432 million followers across Instagram, Twitter, and TikTok, the pitch booklet declares that Kardashian's social reach is the secret ingredient that will ensure SKKY's triumph. But this isn't just a numbers game. The pitch highlights Kardashian's "demonstrated ability to identify and define culture." She's not just a reality star; she's a trendsetter, a tastemaker, and a force to be reckoned with in the world of consumer and media. With SKKY Partners targeting 10 to 12 investments in these industries, ranging from \$100 million to \$500 million each, the fund is poised to make some serious waves.

However, in a fundraising environment plagued by rising interest rates and recession predictions, even industry giants like Apollo Global Management and Carlyle are feeling the pressure. Yet, Kardashian's star power seems undiminished. Her shapewear company, Skims, already valued at a whopping \$3.2 billion in 2022, showcases her ability to turn fame into fortune.

SKKY Partners plans to ride this wave of cultural relevance by tapping into a network of actors, musicians, artists, and athletes. With their fingers on the pulse of popular culture, they aim to stay ahead of the game and make strategic investments that resonate with the masses. And it doesn't stop there.

XO, KITTY REVIEW: ANNA CATHCART IS A DELIGHT IN THIS NETFLIX SPINOFF ON FIRST LOVE SET IN KOREA

Netflix's spinoff series XO, Kitty takes characters from its popular hit KISS and puts forth a delightful premise in which the lead character tries to find her identity by studying abroad in Korea to get closer to her roots. After setting up her older sister Lara Jean (Lana Condor) with the love of her life Peter (Noah Centino), Katherine Song Covey aka Kitty (Anna Cathcart) decides that it's time she got her own grand romance. She devises a plan that will take her to the Korean Independent School of Seoul (KISS) where she finally gets to spend time with her pen pal/boyfriend Dae (Choi Min-yeong) of the past four years. But life's not going to be as simple as that.

Kitty has also moved to Korea in order to feel closer to her mother Eve who also studied at KISS and she manages to unearth some hidden secrets from the past that could shake up several lives.
But her immediate problem is finding out Dae already has a girlfriend Yuri (Gia Kim), the spoiled wealthy daughter of the principal Jina (Yunjin Kim). While her first reaction is to flee, she finally decides to stay and tries to connect with her Korean heritage amidst a bit of culture shock. Over 10 episodes, Kitty finds herself in the middle of much family drama and some messy romances that keep you invested.
Like most young adult series that focus on relationships, XO, Kitty has

plenty of misunderstandings and many coincidences that seem too good to be true. As Kitty's roommate Q (Anthony Keyvan) says, "Life ain't a K-drama," but then the series goes on to prove just that. Creator Jenny Han and the show's writers have kept the storylines moving at a fast pace, hitting on all the right romantic tropes and images. The series is also empathetic to the teenage experience, as everything that happens feels like a life or death situation.
The episodes that celebrate the Korean holiday of Chuseok and the one involving the class in detention (with a nod to The Breakfast Club) are particularly delightful as we get to see more of the supporting characters, not just Kitty. Dae is the nice guy who is bound by

responsibility, his friend Min Ho (Sang Hoon Lee) is self-absorbed yet caring, Q is Kitty's supportive gay best friend and Yuri is actually the misunderstood rich girl, who is acting out because of her parental issues.
Kitty continues her matchmaking schemes and finds out that not everything is so cut and dry as it seems. The young cast, especially the endearing Cathcart, are sincere and charming as they inhabit their characters. The adult cast members also lend good support, but largely stay out of the students' way. And because this revolves around a group of teenagers, there are plenty of missed connections and crushes, with some love triangles I did not see coming.

After Cannes, Sara Ali Khan wins over Red Sea film festival gala in shimmering gown



After making her Cannes debut in a lehenga, Sara Ali Khan headed to the Red Sea International Film Festival. She has now shared pictures of herself in a shimmering gown as she posed as an honoree at the Red Sea Women in Cinema Gala in association with Vanity Fair. She looked stunning in the Rachel Gilbert gown with her hair tied in a loose bun and little jewellery.
Sharing her pictures, she wrote on Instagram, "Sorry for the spam. Feeling too Glam. Seeing this clear water-Sara nearly swam. But then decided against it-only for my gram fan."

One of the pictures also shows her posing at the gala with other influential women from the Arab, Africa and Asia including Razane Jammal, Fatima AlBanawi, Mohammed Al Turki, Simone Marchetti, Tara Esmad, Milla Al Zahran and Jade Osiborn.
The Red Sea International Film Festival hosted the first 'Celebration of Women in Cinema' Gala this week to celebrate visionary female talent both on and behind the camera from around the world. Sara represented India at the gathering that plays an important role in ensuring women's stories are showcased to as many people as possible while empowering a new generation of talent. On being among the women at the event, she said, "I feel very very privileged. I'm a very proud Indian and I'm a very proud girl so I think that it's lovely that I can come here to this international forum and celebrate my Indianness and my Womanhood."

Urvashi Rautela wears unique lizard necklace at Cannes Film Festival 2023

Urvashi Rautela often grabs attention for her unique sartorial choices. On Wednesday, the actor shared photos and videos from her first appearance at Cannes Film Festival 2023, where she wore a larger-than-life pink dress. While some praised her over-the-top outfit, calling it 'beautiful', others could not get past her choice of accessories - a golden lizard necklace, and matching earrings. Urvashi was seen in multiple designer looks at last year's 75th Cannes Film Festival. On Tuesday, she made her mark at Cannes Film Festival 2023 in a pink gown. This is Urvashi's first look from the prestigious film festival this year. The actor took to Instagram to share photos and videos of herself, which attracted all kinds of reactions. She wrote in her caption, "76th annual Cannes Film Festival red carpet opening..."
One commented on the actor's video, "Gale mein chipkali agar zinda ho gai toh photoshoot chod kar aise bhagoge aap (You will run away from the photoshoot, if that lizard around your neck 'wakes up')."
Another one said, "I cannot unsee that lizard necklace... so wild..."
Another commented, "What is that around her neck? However, some liked the look. One fan called Urvashi the 'queen of Cannes 2023'. Another said, "You nailed it, such a great look! Others felt comments like 'fabulous' and 'beautiful'. A fan also commented, 'So finally @urvashirautea is creating history again at Cannes...'"

Kareena Kapoor leaves a hilarious comment on Tabu's Insta pic, wants to know all 'chai pe charcha'

It seems like Kareena Kapoor is missing out on some tea from her co-star Tabu from the set of her upcoming film The Crew. As Tabu posted a black and white picture of herself with a coffee mug on Instagram, Kareena posted a quirky comment to ask whether she is missing out on any 'chai pe charcha'.
Tabu took to Instagram to post a black and white picture of herself on Instagram with a coffee mug. Kareena then took to the comments and wrote, "Mere bina chai pe charcha ho rahi he (Without me what is this tea going on)... (red heart emoticons) where are the biscuits? (laughing face emoticon)." Tabu reacted to Kareena's hilarious comment and said, "(laughing face emoticons) waiting to come to set to take from you."

Kareena is currently shooting for The Crew, which also stars Tabu and Kriti Sanon in pivotal roles. Billed as a comedy of errors and mishaps set in the struggling airline industry, The Crew is directed by Rajesh Krishnan and produced by Rhea Kapoor and Ekta Kapoor. The official synopsis of the film states that it is about three women who work and hustle to move on with life. But as they try to make their way forward, destiny leads them to some unexpected and unwarranted situations, leading them to get caught in a web of lies.
The poster was first shared by Vogue India in November last year, which had Tabu, Kareena, and Kriti- all dressed in black- coming together and posing for the camera. Rhea Kapoor also shared the same poster on Instagram and said, "After three years of dreaming, writing, planning I present



you with @ektarkapoor on the November Cover of @voogieIndia on the November Cover of @voogieIndia our 'dream cast' which is now a reality. 'The Crew' starring @tabutiful @kareenakaapoor and @kritisanon starts shoot February 2023. Directed by @rajosworld written by @nidsmehra and Mehul Suri." In January, Diljit Dosanjh also joined the cast of The Crew. In a statement, Rhea shared the team is thrilled to have Diljit on board. She stated, "We are thrilled to have Diljit join the cast considering his discerning eye for quality projects."



Aishwarya Rai responds to why she's - ot offered 'roles with depth': That's a question - everybody keeps aski- g

ON THURSDAY, Aishwarya Rai grabbed attention as she walked the red carpet for the first time at this year's Cannes Film Festival. She wore a larger-than-life silver and grey gown. Before making her debut at Cannes 2023, Aishwarya sat down for an interview on the sidelines of the prestigious festival, where Aishwarya has been a regular for decades. She was dressed in a shiny green dress. In the interview, Aishwarya spoke about her last release, Ponniny Selvan: II (P52), her

roles in the film - Aishwarya played dual roles as Nandini and her mute mother Mandakini Devi - and the 'silent question' everyone keeps asking about her career. Aishwarya was asked during her interview with NDTV, "Why aren't we, as in the Hindi cinema, offering you roles with such complexities, such depth? Look at what you brought out and what you did with it (her roles in P52). In response, the actor said, "Well that's a silent question I think everybody normally ends up asking. We are all creative

people, when something turns out so good and feels so right, creatively for the people working on it, as well as for the audience, that's the response it evokes. I think one of the most beautiful and most rewarding moments is when questions like these arise for the actors, the leading ladies..."
Aishwarya further said about P52, "There's a reason we salute Mani Ratnam and directors like him, who do create work like this, and that's why it is such a pleasure for us as artists to work with them, and to come away with results like this and movies like this, where we are proud of the work we have done. We feel immensely satisfied and Ponniny Selvan has definitely been immensely satisfying for all of us..."
Ponniny Selvan: II is the second installment of the period drama based on Kalki Krishnamurthy's popular historical novel Ponniny Selvan (The Son Of Ponn). Along with Aishwarya, the Mani Ratnam film's cast includes Vikram, Trisha, Karthi, Jayam Ravi, Sobhita Dhulipala and Aishwarya Lekshmi. The film was released in theatres on April 28.
Ponniny Selvan: II opened to good reviews with many praising Aishwarya's performance. An excerpt from the film's Hindustan Times review read, "In P52, it's Aishwarya Rai as Nandini and Vikram as Aditya Karikalan, who really shine in parts they play so convincingly. Given this is Aishwarya Rai's big comeback to Tamil cinema after many years, she's unbelievably good and delivers what's unarguably a

Can honey and dates manage blood sugar levels and replace artificial sweeteners?



NATURAL SUBSTITUTES LIKE HONEY AND DATES CAN BE ALTERNATIVES TO REFINED SUGAR, HOWEVER, IT IS IMPORTANT TO BE MINDFUL OF PORTION SIZES, SAYS DR. RICHA CHATURVEDI, SENIOR CONSULTANT IN ENDOCRINOLOGY AT INDRAPRASTHA APOLLO HOSPITAL

The World Health Organization has recently issued a guideline advising against the utilization of non-sugar sweeteners for the purpose of managing body weight. On the basis of a comprehensive review of existing evidence, the WHO says utilization of non-sugar sweeteners does not yield long-term advantages in reducing body fat for both adults and children. Furthermore, the findings indicate potential adverse effects associated with prolonged consumption of non-sugar sweeteners, including an elevated risk of type 2 diabetes, cardiovascular diseases, and adult mortality. Can Vitamin D, Vitamin B12, Omega 3 help in fighting PCOS? Why is protein important in PCOS diet? How to lower cholesterol lev-

els in young people? Link between hypertension, the silent killer & mobile phone usage, is possible, says new study. Should Indians be worried? Dr. Richa Chaturvedi, Senior Consultant in Endocrinology at Indraprastha Apollo Hospital, shared her insights with the latest WHO guidelines on artificial sweeteners and their implications for individuals who consume them. Do sugar substitutes have negative effects? Does replacing free sugars with non-sugar sweeteners fail to provide long-term weight control benefits for individuals? There is evidence suggesting that replacing free sugars with non-sugar sweeteners may not contribute to long-term weight

control. The study conducted by the WHO challenges the common belief that sugar substitutes are beneficial for weight loss. It further suggests that individuals who consume non-sugar sweeteners often compensate for the reduced calorie intake by increasing their consumption of other high-calorie foods. While sugar substitutes can be helpful in reducing overall sugar consumption, they may not necessarily lead to long-term weight loss. Simply swapping sugar for non-sugar sweeteners may not be sufficient to achieve sustained weight control. If weight loss is not the goal, it is considered safe to consume artificial sweeteners? If weight loss is not the primary concern, the safety of sugar substitutes becomes an important consideration. While there

are debates surrounding the long-term effects of consuming sugar substitutes, they have generally been recognized as safe for consumption by regulatory authorities such as the U.S. Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA). Extensive research has been conducted on various sugar substitutes, including artificial sweeteners have consistently shown that, when consumed within acceptable daily intake limits, sugar substitutes are not associated with significant health risks for the general population. However, it is important to note that individual responses to sugar substitutes may vary. Some people may experience digestive issues or other mild side effects, but these are typically rare and not considered a major concern. People with specific health conditions, such as phenylketonuria (PKU) for aspartame, should be cautious and follow medical advice regarding the use of specific sugar substitutes. The acceptable daily intake of sugar substitutes varies depending on the specific type of sweetener. Regulatory authorities, such as the FDA and EFSA, have established guidelines and maximum recommended levels for each sweetener. It is important to note that these recommendations are generally considered safe for the majority of the population. For adults, the recommended daily intake of artificial sweeteners like aspartame, sucralose, and saccharin typically ranges from 9 to 23 milligrams per kilogram of body weight. Natural sweeteners, such as stevia, may have higher acceptable daily intake limits, usually ranging from 4 to 12 milligrams per kilogram of body weight. Children generally have lower acceptable daily intake limits compared to adults. These limits are set to ensure their safety and account for their smaller body size. Does it have the potential to aid in short-term weight loss? Sugar substitutes can be helpful for short-term goals, such as reducing calorie intake or managing blood sugar levels. By replacing high-calorie sugar with low-calorie or zero-calorie alternatives, individuals may experience a temporary reduction in their overall calorie consumption. However, it is important to note that weight loss is primarily achieved through a combination of a healthy diet and regular physical activity. Sugar substitutes should be used as a tool to manage calorie intake, not as a long-term solution for weight loss. It is also important to be mindful of portion sizes and overall dietary patterns when using sugar substitutes.

When should you consume apples? Know the perfect time for maximum benefits

APPLES ARE GOOD FOR YOUR GUT HEALTH AS IT CONTAINS PECTIN, A TYPE OF FIBER THAT ACTS AS A PREBIOTIC.

An apple a day keeps the doctor away. We all have heard this every now and then. Apples are one of the most widely cultivated tree fruits. It is not only grown to be sold as fresh fruit. It is also used commercially for vinegar, juice, jelly, applesauce, and apple butter, among others. Studies suggest that apples contain a wide variety of nutrients like carbohydrates, fiber, antioxidants, vitamins, and minerals. Contrary to common belief, in order to get the most out of apples, you should leave the skin on as it contains half of the fiber and most of the polyphenols. Doctors, dieticians and nutritionists often emphasise includ-

ing fruits in their daily diet in order to maintain overall well-being. When should you eat apples? Apple has several health benefits and it is important to consume them at the right time. According to a report by Bio Wellbeing, the best time to have fruits is, in the morning, between two meals or at snack time, and during pre-and post-workout. The report also highlighted that before bedtime and immediately before or after meals is often considered the worst time to consume any fruit. So what about apples? As apples also contain immunity-boosting capabilities, they cannot be included at any time of the day. If you have digestive issues, due to late-night or



improper sleep and late eating habits, then you should consume apples in the morning. Fruits are a good source of multivitamins and can be highly beneficial if eaten the right way. Certain fruits have to be consumed at a particular time to get

maximum health benefits. Apple is a nutritious fruit that is packed with minerals, antioxidants and is high in fiber. Apples contain Pectin, which boosts metabolism, regulates heart health, and maintains blood sugar thus it is best consumed for breakfast; however, since apples are high in fiber, they might also cause digestive issues thus they should be avoided during late evenings or for dinner. Dr. Brunda, Consultant - Internal Medicine, Aster CMI Hospital, Bangalore told Financial Express.com. It is recommended not to peel the apples and to be consumed without cutting in the natural form, Dr. Brunda said. It is noteworthy that eating apples at night in the evening or at night can burden intestinal functions, and can you uncomfortable in the week hours. As apples also contain organic acid, it can lead to an increase in stomach acid if you consume it in the later part of the day.

Beware! These 5 Foods May Turn Toxic When Cooked Or Overcooked

We all know cooking is an art, but trust us, it is also a science. You need to know the science behind every food item to make a dish healthy and wholesome. Every single ingredient in your pantry, whether it is vegetable, meat or masala, contains nutrients that react differently when heated or mixed with other foods. While some concoctions amplify the goodness of a dish, some make it toxic. Likewise, there are some food items that serve the best when eaten raw or moderately done. Why, you ask? It is because the nutrients of these food items get washed off when they come in contact with heat. Here, we will help you identify a few such everyday food ingredients that we often end up overcooking, making them unhealthy for consumption. Let's get started. Believe it or not, how you cook your meal defines how healthy it is. Cooking food causes a chemical reaction which either makes it edible or

inedible for all. Health experts state that overcooking certain food items negatively affects their quality, look and taste, making them hard to Remember, overcooking certain foods alter the natural taste and colour of certain food items.2. Eliminate the nutrients:As mentioned earlier, cooking makes some chemical changes in the properties of the ingredients. For certain foods, you will see the loss of nutrients, making them unhealthy for consumption.3. Lead to gut problems: At times, the change in chemicals also makes the food hard to digest, leading to bloating, indigestion, acidity and other gut-related issues. This further results in different other health issues including weight gain, skin rashes et al.4. Lead to contamination:Overcooking certain foods lead to the growth of bacteria, making them carcinogenic in nature. This

majorly happens when food gets charred or burnt. To put it simply, raw foods are those that do not undergo any kind of cooking process or haven't got in contact with heat. According to health expert and nutritionist Rohit Shelkar, "A food item is considered raw if it has not been subjected to heat over 40 to 48 degrees Celsius." Several studies explained that certain food items contain water-soluble nutrients that easily get washed off when cooked. Hence, it is best to have such food items raw to enjoy the benefits to the fullest. Rohit Shelkar further states that a raw diet essentially consists of fruits vegetables, nuts, seeds, and certain legumes and grains, which "help lower the blood sugar and cardiovascular diseases and also help manage body weight". That May Turn Toxic When Cooked:1. Honey:Honey makes for a great sugar substitute for many, but that doesn't mean you use it while cooking. Raw honey contains simple

sugar, water, beta-carotene, vitamins C, B, D, E and K and several essential minerals. According to the National Center for Biotechnology (NCBI), heating honey deteriorates its quality and diminishes the essential enzymes. Besides, heating or cooking it might also make it toxic, affecting our health negatively.2. Broccoli:If you have been making curries and sabzis with broccoli, then stop it now! Experts state, broccoli is best enjoyed raw, as boiling it leaches out the water-soluble vitamins like vitamin C and folate. Some studies also found that boiling, microwaving or stir-frying broccoli causes a significant loss of chlorophyll that adds to the natural green colour of the vegetables.3. Almond:Almond is considered a superfood due to its high nutritional value. We have it as is, use it as a garnishing element and also make chutneys and other yummy dishes with it. But did you know, you should never roast almonds as it may damage the healthy polyunsaturated fats in it?

According to celebrity nutritionist Pooja Makhija, the best way to enjoy the benefits of almonds is by soaking and peeling the skin. And if you at all want to roast it, make sure, you do it at low temperature.4. Bell pepper: Roasted bell pepper is quite a popular addition to several recipes. It may make the dish look exotic, but cooking or charring takes away the nutrients from bell pepper. Let us explain. It contains a good amount of vitamin C, which is a water-soluble nutrient; hence, coming in contact to heat reduces its goodness.5. Beetroot: We love beetroot sabzi. Don't we? But it might not be as healthy as you think. Beetroot contains vitamin C, folate and several other nutrients that get destroyed when cooked on high flame. Hence, nutritionists suggest eating beetroots fresh and raw for maximum benefits. Now that you know about these food items, we say, use them properly in your diet to enjoy the benefits to the fullest.



HOW YOU COOK YOUR MEAL DEFINES HOW HEALTHY IT IS. COOKING FOOD CAUSES A CHEMICAL REACTION WHICH EITHER MAKES IT EDIBLE OR INEDIBLE FOR ALL.

Include Nutritious Dishes In Your Meals To Aid Weight Loss



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

A subtle tweak, like introducing a high-protein and fibre-rich diet and reducing the intake of carbohydrates, can help with your weight loss journey. A veggie and hummus sandwich makes a great fibre-rich lunch. Hummus is a spread or a dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the slices. Add the vegetables like bell pepper, cucumber, lettuce, onion, and tomato slices to make a delicious sandwich.

Oats Khichdi We all know that oats are healthy and should be a part of our regular diet. You can either eat it as porridge or just make a khichdi out of it. You can add dal and vegetables to make it healthier. Just add chopped carrots, onions, cauliflower, tomatoes, french beans and a few chillies. For extra flavour you can add garlic as well. Upma Upma is a flavourful and healthy dish that you can cook in a jiffy. It is a perfect meal option made of lightly roasted semolina, green peas, carrot and onions and lightly tempered with mustard seeds and curry leaves. Green Peas are high in protein content and low in calories. It is loaded with vitamins K and C, manganese and fibre.

Oats dosa Switch the rice ingredient with oats and you can cut down on your carbs intake. Unlike typical dosa, oats do not need to be soaked. You can add soaked urad dal in a small quantity with oats for binding. Make a batter blending the urad dal and oats together. Let it ferment for 10-12 hours. You can make oats dosas and pair it with sambar and coconut chutney.

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

Weight Loss Tips: Here's A Beginner's Guide To Weight Training For Weight Loss

Lifting weights can help you reach your goals of increasing muscle mass or getting a fitter, toned body. Weight training, commonly referred to as resistance or strength training, strengthens your bones and joints, creates lean, stronger muscles, and can help maintain a healthy metabolism, which means you'll burn more calories even while you're at rest. And not only young people can benefit from lifting weights. As we get older, lifting weights can help prevent the loss of muscular strength and mobility and improve our mental health. So, it's never too late to start lifting weights, even if you've never done it before. Furthermore, you don't even have to be a member of a gym. For many exercises, you can just use your own weight, but you can also obtain good results with free weights, resistance bands, or other home fitness equipment.



DC B'la reviews progress of Works under Jal Jeevan Mission

PUT IN EVERY EFFORT TO ACHIEVE TIMELY & DESIRED RESULTS: DR SEHRISH DIRECTS OFFICERS

JJ NEWS SERVICE

BARAMULLA, MAY 19: In order to take an appraisal of the progress of effective implementation of Jal Jeevan Mission (JJM) scheme in the district, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish presided over a meeting of concerned officers at DC Office Complex here.



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

It was also given out that 101748 households have been provided with portable water connection in the district till date against the set target of 145675. Asserting that JJM is a major flagship programme to cover all households, Dr Sehrish directed all the officers to work in coordination and ensure smooth execution of JJM works in their areas. She directed officers of all concerned departments that all households are connected through tap water, besides all pending schools, anganwadi centres, health centres and panchayats ghars be also provided with tap water connections under JJM scheme across the district.

DLSA organises Legal Awareness programme at Ganderbal

JJ NEWS SERVICE

GANDERBAL, MAY 19: The District Legal Services Authority (DLSA) Ganderbal today organised a Legal Awareness programme on Dowry Prohibition Act, 1961 and the Protection of Women from Domestic Violence Act, 2005, at Legal Literacy club, Government High School, Kondabal Safapora, Ganderbal. The programme was held under the supervision of Chairman DLSA Ganderbal, Ritesh Kumar Dubey and under the guidance of Secretary DLSA Ganderbal, Nusrat Ali Hakak.

The event was attended by the Advocate of DLSA Ganderbal, principal, teachers, staff members and students of Government High School, Kondabal, Safapora besides PLVs of DLSA, Ganderbal.

The main aim of this legal awareness programme was to educate students, particularly female students, about their legal rights and remedies in cases of dowry harassment and domestic violence. The programme was spearheaded by Advocate Asif Mustafa, who highlighted the legal provisions regarding women's rights, and discussed the legal procedures for reporting and seeking redressal for any violations or offences under the acts. This programme was a part of ongoing efforts of DLSA Ganderbal to promote legal literacy and empower women to assert their legal rights. Raising awareness about the Dowry Prohibition Act and Protection of Women from Domestic Violence Act is crucial in preventing and addressing incidents of dowry harassment and domestic violence, which continue to affect many women in our society.

Teachers, students of Government High School, Kondabal, Safapora also participated actively in the programme.

GCW, DECC organise counselling cum awareness session at Udhampur

JJ NEWS SERVICE

UDHAMPUR, MAY 19: The Career Counselling, Guidance and Placement Cell of Government College for Women, Udhampur, in collaboration with District Employment and Counselling Centre (DECC) today organised a Counselling-cum-Awareness Session in the College Campus.

The programme was held under the overall supervision of Prof. Jugal Kishore, Convener, Career Counselling, Guidance and Placement Cell.

Principal of the College, Prof. Anjali Mahajan was the chief guest.

The proceedings of the programme were initiated by Dr. Kamaldeep Kour, wherein she welcomed the chief guest and introduced the audience to today's resource person, Mudassar Yusuf, Young Professional DECC/Model Career Centre Udhampur and accompanying staff to the august gathering.

In the presence of other faculty members, the event was formally

inaugurated by Prof. Anjali Mahajan, the college principal.

The Principal appreciated the participating audience for attending this Career Counselling-cum-Awareness session organised by the District Employment and Counselling Centre (DECC).

She urged the students to gain the most of it by utilizing the vital information acquired in the programme to better understand the career options that are available to the graduates in the current job market scenario.

While encouraging the members of the Career Counselling, Guidance and Placement (CCGP) Cell for effectively hosting such events, she said that the college shall continue to organize such events in the future and the Career Counselling, Guidance and Placement (CCGP) Cell of the college shall extend full support in organizing such events to keep the students aware of the pros and cons of the ever-changing job market. She said that the objective of organising counselling session was to increase students' understanding

of the subtleties of the ever-changing employment market and develop themselves from job seekers to job creators.

Mudassar Yusuf, Young Professional, DECC, Udhampur the resource person on the occasion, sensitised the participants regarding J&K Employment portal and its integration with National Career Services (NCS) portal wherein one can find multiple job opportunities through PAN India training programs and online career counselling. The participants were also informed regarding the various mission youth schemes like Tejaswani, Mumkin, Spurring, He also interacted with the students and mentored them the process of applying for these schemes through an online demo for registration on the National Career Services portal wherein students participated actively.

As many as 140 students participated in the programme and filled their registration Performa devised by District Employment and Counselling Centre (DECC), Udhampur.

DHEW Reasi organises awareness program on women centric schemes

JJ NEWS SERVICE

REASI, MAY 19: District Hub for Empowerment of Women Reasi under Mission Shakti today organised an awareness camp on Women Entrepreneurship Programme, Beti Bachao Beti Padhao and Nasha Mukti &K Abhiyan here under the "Azadi Ka Amrit Mahotsav."

DHEW team organised the camp especially for the youngsters who are presently enrolled in skill development courses at PMKVY Office.

The DHEW Team disseminated information among the youngsters regarding the Women Entrepreneurship programme like PMEGP, Tejaswini and Women Development Corporation so that they can become self reliant by taking financial assistance under these programmes to start their small business units. Apart from this, the youngsters were sensitised about the ill effects of drugs and their consequences and provided National free helpline number "14446" and Anti Drug helpline number 9079070717 to report cases of drug abusers and drug peddlers to eradicate the drug menace from the society. They were also made aware about Sukanya Samridhi Yojana.

At the end, pamphlets regarding women centric schemes were also distributed.

DHEW B'gam conducts Awareness programme on Women empowerment, BBBP, NMBA at GGHs Ompora



JJ NEWS SERVICE

BUDGAM, MAY 19: The District Hub for Empowerment of Women (DHEW) under the banner of Azadi Ka Amrit Mahotsav and as part of Beti Bachao Beti Padhao (BBBP) campaign today organized an Awareness programme at Government Girls High School (GGHS) Ompora, Budgam.

The event was aimed at spreading awareness about the role of DHEW, BBBP and Nasha Mukti Bharat Abhiyan (NMBA).

During the campaign, the team DHEW- Mission Shakti said that the BBBP scheme aims to address declining Child Sex Ratio (CSR) and related issues of empowerment of girls and women over a life cycle continuum. The participants also took pledge to work towards creating a safe and supportive environment for girls in their respective communities.

The team gave detailed information on how DHEW- MS is playing an effective role by providing awareness/training among young female folks to generate self-employment by taking advantage of available schemes at District level.

The team also raised awareness on Nasha Mukti Bharat Abhiyan, its ill effects, causes and treatment. They briefed the participants about the initiative Drug De-Addiction Centre and rehabilitation centre which plays an important role to make drug addicts free of addiction.

The treatment-cum-rehabilitation centers provide services to the community such as awareness generation, identification of addicts, motivational counseling, detoxification/ de-addiction, vocational rehabilitation, after care and re-integration into the social mainstream and preventive education.

Mission LIFE: GDC Khanshab conducts Cleanliness drive at Nilnag Lake

JJ NEWS SERVICE

BUDGAM, MAY 19: As part of 'Mission LIFE', the Department of Environmental Studies and NSS unit of Govt. Degree College (GDC) Khanshab today organised a cleanliness drive at Nilnag Lake near Yusmarg area of district Budgam.

A contingent of 32 volunteers, accompanied by HOD Environmental Studies, Ashik Hussain Mir and NSS Programme Officer, Dr. Sajad Padder was flagged-off by Principal of the college, Dr. Nargis Bano from the campus.

About 80 kgs of plastic bottles, wrappers and other non-biodegradable waste were collected from the lake and its surroundings and disposed-off effectively.

This place has a tremendous potential to attract tourists from different parts of the country and abroad.

National Technology Day: Lecture series kick-started from Sri Pratap College Srinagar

PROF. YOSHIRO AZUMA DELIVERS SPECIAL TALK

JJ NEWS SERVICE

SRINAGAR, MAY 19: To commemorate the National Technology Day in the backdrop of G20 Summit, lecture series was Friday kick-started by Prof. (Dr.) Yasmeen Ashai, Director Colleges in the auditorium of Sri Pratap College Srinagar here. The first in the series was a one-day special talk on the theme "The Culture of Science and Higher Education in Japan".

Historical Perspective, Current Issues and Some Comparison to India" delivered by Prof. Yoshiro Azuma. Prof. Yoshiro Azuma, an eminent scientist and visiting Professor at IIT Delhi in the field of Experimental Atomic and Molecular Spectroscopy gave an inspiring talk about his work experiences as a scientist in Japan and USA.

He emphasized on the importance of collaborative research work as a key to success in scientific endeavors. His talk inspired the students seeking research as career options in STEM. Director Prof. (Dr.) Yasmeen Ashai urged the students to eagerly participate in such workshops and seminars to hone up their skills and gather scientific acumen.

DC Anantnag flags-off "Mai Bhi Kisan" campaign from Krad Village

JJ NEWS SERVICE

ANANTNAG, MAY 19: The Deputy Commissioner (DC) Anantnag, Syed Fakrudin Hamid Friday kick-started the "Mai Bhi Kisan" campaign from Krad Village of Anantnag.

The brief objective of this campaign is to sensitize the school children about the role of Agriculture in tandem with the environment for securing food security, sustenance of natural resources and preserving the environment for future generations. The aim is to practically expose the students to different



aspects of agriculture which they are not otherwise aware of.

During the campaign, the students shall visit various agricultural fields to get exposed to the traditional as well as new farm technologies. The experts from

agriculture & school education departments would provide practical training regarding various forms and aspects of agriculture including horticulture, pisciculture, silviculture, apiculture and agro based industries.

This campaign would also provide an opportunity to the students to interact with progressive farmers of the district.

Addressing the media and the students, the DC talked about the importance of such campaigns for the benefit of the students and explained about the negative impacts of plastic use and how these natural fibers can replace plastics for a clean and green environment. He emphasized that the students can play a vital role in spreading the message of conservation of natural resources like water, soil which is very important for sustainable food

production in future.

The DC advised the students that they may choose agricultural science in their career and serve the farming community of the country. He also said that this programme would be organized twice in every month, where students from different schools, colleges, besides youth clubs, would be engaged in the programme, adding that the progress and feedback of the programme would be discussed in schools during morning assemblies so that the entire student community remains motivated towards farming besides their studies.

Atal Dulloo chairs meeting regarding strengthening of Project Monitoring Unit of HADP

JJ NEWS SERVICE

SRINAGAR, MAY 19: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today chaired a meeting regarding strengthening of Project Monitoring Unit (PMU) and other developments under Holistic Agriculture Development Programme (HADP) at Civil Secretariat here.

The meeting was attended by Director General Planning, Agriculture Production Department, Special Secretary, Agriculture Production Department, Mission Director, HADP, Nidhi Srinivas from Bill and Melinda Gates Foundation, Ankur Bansal, CEO/Founder GDI (BMGE), member PMU and Technical Officers.

During the meeting, a detailed PowerPoint Presentation on various aspects of HADP highlighting challenges confronted in implementation of the mega project.

ACS impressed upon the officers to implement HADP in its entirety keeping its aims and



objectives in mind. He emphasized the need of laying special focus on various aspects like procurement, IT, value chain development and marketing for the effective implementation of HADP.

Dulloo said that the ambitious plan will bring about significant improvement in agriculture and allied sectors in Jammu and Kashmir, providing a boost to the region's economy and benefiting farmers and consumers alike. He added that the interventions under the plan will enhance quality and quantity of produce in the region. "Various multi-pronged strategies ranging from infra-

structure development to specific technological interventions are being ensured for reaping the benefits", he added.

It was informed that expert teams from other parts of the country will be visiting UJ to share their models and expertise in the sector. Their best practices will be adopted and replicated here in J&K to get optimum outcome.

Regarding the 'Kisan Sampark Abhiyan', Atal Dulloo said that the people have evinced great enthusiasm and their overwhelming participation has given new dimensions to this ambitious programme of the government.

It was also informed in the meeting that with implementation of HADP, JK will have secured livelihood for 13 lakh farm families with emphasis on 2.2,00% marginal families, creation of 18,861 additional enterprises and additional 2,87,910 jobs besides skill development to over 2.5 lakh persons in agriculture. In another separate meeting, Atal Dulloo reviewed various innovative interventions being launched towards revitalizing agriculture in J&K under HADP. In this regard, it was informed that panchayat level common service centers (Kisan Khidmat Ghar) will pave way for holistic area specific agricul-



Srinagar Admin inspects City markets to check hygiene, quality of ready to eat food items

FOOD SAFETY TEAM LIFTS SAMPLES OF FOOD ITEMS FROM KHYAM CHOWK, NISHAT MARKET, MAKKI POINT

JI NEWS SERVICE

SRINAGAR MAY 19: On the directions of the Deputy Commissioner Srinagar, Mohammad Ajiaz Asad, the team of Food Safety Department today conducted a special drive in various markets of Srinagar City to check the hygiene practices adopted and quality of food items by the Food Business Establishments. A team of Officers headed by Assistant Commissioner Food Safety Designated Officer under FSA Srinagar, Yameen ul Nabi carried out a surprise market checking in Khyam Chowk, Nishat Market, Makki Point, Boulevard and other adjoining areas of the City to check the quality of ready to eat food items...



Chowk, Nishat Market, Makki Point, Boulevard and other adjoining areas of the City to check the quality of ready to eat food items being sold in the area. The team of Food Safety lifted various samples of ready to eat food items from Food Business Units operating in these areas. The samples were sent for analytical purposes to the laboratory. During the inspection several Food Business Operators were compounded for violating various provisions under section 56 of FSS Act. In addition, the Food safety team distributed some PPE among the FBO owners in order to maintain hygiene in their business establishments. They were also sensitized with the concept to avoid any mishandling of food items while manufacturing. They were also informed how to maintain the highest standards of Hygiene in the manufacturing plants. On the occasion, the Market Checking Team warned the erring Food Business Operators not to indulge in violations of Food Safety Regulations and insanitary conditions which are against public health failing which a hefty compound will be imposed upon them in future, which an even lead to closure of facility. Meanwhile, the Deputy Commissioner, Srinagar has asked the Food Safety Department and other Market Checking teams to continue the drive to ensure all essential commodities are sold at Government approved rates as per the Food Safety Standards and Quality.

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CCTV cameras in Metadors, school buses being made mandatory in Doda District

DC CHAIRS DISTRICT ROAD SAFETY COMMITTEE MEETING

DODA, MAY 19: To make the roads in the district safe and pleasant for the commuters, the District Road Safety Committee (DRSC) today took a host of decisions here at its 3rd meeting of the current year, chaired by Deputy Commissioner, Vishesh Mahajan (Chairman DRSC). The DRSC assessed the availability, requirement, and augmentation of existing infrastructure and other logistics for safe plying of vehicles on the roads in the district. Taking in account certain complaints and apprehension raised in the DRSC meeting, Chairman (DC) ordered the installation of CCTV cameras in all the School buses, and Matadors registered with ARTO Doda. The executing agencies were directed to install glow signage, speed limit boards and boards with Emergency Response Team contact numbers on all the roads. The DRSC also instructed the concerned authorities to raise memorials at accident sites to alert the commuters. The agencies were also asked to remove the encroachments from all the roads. On decision of installation of CCTV cameras at the identified places by NHIDCI, and other agencies, the meeting was informed that the matter has been taken up with higher authorities for the grant of funds and necessary approval. On the previous instructions of holding joint naka at 9th KM near Assar, it was apprised that the same is held frequently. The Chairman asked the officers to conduct checking at Assar Naka regularly to prevent unit and unregistered vehicles from entering the district unnoticed. The agencies were also instructed to install crash barriers on identified spots where accidents have happened or are likely to happen, at the first instance and to create the parking bays at appropriate distances. The DRSC also discussed the implementation of other decisions and availability and disbursement of the Road Safety Funds, IRAD training, awareness and implementation activities, and other issues. The meeting was attended by SSP, Abdul Qayoom; SE PWD, RP Singh; ARTO, Rajesh Gupta; CMO, DIO, Ex Ens of MWD and PMG/SY, DTI traffic, and other members of the DRSC.

AKAM: Inter-Cluster Art & Cultural Mela held at GGHS Shopian



JI NEWS SERVICE

SHOPIAN, MAY 19: Inter-Cluster Art and Cultural Mela under the banner of Azadi Ka Amrut Mahotsava and G20 was today kick started by Chief Education Officer (CEO) Shopian, Mohammad Mushtaq at Govt Girls Higher Secondary Shopian, here. Among others the event was attended by Deputy Chief Education Officer Shopian, Javida Ahmad Khan; Principal Govt GHSS Shopian, Afroza besides other concerned. During the event, students competed in many art forms like painting, essay writing, singing seminar and stand up comedy. Students from various schools across the district participated in these competitions and were found enjoying the platform where they could showcase their talent and skills. Speaking at the event, the Chief Education Officer said that to boost the morale of students and to bring the best out of them, these activities should be organized from time to time. He said his office is committed to provide an ideal environment for holistic development of students. He said the overall personality development is the need of hour and ample focus must be given to co-curriculum activities. Deputy Chief Education Officer Shopian, Javida Ahmad Khan said that co-scholastic activities are morale booster for students.

MD KPDCL reviews power supply scenario for G20 Summit

DIRECTS OFFICERS TO HAVE A BACKUP PLAN IN CASE OF ANY EMERGENCY

JI NEWS SERVICE

SRINAGAR, MAY 19: The Managing Director (MD), KPDCL today chaired a meeting of Officers to review the power supply scenario for G20 Summit. At the outset, the chair was apprised regarding the finalization of works related to G20 Summit and power supply scenario for the upcoming G20 Summit and further action plan by the senior officials of KPDCL. Various details related to power supply for the upcoming G20 summit were discussed in detail. The MD directed the Officers of KPDCL to chart out a deployment plan for better coordination with District Administration for emergency services related to Electricity. Concerned Executive Engineers were directed to get in touch with the Senior Superintendent of Police (Security) for issuance of security passes to all those employees that will be present around the clock. The MD directed the officers to have a backup plan in case of any eventuality that may lead to disturbance in power supply. He also directed the concerned officers to maintain Special Control Rooms round the clock during the summit. Instructions were also given to the concerned officers to prioritize the works and complete all the pending work no later by today evening. Directions were also issued to the concerned officers to maintain better coordination with sister wings of JKPD for reliable power supply to the venues. Local officers to remain in touch with concerned SHO (Police) for hassle free movement of employees shortlisted for the event to maintain the power supply. The Meeting was attended by Chief Engineer (Distribution), KPDCL; Superintending Engineer Circle 1st, 2nd, Ganderbal, and Sopore, KPDCL; Executive Engineers of O&M Div 1st, 2nd, 3rd, 4th and Executive Engineers of Sub-Transmission Div. 1st and 2nd, KPDCL.

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DE&CC Kupwara organises daylong Placement/ Job Fair at GDC Kupwara

JI NEWS SERVICE

KUPWARA, MAY 19: In an endeavour to provide a convenient platform to the educated unemployed youth/job seekers and to facilitate their interaction with the private companies and recruiters for training, skilling and placement, the District Employment & Counseling Centre (DE&CC) Kupwara today organised a day long Placement cum Job Fair at Government Degree College Kupwara. The placement cum job fair was inaugurated by Assistant Director Employment Kupwara in presence of the Principal Government Degree College Kupwara and delegates from Dr. Sulaiman Al- Habib Hospital, Saudi Arabia. M/S Al-Yafur Tour & Travels, a Placement cum Recruiting Agency registered with the Ministry of External Affairs, Government of India participated in the programme to hire Nursing/GNM students/pass-outs from Dr. Sulaiman Al-Habib Hospital, Saudi Arabia. The event saw an overwhelming response from the job seekers/ unemployed youth from district Kupwara.

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DC reviews progress under PMAY-U in Kulgam

JI NEWS SERVICE

KULGAM, MAY 19: To review the implementation and progress under Pradhan Mantri Awas Yojana (PMAY)-Urban in the district, a meeting of the Officers of line departments was today held under the chairmanship of the Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Uddin Bhat at mini-secretariat, here. At the outset, the DC took a detailed appraisal of the implementation of PMAY-Urban scheme in all the Municipal Committees of the district. With regard to the target achieved under Beneficiary Led Individual House Construction (BLI), the meeting was informed that a total of 1265 houses were sanctioned under PMAY-U out of which 348 non starter cases were curtailed and now there are a total of 917 sanctioned houses out of which 350 houses stand completed and 455 houses are under construction. District Coordinator PMAY-U Kulgam, informed the chair that against the curtailed cases 127 new cases were proposed for approval to the State Level Monitoring Committee. The chair was also informed that 64 beneficiaries were provided advance mobilization and 57 new cases were proposed for advance mobilization. During the meeting, concerned apprised about release of installments to the verified beneficiaries and expenditure made so far under the scheme. The DC directed the concerned Officers to ensure that the scheme guidelines are followed in letter and spirit so that all genuine eligible beneficiaries are covered under the PMAY-U scheme in the district. He impressed upon the field functionaries to follow the robust mechanism already put in place to ensure immediate verification and processing of cases at each stage of construction and consequent disbursement of payments to the verified beneficiaries under the scheme. Among others the meeting was attended by Additional District Development Commissioner, Showkat Ahmad RATHER; Joint Director Planning, Zahid Sajad; DSEO, Tehsil/dars of Kulgam, Yaripora, Frisal and Devsar and EOS.

KVK Samba organises Seed Treatment Campaign at Village Sadwal - Samba

JI NEWS SERVICE

SAMBA, MAY 19: Krishi Vigyan Kendra, Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu (SKUAST) on Friday organized seed treatment campaign at village Sadwal of district Samba under the aegis of Directorate of Extension, SKUAST-J and the supervision of Dr. Sanjay Khajuria, Chief Scientist & Head, KVK Samba.

Chairman BDC Rajpura, Radhe Krishan was the chief guest on the occasion. As many as 70 farmers from Sadwal village participated in the programme. The program was started by Dr. Sanjay Khajuria, Chief Scientist & Head, KVK Samba. He welcomed all the farmers and highlighted the importance of seed treatment in agriculture crops particularly in Samba district. He said the seed is the basic input of Agriculture so seed treatment is necessary to get a good product. "The core objective is to create awareness among the farmers regarding the importance of seed treatment," he said. He further told the farmers that seed treatment plays an important role in protecting the seeds and seedlings from seed and soil borne diseases and insect pests affecting crop emergence and its growth. He told the farmers that Krishi Vigyan Kendra Samba has decided to launch a campaign to make the farmers aware about the benefits of seed treatment and ensure that 100 per cent seeds of kharif crops were treated before sowing. Dr. Saurav Gupta, Scientist Entomology, discussed in detail about the importance of Seed treatment and told that seed treatment is one such major component of integrated pest management in crop protection. He briefed that farmers can reduce half of the diseases in crops by simple seed treatments. This can be done both organically and by using pesticides, he said and added that seed treatment involves very little cost but provides safeguard against many diseases, which are of economic importance to the farmers. "Seed treatment is necessary to protect seed and seedlings from pests and pathogens in early stages of germination and establishment," he said.

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Dr Sehrish inaugurates Physical Medicine & Rehabilitation Center at GMC Baramulla

REVIEWS FUNCTIONING OF GMC; STRESSES ON STRENGTHENING MONITORING MECHANISM TO IMPROVE HEALTH CARE SYSTEM

JI NEWS SERVICE

BARAMULLA, MAY 19: In order to facilitate the growing physio-medico needs of the patients, the District Development Commissioner (DDC) Baramulla, Dr Syed Sehrish Aggar today inaugurated Physical Medicine and Rehabilitation center for Patients with severe and mild ailments at Government Medical College (GMC) Baramulla. The DDC also took first hand appraisal of the institute and reviewed other developmental activities of public importance. Principal Government Medical College (GMC) Baramulla, (Prof) Dr Ruby Reshi, Medical Superintendent, Dr Parvez Masoodi and other concerned were present on the occasion. At the outset, the DDC dedicated the much awaited Physical Rehabilitation Center to Government Medical College Baramulla and extended happiness for the facility meant for the patients with different ailments. The center will facilitate all the patients of North Kashmir, and people will no longer have to visit outside Baramulla district for such medical treatment. After inaugurating the Physical Rehabilitation center, Dr Sehrish said the clinic would provide apt treatment to the patient with different ailments like spondylitis, Osteoarthritis, Stroke, Disc Protrapse, fracture etc. She further added that Physical therapy in this center will prove to be a crucial part of recovery from many health problems as the center will be well equipped with all the latest and sophisticated medical facilities to deal with medical problems. In another significant initiative to strengthen GMC Baramulla, the District Administration Baramulla provided Rs. 1 Crore to the institute under Aspirational District Programme for its further development. Under this breakup, Rs 42 Lacs were allotted to the GMC for construction and renovation of the MRD section outside the hospital building, Rs 31 Lacs for the casualty and ER Room upgradation. In this regard, Dr Sehrish said that providing the best medicare facilities along with the development of the health infrastructure is the core concern of district administration. Later, Dr Sehrish also chaired a meeting of all concerned authorities during which she took a comprehensive review of the functioning of the hospital. Principal GMC Baramulla and Medical Superintendent appraised the chair with regard to the medical facilities provided to the patients. Dr Sehrish directed the concerned to put in their best efforts for improving the medical facilities in Government Medical College and stressed on strengthening the monitoring mechanism for improving the health care system. She also called to make ICU functional in the hospital and asked to ensure the installation and functioning of biometric attendance. She also stressed on discouraging unnecessary referrals except those of serious nature which require specialized treatment and also sought details of prescription and death cases. Moreover, DDC exhorted upon the concerned authorities to accommodate students within the campus and also shift academics to new block for the convenience of the medical students. Meanwhile, various issues were raised by the authorities for the smooth functioning of GMC Baramulla including establishment of MD Center, Cath Labs, Radiotherapy, ERCP Lab and dedicated staff for ICU. Responding to the issues, Dr Sehrish assured that the demands under the capacity of district administration will be redressed at an earliest and other demands will be forwarded to the higher ups for their redressal.



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AZADI KA AMRIT MAHOTSAV

Free oral health education awareness cum screening camp held at GHS Pranoo



JI NEWS SERVICE

DODA, MAY 19: As part of School Health Programme and Azadi Ka Amrit Mahotsav, the BMO Ghant organized a free oral health awareness and screening camp at Government High School Pranoo in Block Ghant. The aim of the awareness programme was to educate children about health and hygiene, besides oral health. Dental Surgeon Dr Rashida Begum was the part of the camp who spoke about oral health, hygiene and shared tips and techniques about mouth hygiene. The students were encouraged to brush and take care of the teeth. Around 150 students were screened by Dr Rashid Begum. The students were advised individually for further investigation, if required on a case to case basis. It was informed that similar camps are scheduled to be held on a regular basis in schools as part of the outreach programme and celebration of Azadi Ka Amrit Mahotsav.

of the teeth. Around 150 students were screened by Dr Rashid Begum. The students were advised individually for further investigation, if required on a case to case basis. It was informed that similar camps are scheduled to be held on a regular basis in schools as part of the outreach programme and celebration of Azadi Ka Amrit Mahotsav.

Top-two finish not out of Super Giants' reach as they face KKR at Eden Gardens



Placed third currently with 15 points, Lucknow Super Giants' road to the playoffs is a straightforward one: win against Kolkata Knight Riders and sail through. And if Chennai Super Kings lose to Delhi Capitals, LSG could even secure a top-two finish. But if they lose, they will require at least one of Mumbai Indians and Royal Challengers Bangalore to lose. LSG are playing away from home but they are coming off back-to-back wins after just one victory in the four completed matches before that. Marcus Stoinis led the way with match-defining performances in both those wins, while there were handy contributions from stand-in captain Krunal Pandya and legspinner Ravi Bishnoi, too. As for KKR, there's only a small chance that they can squeeze into

the playoffs. Their negative net run-rate - made worse by the thumpings from Rajasthan Royals and Chennai Super Kings at home - makes things even more complicated for them. They not only need a huge win but also a number of other results to go their way. Their win over CSK in the reverse fixture in Chennai was a rare occasion of them clicking with both bat and ball in the same game. They will hope for an encore, and then pray. KKR might continue using Venkatesh Iyer and Suyash Sharma as their impact players, depending on whether they bat first or bowl first. Kolkata Knight Riders (probable XII): 1 Jason Roy, 2 Rahmanullah Gurbaz (wk), 3 Venkatesh Iyer, 4 Nitish Rana (capt), 5 Andre Russell, 6 Rinku Singh, 7 Shardul Thakur, 8 Sunil

Narine, 9 Harshit Rana, 10 Vaibhav Arora, 11 Varun Chakravarty, 12 Suyash Sharma. LSG could look to substitute under Prerak Mankod or Ayush Badoni for either Yash Thakur or Amit Mishra, depending on how the pitch behaves. Lucknow Super Giants (probable XII): 1 Quinton de Kock (wk), 2 Deepak Hooda, 3 Prerak Mankod, 4 Krunal Pandya (capt), 5 Marcus Stoinis, 6 Nicholas Pooran, 7 Ayush Badoni, 8 Naveen-ul-Haq, 9 Ravi Bishnoi, 10 Swapnil Singh, 11 Mohsin Khan, 12 Yash Thakur/Amit Mishra. Andre Russell hasn't had a good season so far, and it could get worse for him. Russell has managed only 59 runs from 52 balls - a strike rate of 113 - against spin this season, while being dismissed four times. Also, the spinners' economy

rate of 8.45 at Eden Gardens is a lot better than the 9.81 pace bowlers have. Add to that the prospect of three out of Krunal, Bishnoi, Mishra and Swapnil Singh in the LSG side on Saturday evening, and Russell could be in trouble. Among all batters who have faced at least 5 balls during the last four overs this season, Stoinis' strike rate of 214.28 is the second best. And with the same filter, Rinku Singh's 16 sixes during that phase are more than the second-placed Tim David and Shimon Hetmyer. The short boundaries at Eden Gardens mean it has the second-highest run rate all grounds that have hosted at least three games this season. However, KKR and LSG's scoring rate in this phase has been low: 9.61 each. KKR's pace bowlers have an average of 41.34 and an economy of 10.27 this IPL. Both figures are comfortably the poorest among pacers from any team. It rained in Kolkata in the build-up to the match, and intermittent showers are expected during the game too. Eden Gardens has proved to be a high-scoring venue, with 200 being breached four times in six games. "Home advantage is not a question of pitches.

Capitals in the way as CSK look for all-important eighth win



It's a contest between a team very much in the hunt for a top-two finish - but not guaranteed a playoff spot yet - and the team that was the first to be knocked out of the playoffs race but cannot be taken for granted. For Chennai Super Kings, the equation is simple: beat Delhi Capitals in their last group game and cement their spot in the playoffs. They were in a strong position, but a six-wicket loss at home to Kolkata Knight Riders meant CSK's qualification chances took a bit of a hit. With 15 points from 13 matches, they are in second place currently - level on points with Lucknow Super Giants with a better net run rate. Now, if Capitals come out victorious at home on Saturday, CSK will need one of Royal Challengers Bangalore and Mumbai Indians to lose their final games. If CSK win this fixture and LSG lose to KKR in the second game of the day, then MS Dhoni's men will play Qualifier 1 in Chennai. Saturday's game will also be a clash

between the two most economical spin attacks in the competition. Capitals' spinners have taken 24 wickets at an economy of 7.09, whereas CSK's have 35 at 7.55. Axar Patel and Kuldeep Yadav of Capitals, and Ravindra Jadeja and Moeen Ali of CSK feature in the top five in the list of spinners with the best economy rates this season (minimum 100 balls bowled), with Axar topping the chart with an economy rate of 6.95. Where Capitals have faltered, CSK have not. They have got a lot of runs from their openers Devon Conway (498 in 12 innings) and Ruturaj Gaikwad (425 in 12), while role clarity has led to impactful performances from Shivam Dube and Ajinkya Rahane, with Dhoni providing late fireworks most times. Quick bowlers Matheesha Pathirana and Tushar Deshpande have picked up 32 wickets between them, with Pathirana one of the standout death bowlers in the competition this season. That Capitals haven't done well at home this IPL -

they have won just two of their six matches - will bode well for CSK. However, if one looks at Capitals' recent form, three wins in their last five matches is much better, more so for a team that has won just five games all season. Prithvi Shaw, who returned to the side in the previous game, against Punjab Kings, and scored a fifty, was substituted with seamer Mukesh Kumar when Capitals bowled. Phil Salt sacrificed his opening slot to Shaw, and that will likely be the formula for the home team on Saturday as well. Delhi Capitals (probable XII): 1 David Warner (capt), 2 Prithvi Shaw, 3 Rilee Rossouw, 4 Phil Salt (wk), 5 Axar Patel, 6 Aman Khan, 7 Yash Dull, 8 Kuldeep Yadav, 9 Anrich Nortje, 10 Mukesh Kumar, 11 Ishant Sharma, 12 Khaled Ahmed. CSK have more or less stuck to the same XII in the second half of the tournament. Seamer Pathirana will swap in for Ambati Rayudu or Dube when they bowl. Chennai Super Kings (probable XII): 1 Devon Conway, 2 Ruturaj Gaikwad, 3 Ajinkya Rahane, 4 Ambati Rayudu, 5 Shivam Dube, 6 Moeen Ali, 7 Ravindra Jadeja, 8 MS Dhoni (capt, wk), 9 Deepak Chahar, 10 Matheesha Theekshana, 11 Matheesha Pathirana, 12 Tushar Deshpande. The average first-innings score in Delhi this season is 168, and Warner has said the pitches have been "challenging for batters". Pacers have picked up 40 wickets whereas spinners have taken 32 in six games. In terms of the weather, CSK will feel at home with Delhi touching 42°C during the day - this is a 3.30pm start.

McAllister's first-class best the highlight in weather-hit draw

FIVE HALF-CENTURIANS IN WEST INDIES A'S FIRST INNINGS AS THEY DOMINATE MAJORITY OF THE FOUR-DAY GAME, BUT RAIN AND BAD LIGHT ENSURE A STALEMATE

Jair McAllister picked up a match haul of 7 for 108, but rain and bad light played a major part as the first four-day match between Bangladesh A and West Indies A in Sylhet ended in a draw. West Indies dominated proceedings for most of the four-day game, even enforcing a follow-on on the third day. But with only 49.1 overs possible on the final day, they were unable to force a result. There were five half-centurions in West Indies A's first innings as they declared on 427 for 7 on the third morning. In reply, Bangladesh were bowled out for 264 in their first stint, with McAllister claiming his first five-wicket haul in first-class cricket. Following on, Bangladesh finished the game on 187 for 7, with Shadman Islam crafting a half-century. Joshua Da Silva's decision to bat first paid off as West Indies took a cautious approach on the first two truncated days. Teagenerine Chandepaul and Kirk McKenzie set the tone with a 130-run first-wicket stand. After Raymon Reifer



fell cheaply, Chandepaul and Alick Athanaze put on a 121-run stand for the third wicket. McKenzie, Athanaze, and Chandepaul all got out in the 80s, with McKenzie's 86 the top score. He struck 12 fours and a six in his 124-ball stay. Brandon King fell for a duck but captain Da Silva and Kevin Sinclair

scored fifties adding 110 runs for the seventh wicket. Da Silva declared the innings upon his dismissal for 77. Fast bowler Musfik Hasan took three wickets while off-spinner Nayeem Hasan picked up two. In reply, while Islam fell early, Saif Hasan kept the innings on track with a sparkling 71-ball 95, which

included 14 fours and two sixes. He added a 101-run stand with captain Afif Hossain, who made 45, for the fourth wicket before both fell in quick succession. Wicketkeeper-batter Jaker Ali struck 64 but the West Indians picked up the last five wickets for 80 runs to take a 163-run first-innings lead. Fast bowlers accounted for nine of the ten wickets to fall. McAllister picked five while Akeem Jordan and Reifer took two wickets each. Bangladesh A lost two early wickets in their second innings before being made to bat again, but Shadman and Mahmudul Hasan Joy bailed them out with a 66-run third-wicket stand. Jaker and Rishad Hossain closed out the fourth day with their 55-run unbroken stand for the eighth wicket. And Gudakesh Motie took two wickets each in Bangladesh's second innings. The second match of this three-match series will also be played in Sylhet, from May 23.

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

Short-e-NIT No. CD-III/ 31 of 2023-24 Dated 17-05-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir and other Central Governments for each of the following works:-

S. No.	Name of Work	Advertiser's Cost (in Lakhs)	Est. Cost (in Lakhs)	Earliest Money (in Rupees)	Time allowed for completion (in Days)	Time and date of opening of tender	Class of Contractor
1	Modernization of following road 1) Mulla to Bhaloran via Jalpaier in Pachay and Streets. 2) Bhaloran to Village Kulestan and allied links in Pachay and Streets Pachay. (under Pat Holes free roads 2023-24/CP/Call)	65.00	600/-	(7% of the Advertised Cost)	60 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
2	Modernization of following road Scheme Mulla to Sofra road in Pachay and Streets (under Pat Holes free roads 2023-24/CP/Call)	65.00	600/-	(7% of the Advertised Cost)	60 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
3	Modernization of following road 1) Revenue Complex Masjid Shant to Karbhun and allied links in Pachay and Streets 2) Bhagwat Nagar road to Pachay including internal links in Pachay and Streets 3) Bhagwat Nagar to camp road via revenue complex and allied links in Pachay and Streets (under Pat Holes free roads 2023-24/CP/Call)	40.00	600/-	(7% of the Advertised Cost)	60 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
4	Renoval of pot holes following road 1) from Dhanabary N.C. to Kara chok. 2) link road from Bhatra to the Gaurtan Chakram Chok. 3) Internal road of Nughar 4) Rari to Kara chok (under Pat Holes free roads 2023-24/CP/Call)	39.50	600/-	(7% of the Advertised Cost)	30 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
5	Modernization of following road 1) Ashwan Moth to south moth and allied links in Pachay and Streets. 2) Dahi Hill to Saura Moth and allied links in Pachay and Streets (under Pat Holes free roads 2023-24/CP/Call)	34.00	600/-	(7% of the Advertised Cost)	30 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
6	Renoval of pot holes following road 1) Ashwan Moth to Dhabad road including allied link Choran. 2) on the bridge to Karam Chok and allied links. 3) on Rame Chok to Chok. Dosa Singh (under Pat Holes free roads 2023-24/CP/Call)	30.50	600/-	(7% of the Advertised Cost)	30 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder
7	Renoval of pot holes following road 1) Chowki Choran to Kaffar road via Gangal 2) road from Chokra Choran to Chur Mawer area Karf. Pachay Choran (under Pat Holes free roads 2023-24/CP/Call)	16.00	600/-	(7% of the Advertised Cost)	30 Days	(14/05/2023) (14/05/2023)	A/B/Flat/Mini Flat/Holder

Position of AAA -> Accorded
Position of TS -> Submitted
Major Head of Account -> Under Pat Holes free roads 2023-24

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (BOQ), Set of terms and conditions of contract and other details can be seen/downloaded from the applicant website <http://tenders.jammu.in> as per below schedule:

S. No.	Particulars	Date
1	Date of Issue of Tender Notice	17-05-2023
2	Period of downloading of bidding documents	From 18-05-2023 to 27-05-2023, 1800 Hrs
3	Date, Time and place of pre-bid meeting	23-05-2023 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. III Jammu
4	Bid Submission Start Date	18-05-2023
5	Bid Submission End Date	27-05-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	29-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const. Div. No. III Jammu
7	Date & time of opening of Financial Bids (Offline)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of tender document in duplicate of e-challan through Treasury Indenting Treasury Voucher No. & date, e-NIT No. and name of work duly shrodded to (R&B) (favoring Executive Engineer PWD (R&B) Const. Divn. No. III Jammu) and upload the same in the e-treasury challan/receipt. Earnest money/Bid security in support of CDR/DR/BOG (Billed to Executive Engineer PWD (R&B) Const. Divn. No. III Jammu). The CDR/DR/BOG shall be valid for 60 Days beyond the submission period. The original instruments in respect of cost documents, EMD and relevant documents of LI to be submitted to the Executive Engineer PWD (R&B) Const. Div. No. III Jammu at the time of allotment.

2. The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by updating their request for modification before the deadline for submission of bids. For this, the bidder need not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential-submission of bids is allowed any number of times. The bidders may withdraw his bid by updating their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.

3. Date and time of opening of Financial Bids shall be notified on Web Site www.tenders.jammu.in and conveyed to the bidders automatically through an e-mail message to their e-mail address. The Financial bids of responsive bidders shall be opened online in the Executive Engineer PWD (R&B) Const. Div. No. III Jammu. The date for same shall be intimated separately.

No- 3492-3513
Dated: 17-05-2023

SD/-
ER (SUNIL KUMAR DOGRA)
EXECUTIVE ENGINEER
PWD (R&B) CONST. DIV. NO. III
JAMMU

RAJASTHAN ROYALS HAVE TO BEAT PUNJAB KINGS, AND THEN HOPE FOR THE BEST



Rajasthan Royals' superior net run rate (NRR) gives them a distinct advantage in their clash against Punjab Kings in Dharamsala. With three teams already on 15 or more points, there is only the last slot remaining for the teams that can get to a maximum of 14 points. Both Royals and Kings fall in that category, along with Kolkata Knight Riders. Royals, though, have an NRR of 0.140, compared to -0.308 for Kings, and -0.256

for Knight Riders. All these teams will have to get past Royal Challengers Bangalore, who are already on 14 points with a healthy NRR of 0.180. (Mumbai Indians are on 14 too, but with a poorer NRR of -0.128). Among these teams, Royals clearly have the best chance of taking that fourth slot if RCB and Mumbai both lose their last game. Even if RCB lose by only one run, Royals need to win

by just 10 (assuming first-innings scores of 180) to edge past them on NRR. For KKR and Kings to achieve the same, they will have to hope for much greater assistance from RCB: even if RCB lose by 30 runs, KKR will still have to win by 78 to get ahead on NRR; for Kings to reach that margin is around 94 runs. These teams will have to do to their opponents what RCB did to Royals on May 14, or hope that Gujarat

NORTHERN RAILWAY ESTENDER NOTICE

Tender Notice No. 433-Sig-T-23-24 Closing Date/Time: 01.06.2023/15:00 Hrs. Bidders will be able to submit their original/sealed bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on RIPEPS portal like Net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipt, FDR etc. are not allowed.

1. NIT HEADER

Contract Type	Works
Name of Work	Provision of Passenger address system/Computer based announcement system at 121 stations over Frezpur Division
Tender Type	Open Bidding System / Single Packet System
Tender Closing Date/Time	01.06.2023 15:00 hrs. Date time of uploading tender 09.05.2023 17:59
Pre-Bid Required	No Pre-Bid Quatary Date Time Not Applicable
Advertisement Value	Rs. 1348327.33 Tendersing Section Telecom
Bidding Style	Single Rate for Tender Bidding Unit Allow/Below/Par
Earnest Money (Rs.)	Rs. 274000/- Validity of offer (Days) 60 days
Tender Doc. Cost (Rs.)	0/- Period of Completion 06 Months
Bidding Start Date as per IREPS	18.05.2023

SERVING CUSTOMERS WITH A SMILE 1530/23

Dheeraj Gupta reviews progress on Mission LIFE in J&K

EXHORTS UPON STAKEHOLDERS FOR SCALING UP MASS CAMPAIGNS UNDER MISSION LIFE

JI NEWS SERVICE

SRINAGAR, MAY 19: Principal Secretary Forest, Environment and Ecology, Dheeraj Gupta today reviewed the progress on Mission LIFE campaign in Jammu and Kashmir at a meeting here at Civil Secretariat.

The meeting was attended by Secretary Youth Services & Sports Department, all HoDs of the Forest Department, Special Secretary H&UDD, Directors of Urban Local Bodies, Nodal Officer PDD, & various other representatives of various departments.

Gupta informed the participants about the significance of the Mission LIFE & explained indicative seven themes listed out by the MoEFF & CC, Gol



under Mission LIFE and 75 indicative actions thereof.

He also made participants aware that the LIFE Mission envisaged by the Prime Minister is a prestigious national campaign being held throughout the country during the month of May, 2023 and shall culminate in the form of a mega event on eve of World Environment Day on 5th June, 2023. He exhorted all partici-

pating departments that they should ensure their active participation to make it a high impact campaign.

He further informed the participants that the Prime Minister had presented the idea of "LIFE" meaning (Lifestyle for Environment) at the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow. LIFE is basically a public movement to mobilize

individuals to become 'Pro-Planet People' and lay focus on bringing about behavioral change in individuals to protect and conserve the environment, he said. The PM launched Mission LIFE on October 20, 2022 at Kevadia, Gujarat. The Ministry of Environment, Forest and Climate change is the nodal ministry for national level coordination and implementation of Mission LIFE.

During the meeting, the Forest Department presented department-wise (Forest Sector) progress made till date under Mission LIFE. It has also been conveyed during the meeting that different wings of the Department of Forest Sector are organizing events on enlisted themes.

The events are being documented and uploaded on the merilife.org portal of MoEFFCC as per guidelines of the Ministry. Respective HoDs have been reviewing the progress regularly. So far out of 11000 events targeted by the Forest Department 2280 events have been uploaded on Merilife portal and it is expected that the targets would be achieved in full.

It was decided that all the relevant Departments like PDD, Jal Shakti, Urban & Housing, Higher and School Education, Agriculture, JMC, SMC, Youth Services and Sports and others shall organize the events under Mission LIFE under identified/relevant themes.

DC Jammu declares inter zonal district level sports Tournament open at Khel Gaon Nagrota

JI NEWS SERVICE



JAMMU, MAY 19: Deputy Commissioner Jammu, Avny Lavasa today declared inter-zonal district level sports competition open here at Khel Gaon Nagrota being organised by Youth Services and Sports Department.

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

It was informed that various sports activities would be conducted during the inter zonal district level sports tournament like volleyball Kabaddi, Kho-Kho, Chess, Carrom Board etc. in which youth drawn from different zones of the district participated in the competition.

The Deputy Commissioner, while speaking on the occasion, appreciated the Department of Youth Services and Sports for organising the sports activities and developing sportsmanship among the children so that they can be saved from drug addiction and other social evils. The Deputy Commissioner said that many efforts have been made to deliver sports facilities up to Panchayat levels in the UT to channelize the energy of youth in the positive direction by encouraging activities through sports, education and drug de-addiction drives.

She exhorted that UT Administration is committed to provide better sporting facilities and infrastructure to the players of the UT so that they can perform better in the national and international competitions and bring laurels to J&K.

The Deputy Commissioner also interacted with the participants and motivated them for better performance in their respective sports.

'Second Thursday Mind Meet' held at CUJ

DC SAMBA ENLIGHTENS STUDENTS ABOUT ECONOMIC, SOCIAL & ENVIRONMENTAL SUSTAINABILITY

JI NEWS SERVICE



JAMMU, MAY 19: 'The second Thursday Mind Meet' on Sustainable Business Practices: Agenda G20, a stellar platform created to ignite young minds of the Central University of Jammu towards sustainability was organized today by the School of Business Studies under the patronage of Vice Chancellor, Prof. Sanjeev Jain on the university campus. Abhishek Sharma, Deputy Commissioner Samba graced the occasion as special guest. Vinod

Prakash Baxla, Head HR, Power Grid, NR-II was the chief panelist. Speaking on the occasion, Abhishek Sharma, enlightened the youth about economic, social and environmental sustainability. He also emphasized upon engagement of youth towards creation of new business ventures with sustainable practices. He threw light on existing tourism circuits and urged the youth to work on development of other local areas.

Vinod Prakash Baxla, Head HR, Power Grid, NR-II, spoke on the importance of new and renewable

sources of energy.

Three scholars, Neetu Bradoo from the department of Human Resource Management and Organization Behaviour, Sachiv Gupta from department of Travel and Tourism and Praveen Yadav from the department of Marketing and Supply Chain Management delivered their presentations on sustainable development practices.

Research scholar Karishma from the Department of Travel and Tourism conducted proceedings of the day. Prof. Jain, Vice Chancellor, applauded the efforts of School of Business Studies for conducting such an enlightening session.

Earlier, Prof. Jaya Bhasin, formally welcomed the august gathering. The convener Vandana Sharma, Dean School of Languages and Convener, 'Thursday Mind Meet' wrapped up the proceedings of the day and delivered the formal vote of thanks. Dr. Neelika Arora moderated the panel discussion.

PSPS GCW Gandhinagar organises Digital logo Competition

JI NEWS SERVICE

JAMMU, MAY 19: The Yuva Tourism Club of Padma Shri Padma Sachdev Government College for Women, Gandhinagar, today organised a digital logo competition to provide students an opportunity to showcase their exceptional talent.

The event was held under the leadership of the College Principal, Prof. Minu Mahajan and was coordinated by the convener of the Club, Prof. Anju Bala.

The digital logo competition aimed to provide a platform to the students to showcase their creativity and design skills. It witnessed enthusiastic participation of students across various disciplines. The students ably demonstrated their artistic prowess through captivating logo designs.

After a thorough evaluation by a panel of esteemed judges (Prof. Anjana Gupta H.O.D Chemistry and Prof. Indu Khujaria Associate Professor, the winners of the competition were announced. Anushka emerged as the deserving recipient of the first prize, showcasing her exceptional artistic abilities and innovative approach to logo design. Abia Gupta and Isha jointly secured the second position, impressing the judges with their unique and eye-catching designs. The third prize was collectively shared by Ashpreet Kour, Samudhani, Dilsha Hans, and Parul, who displayed their talent and creativity through their outstanding logo submissions.

ADDC Kishtwar chairs Weekly meeting to review progress of Jal Jeevan Mission

JI NEWS SERVICE

KISHTWAR, MAY 19: Additional District Development Commissioner (ADDC) Kishtwar, Sham Lal today chaired the weekly meeting to discuss the implementation of the Jal Jeevan Mission.

The meeting was attended by Executive Engineer Jal Shakti, District Forest Officers of Marwah and

Kishtwar, Assistant Executive Engineers, I.E.C District Coordinator, Team Leader for Third-Party Inspection, District Coordinator for ISA activities, and Junior Engineers.

The meeting delved into various aspects, including the status of tendering and allotment of works, the progress of ongoing schemes component-wise, forest clearances, water quality and testing, as well as the coverage of

Functional Household Tap Connections (FHTCs) and the conduction of ISA activities.

The Executive Engineer Jal Shakti Kishtwar provided an update of all ongoing activities under the Jal Jeevan Mission. The chair was informed that out of 129 schemes, 95 schemes have been allotted, and work has commenced on 62, while 71 schemes out of 107 have been uploaded on the Parvash portal for

forest clearances.

He further informed that against a monthly target of 1200, 650 FHTCs have been uploaded.

In light of the discussion, the ADDC Kishtwar issued a slew of directions to concerned officers. He instructed to allot the remaining schemes promptly, with fixed timelines for the completion of ongoing schemes.

Justice Tashi visits School for Sightless Girls, Central Jail KotBhalwal, Jammu

JI NEWS SERVICE

JAMMU, MAY 19: Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh and Executive Chairman, J&K Legal Services Authority accompanied by Sanjay Parihar, Principal District & Sessions Judge (Chairman, DLSA) Jammu, Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority, Prem Sagar, Secretary, HCLSC, Smriti Sharma, Secretary, DLSA Jammu, Kulbir Handa, SP City visited Louis Braille Memorial School for Sightless Girls, Roopnagar, Jammu

where Justice Tashi was accorded warm welcome by Nivedita Shukla, Overall Incharge, Kadika Chopra, Warden and other staff members of the school. Justice Tashi Rabstan had a detailed interaction with the staff and the girls residing in the school.

The incharge of the school informed Justice Tashi that the school was being run by an NGO at Jammu since 1991



and initially the same was located at Amphalla and subsequently it was shifted to the present location after the Jammu Development Authority provided 2 Kanals of land for the said school. It was further informed that the school was having a capacity of 50 children but presently 23 girls hailing from various districts of Jammu province were residing therein. The warden also

informed Justice Tashi that recently the girls of the said school participated in a Judo competition held at Hyderabad and won the Junior and Sub-Junior titles.

On this occasion, the girls of the school also presented solo and group cultural items which were highly appreciated by the dignitaries. The incharge of the school requested Justice

Tashi to impress upon the PDD Department to exempt the school from payment of electricity bill as the same is a Social and Non-Profit organization. On this occasion, SP City, promised to donate a fully automatic washing machine to the school. He also assured to arrange an outing (Picnic) for the inmates of the school.

Later, Justice Tashi Rabstan visited the Central Jail, Kot Bhalwal, Jammu, where he was received by Superintendent Jail, SP Rural, SHO Gharota, Anil Sharma, Chief LADC Jammu and other officers/officials of Police and CRPF.

The Executive Chairman, J&K LSA enquired about the number of convicts serving their sentences and also about the undertrial prisoners belonging to UT of J&K as well as other States and foreign nationals, upon which the Justice Tashi was informed that there are 579 Undertrials, 353 Detenues and 607 Convicts in the jail.

Inter-Zonal sports event organised at Bhalessa



JI NEWS SERVICE

GANDDOH, MAY 19: The Youth Service and Sports Department organised a multi-sports event at Zone Bhalessa as part of the Azadi Ka Amrit Mahotsav. The primary objective of the event is to foster the spirit of sportsmanship and engage students/ youth in sports activities and keep them away from the negative influences of society. Over 20 different sports were included in the event such as Cricket, Chess, Athletics, Kho Kho, Kabaddi and more. Both outdoor and indoor games were organized, including Yoga and Badminton.

Held under the esteemed presence of the SDM Gandoh, Arun Kumar Badyal, the sports event saw the participation of hundreds of students who showcased their hidden talents. Dignitaries from various sectors were also present to witness the occasion.

The SDM commended the Sports Department for its unwavering efforts and dedication in organising the event that aimed to promote sportsmanship and engage students in healthy physical activities. He emphasized the importance of a sound mind and a healthy body, urging everyone to encourage sports activities among students as a means to keep them away from drugs and other harmful substances.