



**JUBILANT JAMMU KASHMIR**

**JAMMU & KASHMIR WELCOMES G20 DELEGATES**

Srinagar, J&K  
May 22-24, 2023

**3<sup>rd</sup> TOURISM WORKING GROUP MEETING**

**MAY 22-24, 2023  
SRINAGAR, J&K**



**वसुधैव कुटुम्बकम्**  
ONE EARTH • ONE FAMILY • ONE FUTURE



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## Tony kick-starts black-topping of border village road

SAYS ONLY AAP CAN FULFILL PEOPLE'S ASPIRATIONS

JJ NEWS SERVICE

JAMMU, MAY 21: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh, while asserting that only AAP can fulfill the aspirations of the people of J&K, has asked the people to support and strengthen AAP for the overall development of Jammu and Kashmir and their welfare.

He stated this while addressing a gathering after kick-starting the black topping of road leading to Sai Jabal Kotli in Suchetgarh Constituency here today.

The senior AAP leader said that today's road project has fulfilled the 70 years old demand of the people of this region regarding road connectivity especially at the Zero line villages. He said that the people of the area had



raised the demand of this road before various political parties even during their rule but ultimately only AAP that fulfilled their long pending demand.

Tony said that though Canal in the area has been desilted yet the canal water does not reach the tail end region from village Sae to Jabalwot thus adversely affecting the farmers of these areas. He said that he has taken up the matter with the con-

cerned authorities. He said that he has asked the Chief Engineer Irrigation to direct the engineering wing to take emergent measures to fulfill the water requirements of farmers of the border village at the earliest. He also sought directions for making Tube well irrigation, lift irrigation and Canal irrigation functional so that farmers do not face any inconvenience so far as irrigation of their fields is concerned.

Tony reiterated that only AAP can fulfill the people's aspirations and asked the people of the area to support AAP for overall development of Jammu and Kashmir. Among those who were present include Bobby Chauthan, Mandep Choudhary, Sarpanch Shamsheer Singh, Capt Jit Raj, Panch Subhash Chander, Panch Ramanjit, Lambardar Bittu Randhawa, Lambardar Tirath Singh.

## Marengo Asia Hospitals Faridabad lunches OPD facilities in Ludhiana

JJ NEWS SERVICE

JAMMU, MAY 21: Marengo Asia Hospitals and Dr Punit Singla, Liver Transplant Surgeon collaborated with AGI, the Gastrocity at Orison Hospital, Ludhiana Road, 5th floor Orison Hospital, Bawel Road, Ludhiana to launch OPD facilities for patients with liver problems. The OPD will be led by Dr Punit Singla, Liver Transplant Surgeon, and his team between 11 am and 4 pm. The AGI team from Orison Hospital was represented by Dr Nirmaljeet Singh Malhi, Dr Rajiv Grover and Dr Jagmeet Dhingra.

40-year-old Satvinder Singh (Name changed) was shifted from Ludhiana to Dr Punit with acute on chronic liver failure, kidney failure, COVID, multiple BP Support medications, and abdominal wall bleed. Shifting such patients is in itself a tough and risky task; he was successfully transferred from about 400 Kilometres. The patient was optimized in ICU by multiple specialized teams. He underwent Liver Transplant with the donor being his wife. Currently, he is fully recovered and back to normal health and life, actively working in his business. The donor is also continuing a normal life. The case was a challenging one with multiple diseases, the surgeon's team having to undertake a high-risk surgery with a very sick patient who would have died in 1-2 days in the condition he was brought in.

There are several such cases recorded from Ludhiana and unfortunately, due to the paucity of cadaveric organ donation in Punjab, patients with end-stage liver failure must depend on live donors. It is a

redeeming fact that since the liver is a regenerative organ, the challenges become reduced to some extent. Ludhiana records almost 60-70 patients approaching leading hospitals for treatment of liver diseases, most of whom require a liver transplant. There are also a high number of road accident deaths recorded every year in Ludhiana and yet organ donation is abysmally low in the Northern part of the country.

The liver is one of the largest organs in the human body and performs some of the most vital functions such as digestion, maintenance of immunity and metabolism, filtration of the blood and removal of toxins, storage of vitamins and minerals, and storage of nutrients in the body. Termed as the 'Kitchen' of the body, these functions are responsible for providing energy to the body for performing various tasks and activities. At end-stage liver failure, a patient needs a liver transplant. This condition can be caused by several factors which can be lifestyle-driven, acquired infections, and liver diseases.

Dr Punit Singla, Director & HOD - Liver Transplant, Marengo Asia Hospitals says, "Nothing can be more elevating than witnessing health at its best in the patients a surgeon has treated through organ transplantation. The liver is the only visceral organ to possess remarkable regenerative potential. In other words, the liver grows back. This regenerative potential is the reason why partial liver transplants are feasible. Once a portion or lobe of the liver is transplanted, it will regenerate in both patient and the donor. There are several reasons why patients need a liver transplant. Our

effort through this event is to dispel any apprehensions or fears about the surgical procedure. We have brought our patients to interact and spread awareness on how the surgery can benefit any individual who requires this surgery for a better life and better future."

Dr Punit Singla says further, "The field of liver transplantation has been evolving over the years. To further advance, future research work and, save more lives, we need to create increased awareness to dispel fears and apprehensions about organ donation."

The Liver Transplant team at Marengo Asia Hospitals constitutes for Centre of Excellence in Liver Transplants. The doctors are committed to bringing a change in patients with end-stage liver failure. The patients treated by the team of Liver Transplant surgeons were presented with varied diseases of the organ and each of them presented a different set of challenges. With the clinical excellence that the team is equipped with, the patients were treated with successful surgeries and lead healthy lives today."

Dr Nirmaljeet Singh Malhi, Orison Hospital says, "With the team from Marengo Asia Hospitals joining hands with us, we are hoping to create an ecosystem where patients suffering from liver diseases will receive appropriate treatments with optimized outcomes. The city has seen the repercussions of the lack of clinical excellence on patients who have been unable to travel out of the city for several reasons. With this collaboration, our goal is to bring hope to hundreds who will now receive medical help at their doorstep."

## G20 Meeting in Srinagar a historic international event: Vibodh



JJ NEWS SERVICE

JAMMU, MAY 21: Today BJP J&K General Secretary and former MLC Vibodh Gupta chaired an important district working committee meeting to discuss and strategise the upcoming one-month Maha Jana Sampark Abhiyaan of BJP. The meeting was held at Akhnour and was attended by party leaders including district representatives and senior functionaries. The meeting started with lightening of the lamp amidst applause and appreciation for PM Modi's vision for new

Jammu & Kashmir.

Addressing the meeting, Vibodh said that today every citizen of J&K should take pride for becoming host to G20 meeting.

This G20 meeting, Vibodh said is a historic international event happening in J&K in line with the PM Modi's vision and mission for new Jammu & Kashmir. Today whole global community is looking towards J&K as an area of immense opportunities and tremendous growth.

While giving details about the one-month mass

outreach programme, he said that this programme is being launched across the country to highlight the achievements of last 9 years of Modi Government which has given India a respectable position within the global community.

The meeting was also addressed by BJP district president and former MLC Rajeev Sharma wherein he gave details about various events such as public rallies, door-to-door campaigns, social media engagements and mass mobilization of civil society as part of this pro-

gramme. In his address BJP senior leader and former Minister Bali Bhagat stressed on the importance of aligning the outreach campaign with the government's policies and programmes for poor and marginalised sections of the society. Later Parbati Akhnour, Brijeshwar Singh Rana said that this one-month programme is a golden opportunity for party to directly engage with the people and understand their problems and issues. In his concluding address Ex. MLA Shiv Dev Singh expressed confidence in the party's ability to make this one-month outreach programme a resounding success.

Prominent among others who were present in the meeting included Manmohan Singh, Suraj Singh, Krishan Lal, Jagdish Kumar, Ajay Singh, G S Chib, Shoba Ram, Sharda Kumari, Bhushan Bral, Sushma Kumari, Neha Rajput and Nisha Devi. The meeting ended with singing of the National Anthem by all the participants.

## Elderly people upset over making old age pension online: Rajesh Kesri

JJ NEWS SERVICE

JAMMU, MAY 21: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today held a press conference in Arnia to highlight grievances of old age pensioners. Addressing the media persons, Kesri said that elderly people are very much upset over making old age pension online. He said that the energy level of a person gets decreased with age and with age the efficiency of doing work also gets decreased and that is why the government retires every govt employee at the age of 60, but due to old age pension being online, beneficiaries are facing a lot of problems including stoppage of their pension.

Kesri further said that for some people this was the only support of the elderly, they used to run their house with this, but due to



the closure of the pension, they have been facing restlessness. The government should first restore old age pension the way it was being released and then gradually should have made it online area wise so that people can come to know about online system.

But the government hurriedly made up mind to make everything online without least bothering about the fact that eighty

percent of the old age pensioners are illiterate, 20 percent of the elderly are educated.

Kesri observed that because of being illiterate, they have no access to mobile and nearby resources to avail such a facility. The government should pay attention to this and restore the pension to the elderly as soon as possible, avoiding online for the time being

but gradually they can switch on to online system after proper awareness and knowledge to old age pensioners. Prominent among those present on the occasion include Balveer Kumar, Arnia President Vijay Luthra, Bishmah President Rajkumar, Labba Babu, Sita Devi, Balwant Fajji, Rajesh Kumar, Rajkumar, Darshana Devi, Jyoti Devi, Anju Devi besides others.

## Shiv Sena to solemnize Shri Bajrang Bali Mahayagya in Jammu, demonstration at Jantar Mantar

JJ NEWS SERVICE

JAMMU, MAY 21: Seeking free registration of pilgrims for upcoming Shri Amarnath Yatra 2023, Shiv Sena (Uddhav Balasahab Thackeray) J&K is going to solemnize Bajrang Bali Mahayagya and Hanuman Chalisa at Shree Hanuman Mandir, Purani Mandi Chowk, Jammu on May 23. Besides, the Party has decided to hold protest demonstration at Jantar Mantar in New Delhi on May 27.

Addressing media persons here today, Manish Sahni, President Shiv Sena J&K said that despite submitting a memorandum from the office of Lieutenant Governor of J&K to



the Union Home Minister, demanding to make holy Shri Amarnath Yatra registration free, there was no positive response.

Sahni appealed to all the devotees of Shiva and Bajrang Bali to participate in the Mahayagya and recitation of Hanuman Chalisa. He said he will pray to Shri Bajrang Bali, an incarnation of Lord Shiva, to give wisdom to the government.

Sahni informed that Mahant Swami Rameshwari ji from Sant Samaj and Ram Mandir of Purani Mandi will be present in the Yagya. He said that on the guidance of the Party's National Secretary and MP Anil Desai, a sit-in demonstration will be held at Delhi's Jantra Mantra on May 27 for the above demands. Among others who were present in the press conference include

## Rajiv was architect of Panchayat Raj: Congress

JJ NEWS SERVICE

JAMMU, MAY 21: Paying Rich tributes to former Prime Minister Rajiv Gandhi on his 32nd martyrdom day in an impressive function held here today at Mahajan Hall Shalamar Road Jammu, Congress today launched its campaign for the forthcoming PRI elections in the UT, describing Rajiv Gandhi as the architect of Panchayat Raj in the country.

Hundreds of representatives from Panchayats and Urban Bodies and all senior leaders of the party including former Ministers, Former Legislators, DCC Presidents, Corporators, Councilors, DDCs and BDCs, Frontal Wings, Blocks and Wards Presidents attended the function which was chaired by President JKPCC Shri Vikar Rasool Wani, and attended by Working President Shri Raman Bhalla, Former Dy. C.M. Shri Tara Chand, Former PCC President Shri Peerzada Mohd Sayed, Former Minister Shri Mula Ram, Shri G.N. Monga (EX-MLC), T.S. Bajwa (EX-MP), Smt. Kanta Bhan, Yogesh Sawhney (EX-Minister, Ravinder Sharma (EX-



MLC), Manmohan Singh, Rajnish Sharma, Th. Balbir Singh (EX-MLC), Shabir Ahmmed Khan (Ex-Minister), Gurbachan Kumari Rana (Ex-Minister), Indu Pawar (EX-MLA), Vinod Sharma, Shameema Raina, M.K. Bhardwaj, DCC Presidents - Krishan Chander Bhagat (EX-MLA), Ashok Doga (EX-MLA), Hari Singh Chib, Pankaj Doga, Sheikh Mujeeb, Sanjeev Sharma, Rajesh Sadotra, Dina Nath Bhagat (EX-MLA), Pawan Raina, Shashi Sharma, Sanjeev Panda, Narinder Sharma, Narinder Gupta, Gurdarshan Singh, Shiv Kumar Sharma, Vijay Sharma, Kuldeep Raj Verma, Manjeet Singh Jatt, Ch. Hussain Wafia, Sain Rashid (DDC), Anayatullah Rather (DDC), Zahida Khan,

Parveen Sarwar Khan, Karan Bhagat, Satish Sharma, Bushan Doga, Shakeel Mir, Sheikh Riaz (DDC), Dwarka Choudhary, Nareesh Sharma, Rajinder Singh Nathu, Vijay Shastri, Parveen Sarwar Khan, Ajay Lakhotra (NSUI), Thomas Khokhar, Kapil Singh, Sahil Sharma, Rajvir Singh, Bilal Ahmed, Krishan Lal Gupta, Shakeel Shah, Bhupinder Singh, Vijay Tagotra (BDC), Balbir Singh, Badri Nath, Ajab Motton, Ritu Choudhary, Rajinder Singh Jammu, Babal Gupta, Subash Bhagat, Rajesh Sharma Jatn Raina, Rajesh Gupta, Dr. R.K. Khajuria, Rajan Sharma Vinod Khajuria, Parshotam Mehra, Surinder Khajuria, Ashok Bakshi Sandeep Dogra, Vandana Sharma, and others.

Addressing the gathering PCC Chief Vikar Rasool Wani recalled the services of Shri Rajiv Gandhi as the youngest Prime Minister who gave the vision to the youth of the Country of the challenges of the 21st Century and brought IT and Telecom revolution, lowered the voting age to 18 years to empower the youths. He was the architect of Panchayat Raj system in the country and giving constitutional status and powers through 73rd and 74th amendments thus ensuring 33 percent reservations to the women and proportional representation to the SCs and STs in all three tiers of the Panchayat Raj system. He transferred the powers to the people at the grass root level.



# JINDRAH IMAGES



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## No form or identity proof required for exchanges of Rs 2,000 notes

AGENCIES  
NEW DELHI, MAY 21

No form or requisition slip is required for exchange of Rs 2,000 notes up to a limit of Rs 20,000 at a time as part of exercise to withdraw high-value currency notes from circulation.

RBI on Friday in a surprise move 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 of demonetisation when old Rs 500 and Rs 1,000 notes were invalidated overnight, the Rs 2,000 notes will

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## Tirupati Balaji Temple in Jammu nears completion, set to open on June 8

AGENCIES  
JAMMU, MAY 21

The construction work of the Tirupati Balaji temple, located amidst the picturesque Shivalk forests in Majeen here, is in its final phase and the temple is scheduled to open its doors for devotees on June 8.

The temple, built on a 62-acre land at an estimated cost of Rs 30 crore, is set to become one of the largest temples in the Jammu region and is expected to boost religious and pilgrimage tourism in the Union territory.

The Jammu temple will be the sixth Balaji Temple constructed outside of Andhra Pradesh, with the Tirumala Tirupati Devasthanams

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## J&K terror conspiracy case: NIA arrests JeM operative as part of its crackdown in Kashmir

AGENCIES  
SRINAGAR, MAY 21

An operative of the Pakistan-based Jaish-e-Mohammad (JeM) terror outfit, who was allegedly passing secret information about the movement of security forces in Jammu and Kashmir, has been arrested, an NIA official said on Sunday.

The arrest of Mohd Ubaid Malik of north Kashmir's Kupwara came amid a crackdown against conspiracies being hatched by terrorist organisations based across the border to destabilise India through terrorist attacks in Jammu and Kashmir, a spokesperson of the

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## Roadmap laid down to modernize & strengthen rural connectivity, is being implemented at a fast pace: LG

AGENCIES  
SRINAGAR, MAY 21

Lieutenant Governor Shri Manoj Sinha today inaugurated development projects executed by Public Works (R&B) department in both Jammu and Kashmir Division.

"Majority of the road infrastructure projects will build a more prosperous and well being to the citizens in far flung areas," said the Lt Governor.

The Lt Governor reiterated the commitment of the J&K administration to boost tourism potential and to connect important commercial centres.

"Our policy on infrastructure aims to create quality assets, make the facilities user friendly and get rural areas more and more integrated into the mainstream economy. Roadmap laid down to modernize and strengthen rural connectivity, is being implemented at a fast pace," said the

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## LG interacts with residents, tourists & shopkeepers at Pahalgam's main market



AGENCIES  
ANANTNAG, MAY 21

Lieutenant Governor Shri Manoj Sinha visited Pahalgam and interacted with the residents, tourists and shopkeepers at the main market,

today. The Lt Governor attended to the queries, issues & demands of the people, and assured time-bound redressal of all genuine grievances projected during

CONTINUED ON ► PAGE 4

## Need to raise voice together against unilateral attempts to change status quo: PM Modi at G7 Summit

AGENCIES  
HIROSHIMA, MAY 21

The current situation in Ukraine is an issue of humanity and of human values and not about politics or economy, Prime Minister Narendra Modi said on Sunday, asserting that dialogue and diplomacy are the only way to resolve the conflict.

In an address at a G7 session in Hiroshima, Modi said all countries must respect the UN Charter, international law and sovereignty and territorial integrity of all nations and called for raising voices together against unilateral attempts to change the status quo.

The prime minister's comments came against the backdrop of the lingering border row with China in eastern Ladakh and Russia's invasion of

Ukraine. Modi also invoked Buddha and said there is no such problem in the modern age, whose solution cannot be found in his teachings.

In his remarks, Modi also referred to his talks on Saturday with Ukrainian President Volodymyr Zelenskyy.

"Today we heard from President Zelenskyy. I also met him yesterday. I do not consider the current situation as an issue of politics or economy. I believe it is an issue of humanity, an issue of human values," the prime minister said.

"We have said from the beginning, that dialogue and diplomacy is the only way. And to solve this situation, we will try as much as possible, whatever can be done from India," he said.

Modi said India has always been of the opinion that any tension and any dispute should be

closed and the residents were asked to stay

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## G20 tourism track meeting 'most significant event' in J&K, says Harshvardhan Shringla

AGENCIES  
SRINAGAR, MAY 21

The G20 Tourism Working Group meeting here has the highest delegate participation and will be the most significant event held in Jammu and Kashmir, G20 Chief Coordinator Harshvardhan Shringla said on Sunday.

"We have the highest representation of foreign delegates in this working group meeting than the earlier two meetings. All I can say is we are very very happy with the turnout. We have the making of a unique meeting," Shringla told reporters here. Shringla was responding to a question about some member



countries not registering for the working group meeting. Accompanied by Jammu and Kashmir Chief secretary AK Mehta and the central government's Tourism Secretary Arvind Singh, he briefed the media about the itinerary of the three-day meeting that begins on Monday.

Srinagar will host the third G20 Tourism Working Group meeting from May 22-24. The first meeting was held in the Rann of Kutch in Gujarat in February and the second one in West Bengal's Siliguri in April.

Shringla said the working group meeting has the

broader objectives to present India's rich and diverse cultural identity and promote the country's tourism potential to the world.

"The very idea is to use this meeting to bring attention to Jammu and Kashmir and how it can help revive handicrafts, etc. It is an opportunity to present our rich culture and heritage. No other working group does it better than the tourism group," he said. "This will be the most significant event in Jammu and Kashmir," Shringla added. India is halfway through its G20 presidency and 118 meetings have been held in various parts of the

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## 'Awaam Ki Awaaz': All citizens should come forward and be a part of this memorable event: Lt Governor

AGENCIES  
SRINAGAR, MAY 21

Lieutenant Governor Shri Manoj Sinha, through this month's Awaam Ki Awaaz Radio program, called upon the citizens of J&K UT for their active support and contribution in the successful conduct of the G20 event.

"G20's 3rd tourism working group meeting starting from May 22nd is a historic opportunity for 13 million citizens of J&K UT to showcase priceless culture, heritage, tourism and warm hospitality. All the citizens should come forward and be a part of this memorable event," said the Lt Governor.

The G20 members represent around 85% of the global GDP, over 75% of the global trade, and more than 60% of the world population. Such gathering will provide huge boost to the shared vision of Vasudhaiva Kutumbakam



globally and accelerate socio-economic development of Jammu Kashmir, observed the Lt Governor.

It is our resolve to build a new, Atmanirbhar Jammu Kashmir in this Amrit Kaal. This historic occasion of the G20 meeting will inspire the generations of Jammu Kashmir and infuse new enthusiasm, new confidence in the society to build future Jammu Kashmir, he added.

Sharing the inspirational example of government-public partnership in development, the Lt Governor appreciated the District administration Baniptora, residents & Pune-based civil society group for their unique initiative to transform Aragam village situated on the banks of Wular lake.

Aragam will soon be converted into country's largest Book Village with

active participation of the local community. Apart from books in 6 different languages, old manuscripts and paintings will also be available in the libraries, which will introduce tourists to ancient history and folk culture of J&K, he added.

The Lt Governor congratulated the farmers of Sagam village, Anantnag for reviving Mushkbuji heritage crop, known for its aroma. The efforts of Sagam Mushk Budji Farmers Producer Company will provide a new fillip to the farming of one of the most cherished and valued products of J&K, he said.

The Lt Governor shared the success stories of Neelam Rani & Gowhar Jabeena, the women entrepreneurs of Kathua & Anantnag, and Rohit Salaria, a young entrepreneur from Udhampur. Gowhar Jabeena of Anantnag

CONTINUED ON ► PAGE 4

## One Pilgrim Dead, 14 injured as vehicle overturns in Reasi

AGENCIES  
JAMMU, MAY 21

A vehicle carrying Mata Vaishno Devi pilgrims overturned in Reasi district of Jammu and Kashmir on Sunday, leaving one person dead and 14 others injured, police said.

The vehicle was on its way to Jammu from Katra, the base camp for the pilgrims visiting the shrine atop Trikuta hills, the officials said.

The accident took place near Murree on the outskirts of Katra.

The G20 meeting would

## G20 meet in Srinagar an opportunity to showcase changes in J&K: Jitendra

AGENCIES  
NEW DELHI, MAY 21

The G20 meeting in Srinagar, beginning Monday, is an opportunity for India to showcase the changed scenario in Jammu and Kashmir which was earlier under the shadow of Pakistan-sponsored terrorism, Union minister Jitendra Singh said.

The third meeting of the G20 Tourism Working Group will be held from Monday to finalise the ministerial communiqué for the ministerial meeting in Goa later this year.

A "yellow warning" for isolated places with thunder and lightning from May 25 and 26.

A few places over Kashmir region are likely to experience heavy rainfall during the period, the MeT office predicted.

The weather mainly will remain dry with a brief spell of rain or thunderstorm at a few places towards late afternoon or evening on Sunday.

The MeT office has also advised farmers to do



spray or fertilizer application and do safe storage of harvested crops during the period. Srinagar recorded the minimum temperature at 12 degree Celsius which was normal for the summer capital of Jammu and Kashmir during this period of the season. However, the day temperature was 2.3 degree Celsius above normal against 25.2 degree Celsius on Sunday.

Qazigund on Srinagar Jammu national highway had a low of 8.4 degree

Celsius and it was 2.3 degree Celsius below normal. Pahalgam in south Kashmir recorded a low of 5.3 degree Celsius and it was 0.8 degree Celsius below normal for the famous tourist hot spot.

Kokernag experienced 11.1 degree Celsius, 0.5 degree Celsius above normal while Kupwara recorded 1.5 degree Celsius below normal against 10.1 degree Celsius.

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## People asked to stay indoors as army carries out massive anti-terrorist operation in Poonch

AGENCIES  
JAMMU, MAY 21

The Army on Sunday launched a massive search operation in a forward area in Jammu and Kashmir's border district of Poonch after troops picked up suspicious movement and opened fire, officials said.

No one was injured in the firing by the soldiers on patrolling duty at Keri in Mendhar sector around 3 am, they said.

Though there was no retaliation from the suspected persons, the Army launched a massive search operation in the area and adjoining forests to ensure that there is no presence of terrorists, the officials



closed and the residents were asked to stay

CONTINUED ON ► PAGE 4

## Police books 03 notorious drug smugglers under PIT NDPS Act in Baramulla

JNEWS SERVICE  
BARAMULLA, MAY 22

Continuing its efforts to eradicate the menace of drugs from the society, police have booked 03 notorious drug smugglers under PIT NDPS Act in Baramulla. Besides, destroys poppy cultivation in various parts of the district.

The notorious drug peddlers namely Zubair Ahmad Pandith son of Mohammad Hayat, Javid Rasool Mir son of Ghulam Rasool, both residents of Gantmulla Payeen & Azad Ahmad Mir son of Abdul Aziz Mir resident of Dardkote Uri have been booked under PIT/NDPS Act after obtaining forensic detention orders from the competent authority. The booked drug smugglers have been detained and subsequently lodged

in Central Jail Kot-Balwar Jammu.

It is pertinent to mention that many cases were registered against these drug smugglers and were involved in promoting drug abuse trade by supplying drugs to local youth of Sheeri, Uri and other areas of district Baramulla. Despite their involvement in many FIRs they did not mend their activities and were again involved in promoting drug abuse trade by supplying drugs to local youth.

Meanwhile, a police party of Police Post Mirgund led by IC PP Mirgund alongwith concerned Magistrate destroyed illegal poppy cultivation of approx. 1/2 Kanal of land at Alambal Pattan.

Similarly, a police party of Police Station Sheeri led by SHO PS Sheeri



alongwith concerned Magistrate destroyed the illegally cultivated Poppy on approx. 1/2 Kanal of land at Fatehgarh Sheeri.

Subsequently, cases under relevant sections law have been registered in respective police stations and further investigations have been initiated.

Consistent actions of Police against the criminals should reassure the community members that the police is making concerted efforts to eradicate social evils and making all efforts to keep our society free from drug abuse.

## Police arrests drug peddler in Handwara; Contraband substance recovered

JNEWS SERVICE  
HANDWARA, MAY 21

Continuing its efforts to eradicate the menace of drugs from the society, police have arrested a drug peddler in Handwara and recovered contraband substance from his possession.

A police party of Police Station Qalamabad at a checkpoint established at Market Qalamabad, intercepted a suspicious person who tried to flee from the spot after noticing police party but was apprehended tactfully. He has been identified as Asif Ahmad War son of Gh Ahmad resident of Audoora Qalamabad.

During search, around 60 grams of Charas was recovered from his possession. Accordingly, a case under relevant sections of law has been registered in PS Qalamabad and investigation has



been initiated. Community members are requested to come forward with any information regarding drug peddling in their neighbourhood. Persons found indulging in drug peddling will be dealt as per law. Our consistent actions against drug peddlers should reassure the community members that we are making efforts to keep our society free from the scourge of drug menace.

### FROM THE FRONT PAGE...

#### All citizens should...

has established 'Green Posh Nursery Unit', the first Kiwi nursery in Kashmir Division. Her achievements in this unexplored sector are inspiring the locals and budding entrepreneurs, said the Lt Governor.

The entrepreneurial zeal of Kathua's Neelam Rani has not only empowered the local womenfolk but has also widened the market reach of the Basohli Pashmina Shawls, he added.

The Lt Governor said the young entrepreneurs like Rohit Salaria of Udhampur with their efforts are inspiring other youth to become job giver and to create more space for young entrepreneurs. Rohit Salaria has set up a food processing unit under PM's Formalization of Micro Food Processing Enterprises Scheme.

He lauded the renowned artist Sohan Singh Billawaria for training budding artists and also promoting rich legacy of Basohli painting.

The Lt Governor also shared the suggestions of Kulgam's Dr Rizwan Rumi and Ehsan Qudus of Pulwama regarding developing an institutional mechanism to raise awareness, skilling, and financial support to young entrepreneurs in horticulture sector.

He made special mention of valuable inputs received from Saima Mushtaq of Srinagar and Jammu's Sanchaita Pradhan to promote the famous folk arts and crafts of rural Jammu Kashmir. Doda's Humerah Balwan, Ridiham Gupta of Samba and Jammu's Aparva Mishra had written on empowerment of the girl child. Mushtaq Ahmad Sheikh of Anantnag and Dr. Kumar Sourabh of Jammu suggested active participation of youth in water conservation and lake rejuvenation.

The Lt Governor issued directions to the concerned departments and officials for taking appropriate action on the suggestions received from the citizens.

#### Need to raise voice...

resolved peacefully through dialogue.

The prime minister said that in the current global situation, the maximum and most profound effects of the food, fuel and fertilizer crisis are being felt by the developing countries.

"Global peace, stability and prosperity is a common objective of all of us. In today's interconnected world, tension in any one region affects all countries. And, developing countries, which have limited resources, are affected the most," he said.

"Due to the current global situation, the maximum and most profound effects of the food, fuel and fertilizer crisis are being suffered by these countries," he added. (AGENCIES)

#### LG inaugurates...

Lt Governor.

The Lt Governor also shared the efforts to bring new momentum to the socio-economic growth of the UT of J&K. It is also being ensured that the benefits of all the government schemes reach the last person in the queue, he added.

We are moving ahead with the right intent and citizen centric policies to fulfill the dreams and aspirations of all the citizens and take Jammu Kashmir to new heights of glory, said the Lt Governor.

In the last few years, there has been phenomenal progress in the implementation of schemes in rural and urban areas and the credit for this goes to the officers, the people of J&K and all elected public representatives of Panchayati Raj Institutions and ULBs, the Lt Governor further added.

The Lt Governor congratulated the entire team of PWR&B Department and everyone associated with the projects.

The 75 development projects worth Rs 186.14 crores inaugurated today include road connectivity projects in Reasi, Udhampur, Doda, Samba, Kathua, Kulgam and Baramulla.

Dr Arun Kumar Mehta, Chief Secretary; Sh Shaileendra Kumar, Principal Secretary, Public Works (R&B); Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor and other senior officers were present.

RI representatives and Deputy Commissioners of the Districts were also present through virtual mode.

#### LG interacts with...

the interaction. Earlier, the Lt Governor inspected and took stock of the Pahalgam-Chandanwari road. Senior officers of the district accompanied the Lt

Governor.

#### G20 tourism track...

country so far, the G20 chief coordinator said.

"We have hosted 118 meetings from the Rann of Kutch to Kohima and from Kanyakumari and now to Kashmir. There has been a sense of attachment everywhere and I have no doubt it is the same in Srinagar. "As we drive around Srinagar, we see a completely transformed city. Srinagar today is vastly more beautiful. It has better amenities. It is truly a smart city, which you would want to showcase to the world," he added.

Asked about the negative advisories issued by certain western countries about travel to Kashmir, Shringla said these mean nothing when foreign tourists are visiting the Valley despite such advice. "Last year, 1.88 crore tourists came to Jammu and Kashmir and a very large number of them were foreign tourists. Foreigners will come in and come in large numbers. At the end of the day, what do advisories mean? They mean nothing," he said. Shringla said the vision of Prime Minister Narendra Modi is to ensure that the message of India's G20 presidency is taken down to the grassroots level through the 'Jan Bhagidari' process and a lot of efforts have been made to sensitise the people of the country about the G20.

Giving details of the event, Tourism Secretary Singh said the stage is set for discussions and deliberations on final deliverables.

"There are two key deliverables of the Tourism Working Group, which include the GOA Roadmap for Tourism as a vehicle for achieving sustainable development goals (SDGs) and the G20 Tourism Ministers' Declaration," Singh said. The third Tourism Working Group meeting will deliberate on the five key priority areas - green tourism, digitalization, skills, MSMEs and destination management. These priorities are key building blocks for accelerating the transition of the tourism sector and achieving the targets for 2030 SDGs, he said.

A side event on 'Film Tourism for Economic Growth and Cultural Preservation' will be organised on May 22-23, focusing on strategies to promote film tourism in the Union Territory, Singh added. The event will witness the participation of G20 member countries, invited countries, international organisations and industry stakeholders. Singh further said a draft 'National Strategy on Film Tourism' will be unveiled to provide a roadmap for harnessing the role of films in promoting tourist destinations.

#### People asked to...

indoors as a precautionary measure, they said, adding the searches were completed in the populated area but no one was arrested.

However, the combing operation is still going on in the woods but there was no contact with the suspected terrorists so far, the officials said.

The nearby Bhata Dhurian witnessed a deadly ambush by terrorists on an Army vehicle on April 20, resulting in the killing of five soldiers and injuries to a major-rank officer.

At least six overground workers were arrested for providing shelter to the terrorists. However, the attackers are still at large and efforts are on to neutralise them, with the Army almost conducting daily search operations and area domination patrols, according to officials. (AGENCIES)

#### G20 meet in Srinagar...

was believed to be a kind of a nerve centre of terrorism and Pak-sponsored militancy, is now in the same streamline of activity as any other city in the country. Be it the G20 in Hyderabad, Gurgaon or elsewhere. It is the same way happening in Srinagar," Singh told PTI in a video interview. "It is also an opportunity for India to showcase the changed scenario of Jammu and Kashmir under Modi because of his very committed approach and courage of conviction," said Singh, who also holds the portfolios of Science and Technology; Personnel, Public Grievances and Pensions. He said the prime minister's outreach efforts for the region also proved to be a catalyst for change as he insisted on special ministerial visits to Jammu and Kashmir to follow up on the development initiatives in the region. "The change has also happened at the level of the common man walking on the streets of Srinagar. He now wants to move on. He has seen two generations sacrificed at the altar of terrorism, he is not prepared to do so anymore," Singh said.

He said the youth in Kashmir is highly aspirational, well informed, intelligent and fully aware of the enormous avenues the prime minister has made available to the region.

"The Kashmiri youth does not want to miss the bus and wants to be a part of the changes taking place in the region," he said, adding the people of Jammu and Kashmir are looking forward to the G20 meeting with great enthusiasm.

"A few years ago, it was almost a taboo to visit Kashmir. Such events (investigations and meetings) hardly come to a halt since 1990. But this year, maximum excitement has been generated by the venue of Srinagar as far as all the G20 meetings put together are concerned," he said. Asked about China's decision to skip the G20 meeting at Srinagar, Singh said it would be appropriate for the Ministry of External Affairs to comment on the matter.

#### No form or...

continue to be a legal tender.

In a communication to chief general manager of all its local head offices, State Bank of India (SBI) informed that the facility of exchange of Rs 2,000 notes by public up to a limit of Rs 20,000 at a time will be allowed without obtaining any requisition slip.

With regard to deposit of such notes in own account, RBI has not specified any limit but it will be subject to compliance with extant Know Your Customer (KYC) norms and other applicable statutory requirements. "Further, no identity proof is required to be submitted by the tenderer at the time of exchange," the communication dated May 20 said.

It has asked its local head offices to arrange and extend all cooperation to the public so that the exercise is conducted in a smooth and seamless manner without any inconvenience.

According to sources, one can stand any number of times in queue for exchange of Rs 2,000 notes.

Although the facility for exchange is available from May 23, many customers were seen visiting their branches with the Rs 2,000 notes on Saturday.

Bank officials returned such customers after advising them about the start date for exchange.

Some of the customers used cash deposit machines on Saturday to deposit Rs 2,000 notes in their accounts.

Many have tried jewellery shops to buy gold and other precious metals. However, jewellers are also hesitant in accepting Rs 2,000 notes and asking for KYC and prescribed cash purchase in many parts of the country.

According to the Confederation of All India Traders (CAIT), withdrawal of Rs 2,000 notes by the Reserve Bank of India will not affect the trade of the small traders but will certainly hit the big and affluent class which might have stocked Rs 2,000 notes in large quantities.

CAIT does not anticipate any disturbance in trade activity due to this move. (AGENCIES)

#### MeT predicts...

Gulmarg recorded a low of 9.0 degree Celsius which was 1.9 degree Celsius above normal for the famous ski resort of Kashmir on Sunday, the MeT office said.

#### J&K terror...

federal agency said.

"Malik was in constant touch with a Pakistan-based JeM commander. Investigations have revealed that he was passing on secret information, especially regarding the movement of troops and security forces, to the Pakistan-based commander," the spokesperson said.

The official said various incriminating documents showing his involvement in the furtherance of terror activities were recovered from his possession at the time of his arrest.

The National Investigation Agency registered the terror conspiracy case suo motu on June 21 last year to unearth the conspiracies hatched by cadres and overground workers of various terrorist organisations on the directions of their commanders based in Pakistan, the spokesperson said.

"It involves collection and distribution of huge consignments of narcotics, cash, weapons, improvised explosive devices (IEDs), including remote control-operated sticky/magnetic bombs," the official said.

The spokesperson said IEDs and explosives are often delivered from across the border using drones and are also being assembled locally in order to execute terrorist attacks in Jammu and Kashmir.

"The attacks are mainly targeted at minorities and security forces personnel," the official said.

The NIA said such conspiracies are being hatched both physically and in cyberspace with the overarching aim of disturbing peace and communal harmony, engaging in terrorist acts, and waging a war against the Government of India. (AGENCIES)

#### Tirupati Balaji...

(TTD) having previously built temples in Hyderabad, Chennai, Kanyakumari, Delhi, and Bhubaneswar. "We have built the Tirupati Balaji Temple at a holy place. It falls on the route between Jammu and Katra, where Mata Vaishno Devi temple is located, Reddy said.

"The temple's construction is part of a broader initiative by the TTD to establish multiple Balaji temples across the country. The project in Jammu, located amidst the picturesque Shivalik forests in Majean, has made remarkable progress and is nearing completion in less than two years, a commendable achievement.

"The TTD is building Balaji Temples all over the country. So, those who are unable to visit the Tirupati Balaji Temple in Andhra Pradesh, can visit these temples in their cities, he said.

"62 acres of land has been allocated by the Jammu and Kashmir government in 2021 and we started the construction work the same year. We are nearing its completion," he said.

"We have been dedicatedly working on the construction of the Tirupati Balaji Temple for the last two years. The temple is constructed entirely with stones while the idols are made of cement," Rabbani, the works incharge from Andhra Pradesh, said. Sachin Narayan, a member of the works team from Andhra Pradesh, expressed, "I am involved in the construction of the Balaji Temple here. It will be completed within a month. The temple is beautiful and is being constructed by the TTD. It is indeed a remarkable temple." While the majority of the civil works, including the temple's structure, have been finished, the final phase involves the installation of some remaining portion of tiles and finishing touches to the interiors. It is estimated that it will take an additional two to three months to complete the entire complex, including the necessary infrastructure.

Narayan further explained, "The entire temple is being constructed using stones, and the domes are made of cement. This is why it took some time. The entire complex will be completed in two to three months." The temple primarily utilises granite cut slabs for the temple, walls and flooring, which are sourced from Kotaparra Konda in Andhra Pradesh. Over a hundred skilled workers from Andhra Pradesh are tirelessly working to meet the deadline and ensure the temple's completion before the inauguration.

The aim is to inaugurate the Jammu temple ahead of the annual Amarnath Yatra, which starts on July 1.

Bhod Raj, a local worker, affirmed, "The temple will be completed before the Amarnath Yatra. We are committed to finishing it." Ajay Kumar, a stone finisher from Andhra Pradesh, said, "We are currently working on the construction of the Tirupati Balaji Temple. We are focused on the stone slabs for the flooring. The rest of the work has been completed, and we are now working on the final floor. The large stone slabs are being brought from Andhra Pradesh, cut into slabs, and used for the construction." Bhod Raj, a crane operator, said, "My role is to lift the large blocks of stones, get them cut into slabs, and transport them to the temple premises for use. I have played a significant part in the temple's construction by ferrying these massive stone slabs."

"We have all the facilities in the Jammu temple. Soon we will have a Vedic school here. Pilgrims visiting Mata Vaishno Devi temple can also visit the Tirupati Balaji Temple," TTD Chairman Reddy said. (AGENCIES)

## BJP Jammu District South Launch "Maha Jan Sampark Abhiyan" to Mark 9 Yrs of Modi Govt



JJ NEWS SERVICE

JAMMU, MAY 21: Bharatiya Janata Party (BJP) Jammu District South will launch a month-long "Maha-Jan Sampark Abhiyan" from May 30-June 30 to mark the party's nine years in power. To mark the event, the BJP Jammu District South under the leadership of its resident Jammu South Rekha Mahajan has designed massive outreach programs for one month in two constituency Bahu and IS Para in Mandal levels as well as in both levels as an important part of Jammu District South.

BJP Senior leaders namely Former Dy CM Kavinder Gupta, Former Minister Satpal Sharma, Parliamentary Incharge of Maha Jan Sampark Abhiyan Harinder Gupta, BJP District President Jammu South Rekha Mahajan, Prabhari Jammu

South Ayodhya Gupta, DDC Prof Garu Ram Bhagat, Vidhya Mottan, Former MLC Vikram Randhawa, Former District President Vinay Gupta, Rajew Charak, Shailja Gupta, District General Secretaries Akash Chopra and Pushpinder Charak, Councillors, District office bearers, Mandal Presidents, Morcha Presidents, Cells Convera were present on the occasion.

Kavinder Gupta elaborates on the significance of Jan Sampark Abhiyan, he said the 9 years of Modi Sarkaar have seen India rising and cementing its position as "one of the strongest and most resilient countries in the world".

"India is now steadily venturing on the path to becoming a superpower," Kavinder said.

He asked all the party leaders including BJP cadres to ensure the reach

party will also organize programs to hear the Mann Ki Baat program at booth level across the country and will later screen a documentary on the Emergency which was imposed in 1977 by Indira Gandhi. He directed the party cadres to dedicate more time to ensure the success of the programs decided by the party.

In her presidential address, Rekha Mahajan notified that the party would soon launch 'Maha Jan Sampark Abhiyan' in Jammu District South.

The duration of the contact program will be one month, which will commence on May 30 and will continue till June 30. For the Mega 'Jan Sampark Abhiyan' Rekha also assigned duties to District Jammu South team members to make the program successful in Jammu South. She said that all party leaders must ensure their pro-active role at every Mandal as well as in ward level in Jammu District South. Former MLC Vikram Randhawa and Ayodhya Gupta also share their ideas and futuristic plans regarding 'Maha Jan Sampark Abhiyan' with the party breadwinners.

The proceedings of the meeting were conducted by Akash Chopra and the Vote of thanks was delivered by Pushpinder Charak.

## Modi Govt successfully steered J&K out of morass, turmoil: Yudhvir

BJP dispensation restored pristine glory of J&K in last nine years



JJ NEWS SERVICE

JAMMU, MAY 21: Yudhvir Sethi, Vice President BJP J&K unit said that Modi Government through its out of the box endeavours has successfully steered Jammu and Kashmir out of morass and turmoil.

The senior BJP leader was addressing a Parishikshan Shivir in Rajouri on Sunday in connection with completion of 9 years of BJP government led by Prime Minister Narendra Modi.

He announced that the party is going to organize a month-long campaign 'Nau Saal Bemisaal', in

which intellectual meetings, door to door campaigns, and rallies will be organized starting May 30, 2023. He also laid stress upon strengthening the organizational structure of the Party. He also discussed upcoming programmes and special programs to be organized by the party in near future. The Parishikshan Shivir at Rajouri was held under the chairmanship of Dinesh Sharma, District President Rajouri. Jugal Dogra, Prabhari Rajouri District, Seh Prabhari Capt Bal Krishan, Rajinder Gupta State Office Bearer, Dev Raj Sharma State Executive Member, Qyom Mir DDC

Member, Subhash Sharma Co Incharge Sharnarathi Cell, Koushal Gupta, Vice President District Rajouri, Atam Gupta General Secretary District Rajouri were also present.

Yudhvir Sethi said that the nine years of Modi government remained momentous and fruitful for the country as many historical steps were taken in these years with the top notch mode of abrogation of Article 370, which changed the course of life of people of J&K as normalcy and peace returned and days of turmoil ended successfully. He said, "It was only the BJP Government under which

Kashmir has witnessed drastic change as days of turmoil are over and peace has started knocking doors." The senior BJP leader said that this was the biggest achievement of the Modi regime and now the G20 event is showcasing the dexterity of the dispensation because Kashmir has never seen such a significant international event before.

Dinesh Sharma assured Sethi to make the upcoming campaign successful. He said that the whole Rajouri district team will make all possible efforts in making the upcoming programmes are great success. "With the success of the aforesaid event, we will ensure that under the dynamic leadership of PM Modi, the party has restored the pristine glory of J&K", he said, adding that every single party worker would play a vital role in making the Nau Saal Bemisaal campaign successful. Jugal Dogra, Prabhari Rajouri District asked the party cadre of Rajouri to gear up for the upcoming campaign as this is vital for reaching out to masses.

## BJP can't make India Vishav Guru by hate politics: Javed Rana

JJ NEWS SERVICE

POONCH, MAY 21: Javed Rana President NC's Pir Panjal Zone on Saturday appealed to the people to ensure the departure of BJP from the government claiming that it could only make India Vishav Guru in hate politics.

The senior NC leader was addressing a massive public meeting at Khanetar in Haveli area of Poonch. The former MLA said that the political party which is striving only on divisive agenda can never make India Vishav Guru in any of the positive traits rather it is only capable of damaging and maligning the image of the country at all levels by way of instigating people to follow communal lines and loathsome dwelling by creating wedge between people belonging to different ethnicities.

Javed Rana said that BJP leadership is primarily responsible for the devastation of many institutions in the country as the party



believes in authoritarian governance where the common man has no say in the rights. "BJP Government has dented the Indian democracy badly and it will take years together to rebuild the image which India enjoyed as one of the largest democracies before the inception of Modi Government", Javed Rana said, adding that only ouster of BJP from all forms of governments in the country can save India from probable collapse at Rajouri, Bhaderwah and other tourist destinations having huge potential are still

lurching for tourist footfall despite tall claims of steps taken by those sitting at helm.

Javed Rana also highlighted the need to revamp the education sector in Pir Panjal region as under BJP government, there are areas which are still reeling under 'stonage' as far as imparting quality education is concerned.

Garnering support for the party, he asserted that it is only NC which can fulfill aspirations of the people to the fullest because it knows the issues and problems of the people and also the ways and means to resolve them all. The meeting was organized by JKNC Surankote segment. He was accompanied by Dr Mumtaz Hussain Shah, Taj Bajjar, DDC Raz Khan, Talib DYSIP Rtd, Adv. Nazir Choudhary, Mian Sheraz Azhari Mughal, Hafeez Choudhary Vice President District Poonch, Mohd Bashir OBC District President and Molvi Iqbal OBC Vice President.

## BJP can't face Assembly Elections in J&K: Bukhari

JJ NEWS SERVICE

UDHAMPUR, MAY 21: Apni Party President Syed Mohammed Altaf Bukhari today said that the Assembly Elections in J&K are being delayed because the present UT administration has failed to do justice with the people of Jammu and Kashmir with regard to development, employment and other issues.

Altaf Bukhari was addressing a one day worker's meeting which was organized at Tehsil Mongri, Udhampur.

The meeting was organized by Sarpanch, Makkan Lal. On this occa-

sion, a retired lecturer Jai Parkash, and Sarpanch, Yashpal Singh also spoke on the occasion, and both of them highlighted various issues especially demand related to operationalisation of degree colleges in Mongri, and Panchari.

Amid growing public anguish against the UT administration being directly controlled by BJP from centre, Altaf Bukhari said that "The BJP does not want to face assembly elections in J&K because of misgovernance."

Therefore, the polls are apparently being delayed without justification," He said that the infra-

structural development, growing unemployment, unaddressed issues of educational and health sectors in Mongri and Panchari like other places in Jammu and Kashmir has given rise to anti-rick administration sentiments. As a result of lack of accountability of the officers on the ground in absence of an elected Govt, he said.

"The development is a distant dream for Mongri, Panchari residents and all other remote and neglected villages in district Udhampur. The administration's focus seems to develop Udhampur town but the villages lack basic

amenities like supply of clean drinking water, electricity, health, and educational facilities." However, the Apni Party if forms Govt will issue white papers with regard to development in every district to ensure equitable development. The Apni Party will work as per the wishes of the people, he added. In his address, Bukhari said that he was shocked to see the bad condition of the road with no black-topping which shows how the Mongri Tehsil had been ignored by its elected representatives for the last 72 years, and the people faced injustice from them.

## Mountaineering Association of J&K releases Calendar of Activities for 2023-24

JJ NEWS SERVICE

JAMMU, MAY 21: Anil Goswami, former Home Secretary of India along with B R Sharma, former Chief Secretary of J&K and Ashwani Sharma, former MLA released the Calendar of Activities of Mountaineering Association of J&K for the Year 2023-24 in an impressive function at Press Club of Jammu. They were accompanied by Zorawar Singh Jamwal, President; Ram Khajuria, Senior Vice President, Sumit Khajuria, Vice President of Mountaineering Association of J&K; Parveen Sharma, Chairman, the Citizens Cooperative Bank Ltd; Rahul Sharma, Chairman, Sprawling Buds ICSE School, Jammu; Prof. Suman Lata of Govt College for Women Parade Jammu; Arti Sharma, Director, Sprawling Buds ICSE School, Jammu; Mrdulla Padha, Vice Principal of St. Xavier Sr. Sec. School and Rakesh Goswami of Shivalki Mountaineering & Adventure Sports Club, Prominent among others present on the occasion included Upkar Singh Jamwal, Director, Aryan Oriental Convent Higher Secondary School, Udhampur, Apuraj Gupta, Head of Operations, J K Montessori Hr. Sec. School, Jammu; H K Dhar Principal of Shastr Memorial Hr. Sec. School, Jammu; Sushil Singh Treasurer, Navnet Gupta and Sonam Sidharth, both executive members of the Association and international climbers including Shivani Charak, Shilpa Charak, Arun Dev Singhofice bearers of various affiliated clubs of the Association and popular Radio Jockey Shwetima Jamwal. Highlighting the activities to

be undertaken by the Association and its affiliated clubs Sr. Vice President of the Association Ram Khajuria mentioned that the highlight of this year's major activity shall be a prestigious Mountaineering Expedition to Multiple peaks in Ladakh in which the team would attempt five peaks, all above 2000ft. The Association shall also organise a U T Level Sport Climbing Competition for visually challenged climbers at Jammu besides participating in the Zonal/National Sport Climbing Competitions and conducting the U T Championship and 15 district climbing competitions.

Further, the Association shall organize 9 trekking expeditions, 2 specialized sport climbing coaching camps for potential National medal winners before participating in the Zonal and National climbing competitions besides training of Shivani Charak at Bern, Switzerland prior to her participation in the IFSC World Championship at (an Olympic Qualifying event)

To spot the talent at the grass root level, the Association aims to train about 1000 sport climbers by organizing coaching cum competitions for school students throughout the year.

While releasing the Calendar of Activities the Chief Guest Anil Goswami, congratulated the Association for its sustained good performance in various national and international competitions despite financial constraints and stressed that the Association has to explore some ways and means to properly organise its mountaineering expeditions for which sufficient funds are not being

provided by the government. BR Sharma, former Chief Secretary of J&K recalled his earlier association with Mountaineering Association of J&K as a President for eight years and congratulated the Association for its achievements.

The Presiding Guest Ashwani Sharma, former MLA, while speaking on the occasion, lauded the role of the Association in promoting adventure activities in this part of the country and specifically appreciated the performance of Shivani Charak at the National and International level. He promised all possible help to Shivani, number 1 climber of the country, for her international training. Zorawar Singh Jamwal, President of the Association expressed his gratitude to the Sports Council especially its Secretary Nuzhat Khatun for initiative to provide an international standard climbing wall to the Association. He hoped that the climbers would definitely perform to their full potential once the climbing wall is completed at Jammu. But he also lamented the fact that the Government is not supporting the Association as far as Mountaineering expeditions are concerned. However, he promised to hold adventure activities in the far-flung areas of the UT once the infrastructure and the equipment is provided by the J&K Sports Council.

Earlier, Sonam Sidharth, an executive member of the Association, highlighted the achievements of the Association since its inception in 1986. The function was very ably anchored by Arti Sharma, Director, Sprawling Buds ICSE School, Jammu.

## Bali Bhagat asks workers to proactively participate in BJP's 'Nav Saal Bemisaal' programme

JJ NEWS SERVICE

AKHNOOR, MAY 21: Bali Bhagat, senior Bharatiya Janata Party (BJP) leader and former minister has asked the party workers to proactively participate in the 'Nav Saal Bemisaal' programme being organized to celebrate the completion of nine years of unblemished governance of the Prime Minister Narendra Modi led Govt at the Centre. He stated this today while addressing the District Working Committee meeting of Akhnoor district at BJP Office Akhnoor in connection with completion of nine years BJP Govt at the Centre.

Addressing the party workers, Bali Bhagat said that BJP is going to observe 'Nav Saal Bemisaal' from May 30 to June 30. He asked party workers to gear up for enthusiastic

participation in the aforesaid programme and highlight the key achievements of Modi Govt during the 9 years of its governance of the nation. Bali Bhagat asked the party workers to strengthen the organizational structure right from booth level to district level.

He also asked them to ensure hundred percent uploading of names and details of teams constituted at Saral Portal. He also laid emphasis upon using the IT and Social Media with an aim to reach the people every nook and corner and apprise them about the welfare schemes launched by the BJP government at the Centre.

The senior BJP leader said that despite all the giant strides taken by the BJP Govt during its nine year rule, it is necessary for the party workers to always remain available

to the people at the grass roots level and resolve their issues and problems.

He said that the party is headed towards an unprecedented performance in the upcoming Parliamentary elections especially due to its excellent governance for these nine years. However the party cadre will have to be proactive 24x7 in their respective areas to further augment the efforts in this direction.

Others who addressed the Executive Committee members on the occasion were BJP State General Secretary Vibodh Gupta, District President and former MLA Rajew Singh, former MLAs Shubh Dev Singh, Dr Krishen Lal and District BJP Prabhari Brijeshwar Singh. While, DDC member Suraj Singh, Mannohan Singh, Jagdish Bhagat and GS Chib were also present.



THOUGHT OF THE DAY

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

JINDRAH IMAGES

New era in history of J&K

Jammu and Kashmir is bracing up for hosting an historical international event, G20 Summit in Kashmir Valley. The G-20 meet in J&K is set to mark the beginning of a new era in the history of the region...

A DENT TO BJP'S INVINCIBILITY IMAGE

RAJDEEP SARDESAI

"Are you sure we are winning so comfortably?" the senior Congress leader's voice on the other end of a midnight call sounded anxious. It was the night before counting day in Karnataka...



papers had a large picture of Mr Modi emerging, out from a lotus symbol while all other leaders, including chief minister Basavaraj Bommai, were almost invisible. It's like a movie hoarding that focuses on a mega star and reduces the rest of the cast to anonymity...

impact of price rise on household budgets was decisive. Thirdly, the results map of Karnataka shows that Congress outperformed BJP in relatively underdeveloped areas with lower per capita income. The Axis exit poll confirms this...

riots' if Congress came to power smacked of last-minute desperation. Finally, the Karnataka verdict has highlighted BJP's geographical constraints: 'BJP' Mukti Dakshin Bharat' is a reality that exposes the narrow 'Hindi-Hindu-Hindustan' narrative once again...

Which is why the BJP leadership may have to course correct in the lead up to 2024. A Modi-led BJP still remains an overwhelming favourite to win in a national election but the 'Aayega to Modi hi' swagger needs a dialling down. It is an age-old truism in politics and life that self-confidence can rapidly descend into self-defeating hubris...

Challenges before Indian economy

PROF. (DR.) MANOJ S. KAMAT

The country urgently needs to fuel the emergence and growth of the middle class and close the divide between the rich and the poor. India's economy is projected to expand by 5.8% in the calendar year 2023 and 6.7% for India in the calendar year 2024...



the Manufacturing PMI is near an 11-year high, both well above that of other economies. Passenger vehicle sales are at 131% of pre-COVID levels, the real goods and services tax exports are 3% higher while the Services exports have risen considerably during the same periods. In April, India's retail inflation reached an 18-month low of 4.70%, according to data released by the National Statistical Office (NSO) on May 12...

the rupee, leading to slowing manufacturing activity, weaker personal consumption and lower government expenditure. The high cost of funds and weak external demand continue to haunt the growth of investments and exports. Apart from the above, India urgently needs to fuel the emergence and growth of the 'middle class' and close the divide between the 'rich' and the 'poor'.

labour-intensive and generate employment. The consumption pattern of the rich-income households, on the other hand, comprises luxury commodities, and very often import-encouraging. To reduce dependence on imports and increase export competitiveness, the government must intensify the magnitude and reach of effective programmes like the National Manufacturing Policy, Focus Market Scheme (FMS), Make in India, Atmanirbhar Bharat and the Production Linked Incentives (PLI) besides increase the outlay to the Gati Shakti project, a plan to improve multimodal connectivity. India should find ways to deal with extra-trade provisions such as labour, environment, IPRs etc, which are increasingly hurting access to India's exports in the developed markets.



## Tamannaah Bhatia Denies Falling Out With Anil Ravipudi Over Item Song

**Tamannaah Bhatia had denied the rumours that she had a falling out with filmmaker Anil Ravipudi over an item song in Nandamuri Balakrishna's highly anticipated upcoming action movie -- his career's 108th film.**

Tamannaah Bhatia had denied the rumours that she had a falling out with filmmaker Anil Ravipudi over an item song in Nandamuri Balakrishna's highly anticipated upcoming action movie -- his career's 108th film. The news that went viral was that Tamannaah who performed the song "Daang, Daang" in the Mahesh Babu-starrer "Sarileru Neekevuru", was approached by Ravipudi, but the duo had a falling out over the fee. This, Tamannaah now says, is not true. Tamannaah took to her Twitter profile and slammed portals for

running the "baseless allegations". She tweeted: "I have always enjoyed working with @AnilRavipudi sir. I have huge respect for both him and Nandamuri Balakrishna sir. So reading these baseless news articles about me and a song in their new film, is very upsetting. Please do your research before you make baseless allegations." Meanwhile, on the work front, Tamannaah has a slew of projects in her kitty, such as "Bhola Shankar", "Jailer" (the Rajinikanth-starred helmed by Nelson), "Arammanai 4", "Bandra", "That Is Mahalakshmi", and "Bote Chudiyani".



## Stockbroking Firm Gifts A Kia EV To Mohanlal On His 63rd Birthday

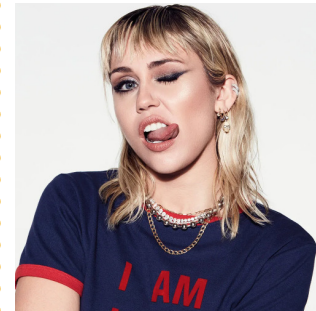


Malayalam superstar Mohanlal was presented with a Kia EV 6 costing Rs 72 lakh on his 63rd birthday on Sunday by businessman Alex K. Varghese of Hedge Equities, a stockbroking firm of which the actor is the brand ambassador.

Mohanlal celebrated his birthday at his Kochi residence with his wife Suchithra. His close friend and former Kerala minister, Shibu Baby John, and actor-director Major Ravi were present with him at his residence during the celebrations. One of the most versatile actors in the Malayalam industry, Mohanlal made his debut at the age of 18 with the movie "Thiranantham" (the movie was shelved for several years due to technical issues and later released). It was the 1980 movie "Manjil Virinja Pookal", directed by Fazil (father of the rising pan-India star Fahadh Faasil), which portrayed him as an antagonist, that turned out to be his official debut movie. There was no looking back for the versatile actor after this and he portrayed several characters that left an indelible mark.

In the 1980s, Mohanlal played a middle-class unemployed youth in movies such as "Gandhi Nagar Second Street", "TP Balagopalam MA", and "Nadodikattu". From then he turned into a macho actor in movies like "Devasuram", "Aram Thamburan", "Abhimanyu", and "Aryan".

## Miley Cyrus Says Her Success Is 'Seasonal'; 'It's A Moment ... Will Be Over'



The 30-year-old 'Wrecking Ball' singer's eighth album 'Endless Summer Vacation' contained the hit single 'Flowers', which set a string of streaming records and spent eight weeks at number one on the US Billboard Hot 100, becoming her second chart-topping song in the country, reports 'Female First UK'.

But she told British Vogue about realising the moment will pass as soon as she was told in the Sun Club at the West Hollywood Edition hotel that 'Flowers' was a chart-topper: "I'm sober. I don't drink, I don't, you know, but I celebrate. It's like 1 o'clock in the morning and Lil Nas X walks into the club and he asks me the most interesting question. He said, "Are you so anxious about how successful 'Flowers' is? I was like, "No. I might be No1 now, but No 2 is on its way." Everything is seasonal".

She added about insisting on staying 'honest' about her situation: "A lot of friends (recently) have said, 'This is Miley's moment.' And I'm like, 'That's exactly what it is. It's a moment. And it will be over.' She further mentioned, quoted by 'Female First UK', "That's not pessimistic. That's honest and that's OK with me. I actually prefer it. I don't like to stay big". Miley - who divorced actor Liam Hemsworth, 33, in 2020 - added when 'Endless Summer Vacation' was released she wasn't even in LA and didn't have her phone with her, and only knew about its success as her boyfriend Maxx Morando, 24, had his mobile.

## ROBERT DE NIRO CALLS TRUMP 'STUPID'; 'IT'S INSANE PEOPLE THINK HE COULD DO A GOOD JOB'

Hollywood star Robert De Niro called former US president Donald Trump as a "stupid" man during the Cannes Film Festival press conference for 'Killers of the Flower Moon'.

He compared the former president to the twisted power player he portrays in Martin Scorsese's crime epic, which premiered recently, reports 'Variety'.

De Niro admitted that he struggled to connect with William Hale, saying: "I don't understand a lot about my character. Part of him is sincere. The other part, where he's betraying (the Osage tribe), there's a feeling of entitlement. We became a lot more aware (of that dichotomy) after George Floyd with systemic racism."



As per 'Variety', De Niro drew parallels between his character and Donald Trump, whose name the actor initially refused to say out loud at the press conference. "That guy is stupid," he said of the former president. Lily Gladstone, who stars as Osage tribe member Mollie Burkhardt, pointed out that Osage members still attended the funeral of William Hale, in denial about his involvement in the brutal murders of tribe members.

De Niro, again, evoked Trump in response to that kind of blind loyalty to evil men. "There are people who still think he can do a good job. Imagine how insane that is."

In the case of 'Killers of the Flower Moon', Scorsese's long-time collaborator DiCaprio praised the director's ability to capture that kind of banality of evil. "What Marty does so incredibly well is he's able to expose the humanity of even the most twisted, sinister characters you could ever imagine."

## Guitar Smashed By Nirvana Frontman Kurt Cobain Sells For Nearly \$600,000

A guitar smashed by US rock band Nirvana's late frontman Kurt Cobain, in the early 1990s, was sold at an auction for nearly \$600,000 - over 10 times of its estimated price, media reports said.

The busted black Fender Stratocaster was sold at the auction at the Hard Rock Cafe in New York on Saturday and acquired for \$596,900 by a buyer, whose identity is not known, the BBC reported.

Cobain, who took his own life in 1994, destroyed the guitar as Nirvana was working on their break-out album Nevermind in the early 1990s.

Members Of Nirvana, Pearl Jam And Soundgarden Form New Supergroup 3rd Secret, Release Surprise Album

Nirvana's 'Nevermind' Baby Sues 30 Years Later For Child Pornography; All You Need To Know

The instrument, which has been put back together but is no longer playable, is signed by all three band members in a silver marker.

It also features an affectionate inscription by Cobain to his friend and musical collaborator Mark Lanegan - who died last year.

Cobain, who often misspelt his own name, signed the instrument "Kurdit Kobain".

According to the auction house, Cobain gave the guitar to Lanegan during the North American leg of Nirvana's Nevermind tour in 1992.

Two years ago, the acoustic guitar Cobain used for his legendary MTV Unplugged performance in late 1993 sold for \$6 million.

## TAMIL SUPERSTAR 'THALAPATHY' VIJAY TO ACT IN VENKAT PRABHU'S NEXT MOVIE

One of the most popular actors of Tamil cinema, 'Thalapathi' Vijay, has announced that his next movie would be with acclaimed director Venkat Prabhu.

The movie is tentatively titled 'Thalapathy 68' and is slated for release in 2024. The details of other cast and crew are not known at the moment.

In a social media post on Sunday, Vijay said the film produced by Kalpathi S. Aghoram's AGS Entertainment will have all the ingredients of a movie expected from a young super star of Kollywood. This is the second movie produced by AGS Entertainment after 'Bigil'.

The director, Venkat Prabhu, has a distinct style of filmmaking and the movie with Vijay could be a captivating experience for the audience.

This, incidentally, will be the 68th movie of Vijay, whose popularity is ranked only next to the South Indian mega star Rajanikanth. His last movie, 'Varisu', became Vijay's first to enter the Rs 300-crore club, making it his all-time big hit.

The Venkat Prabhu movie's



music is by Yuvan Shankar Raja, whose experiments were said to have opened the 'era of remixes' for Kollywood. This is the second 'Thalapathy' Vijay movie where Yuvan Shankar Raja will give the music after 'Pudhiya Geethai' in 2003. Vijay will next be seen in 'Leo' directed by ace Tamil director Lokesh Kanagaraj. The movie was shot in Kashmir and features Trisha and Sanjay Dutt in lead roles. The movie is set for an October 19, 2023, release. 'Thalapathy' Vijay will also be seen

in a cameo in the Shah Rukh-Nayanthara-starrer 'Jawan'. Interestingly Venkat Prabhu becomes one of the select few in Tamil industry to have made films with both Vijay and his on-screen rival in the popularity sweepstakes, Ajith.

Venkat Prabhu has made super hit movies such as "Mankatha", "Chennai 28", and "Maanadu". His latest movie, the Tamil-Telugu bilingual "Custody", starring Telugu star Naga Chaitanya was released earlier this month.



## 'Drishyam' Set For South Korea- Remake

**AJAY DEVGN AND TABU-STARRER 'DRISHYAM' FRANCHISE IS TRANSCENDING BOUNDARIES AS IT IS SET TO BE ADAPTED FOR THE SOUTH KOREAN AUDIENCES WITH THE OFFICIAL KOREAN REMAKE. 'DRISHYAM' IS AN INDIAN FRANCHISE THAT HAS DELIVERED SUCCESS IN EVERY INDIAN LANGUAGE BE IT MALAYALAM, TAMIL, KANNADA, TELUGU OR HINDI.**

Ajay Devgn and Tabu-starrer 'Drishyam' franchise is transcending boundaries as it is set to be adapted for the South Korean audiences with the official Korean remake. 'Drishyam' is an Indian franchise that has delivered success in every Indian language be it Malayalam, Tamil, Kannada, Telugu or Hindi. The announcement happened on Sunday at India Pavilion at the ongoing edition of Cannes Film Festival. Indian production

company, Panorama Studios, and Anthology Studios, founded by former Warner Bros. local Korean production head, Jay Choi, 'Parasite' actor Song Kang-ho and acclaimed director Kim Jee-woon have partnered for the Korean remake. The first part of 'Drishyam', directed by the late Nishikant Kamat, revolves around Vijay Salgaonkar whose simple world splinters after an accidental death involving his family and his desperate measures

to shield them from the law. With applause-worthy performances from Ajay Devgn, Tabu and Kamlesh Sawant, the film was a huge success.

Producer Kumar Mangat Pathak said, "I'm excited that 'Drishyam' franchise is being made in Korean, a first for a Hindi film. This will not only increase its reach outside India but will also put Hindi cinema on the global map. All these years, we have been inspired by Korean fare, now they have

found a muse in one of our films. What can be a bigger achievement for the Indian film fraternity!! Jay Choi is equally upbeat about the collaboration. He said, "We are thrilled to have an opportunity to remake a massively successful Hindi film with a touch of originality from Korean cinema. And the remake has greater significance as the first major co-production between Korea and India. Through our partnership, we will be able to bring the best of

both Indian and Korean cinema and make a meaningful remake that is as excellent as the original".

Pointing out that the film keeps you hooked with its twists and turns, Kumar Mangat Pathak is confident the 'Drishyam' franchise will find an audience in Korea [and the rest of the world] too. "This is the beginning of a valuable cultural exchange between both countries and their film industries," he signed off.

# A cardiologist said coconut oil in plant-based foods can spike cholesterol levels, even if you think you're eating

Seemingly-healthy plant-based foods can actually raise your cholesterol levels, thanks to a surprising source of saturated fat, according to a cardiologist.

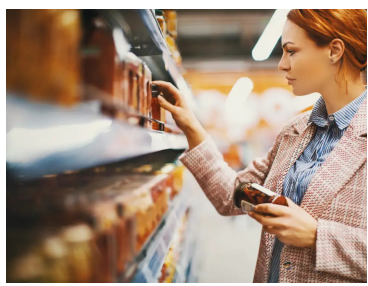
Dr. Harmony Reynolds, a cardiologist at NYU Langone, said she noticed a pattern with her patients who ingested more coconut oil, a common ingredient in vegan processed food.

"I learned to ask patients about this because I was seeing multiple patients whose LDL cholesterol was going up because they introduced coconut oil-containing foods," she told Insider.

Reynolds said coconut oil is among foods she almost never eats as a cardiologist, since it's high in a type of fat called saturated fat that can increase your levels of LDL cholesterol.

Sometimes called "bad" cholesterol, too much LDL cholesterol is linked to increased risk of heart disease and stroke.

Checking labels can help you be aware of how much coconut oil you might be consuming.



You should balance your saturated fat intake, keeping it to less than 6% of your total calories, according to American Heart Association guidelines. Coconut oil can show up in unexpected places, like vegan baked goods, dairy substitutes, and coffee creamer, and even in pre-made meals like frozen burrito bowls or stir-fry kits.

because it provides a fat source that's solid at room temperature to help give foods the right texture. It shows up in a huge range of vegan products from cookies and pastries, to dairy-free versions of cheese, ice cream, or coffee creamer, and even in pre-made meals like frozen burrito bowls or stir-fry kits. But it's a misconception that

coconut oil is a healthier alternative to butter or seed oils like canola, since it contains more saturated fat than butter. It's also high in calories, which can be a disadvantage if you're trying to watch your weight — one tablespoon adds about 120 calories.

One reason coconut oil is sometimes considered healthy is that it's high in a type of fatty acids called medium-chain triglycerides, which some evidence suggests can be absorbed more quickly than other fat sources, potentially boosting weight loss, energy, and brain health, although more research is needed.

Overall, it should be used sparingly in your diet, if at all, according to the Cleveland Clinic. Research suggests olive oil is a healthier choice, with some evidence it can help reduce the risk of heart disease.

Many of the vegan foods containing coconut oil are also ultra-processed, which means that they contain additives like salt, sugar, and fat, and often

have fewer nutrients and fiber. Research suggests eating too much processed food can increase the risk of illnesses like heart disease and cancer.

While no single food can make or break your health, dietitians recommend limiting processed foods, even if they're plant-based.

"There's a lot more great choices out there right now, but you can be a vegan on a soda and potato chips diet," registered dietitian nutritionist Wendy Bazilian previously told Insider. "That's vegan, and it could even have a beautiful splashy label that says it, but you will be at risk for some nutritional deficits by that."

Bazilian and other dietitians recommend following a plant-based diet rich in whole foods like fruits, veggies, grains, beans, nuts, and seeds.

Evidence suggests the benefits of a healthy plant-based diet include adding years to your life, reducing risk of chronic illnesses, and improving mood and energy.

## WHAT NUTRITIONAL YEAST CAN DO FOR YOU

Nutritional yeast takes these dressings, toppings and seasoning blends up a notch



As both a food editor and a semi-functioning member of society, I'm a little embarrassed to admit how frequently I eat popcorn for dinner. (A couple of times a month, at least.) And I delude myself only slightly. It's vegetable adjacent.

Nutritional yeast is the backbone of my fine-tuned and finely ground house popcorn topping, contributing irresistible cheesiness without any dairy. For some time, I used it only for popcorn because, frankly, I didn't know how to harness its full potential. But much like miso paste, nutritional yeast will last a very long time — like, U.S.-representative-term-long — when stored airtight in a cool, dry place. So I had ample time to figure things out.

Nutritional yeast, or deactivated Brewer's yeast (a.k.a. *Saccharomyces cerevisiae*, used for beers and breads), has long been pitched as a high-protein, vitamin-packed health food. But it is likely to better serve you as a savory flavoring agent than as a nutritional supplement. (Though, depending on the brand, it can contain somewhere between 6 to 10 grams of protein per 1/4 cup, which isn't nothing.)

Thanks to some pretty genius recipes, I've graduated from popcorn to other gratifying nooch applications. Adding nutritional yeast to a buttery, salty bread-crumbs topping for a bit of tang seemed so obvious to me after I saw Alex Weibel do so for her creamy Swiss chard pasta.

Using nutritional yeast as a wholesome cheese substitute isn't novel, but I particularly love how it completely replaces Parmesan when blended into Becky Hughes's beloved vegan Caesar dressing, and how it adds a familiar richness when paired with dairy-free butter in Ali Slagle's vegan twice-baked potatoes.

And then there are all of the seasoning blends you can make that aren't exclusively for popcorn, like Bryant Terry's umami powder — a combination of pulverized dried mushrooms, nutritional yeast and nuts — which he uses in his pesto-ish pasta sauce made with blanched broccoli.

I knew I was going to miss having a dishwasher when I moved into a new apartment last year, but I really did not expect to miss having a microwave. But thanks to my colleague Priya Krishna, I do!

I am so intrigued by her method for cooking rice in the microwave, her preferred appliance for preparing the grain. (Apart from an Uncle Ben's-type bagged rice, I've never made microwave rice.) The microwave is, per her detailed reporting, more consistent than a stovetop burner and more practical than a single-function appliance like a rice cooker. College students without access to a stove, as well as folks without counter space to spare, may find this technique especially useful.

"But the method that worked every time was also the simplest: rinsing the rice thoroughly, adding double the amount of water, and microwaving, uncovered, for 15 to 25 minutes, depending on the wattage of the machine. It may take a few attempts to figure out the exact timing for your microwave — in my 700-watt machine, it takes 22 and a half minutes — but once you do, you won't have to think twice about it."

# WHAT HAPPENS TO YOUR BODY WHEN YOU EAT NUTS EVERY DAY

Nuts have gotten much attention recently for their potential health benefits and role in disease prevention. Walking along the grocery aisles, you may notice that a wide array of nuts and nut-based products are available, from drinks to snacks and spreads.

Generally, nuts are rich in heart-healthy fats, vitamins, minerals and antioxidants. Still, not all nuts are equal in nutritional value. Some have more of a specific type of nutrient than others—a 2022 article in Food Reviews International revealed the highest nutrient concentration among nut varieties:

While certain types have more nutrients than others, you may wonder what actually happens to your body when you eat nuts daily. And, are there certain nuts that you should eat more or less frequently? Here is what the research has to say might happen to your body if you eat nuts every day.

A 2022 review in Food Reviews International noted that healthy individuals and those with elevated lipids levels who consumed 50 to 100 grams of nuts—such as almonds, peanuts, pecans and walnuts—five times a week significantly reduced their LDL ("bad") cholesterol levels. They also found that eating hazelnuts, pistachios and wal-



nuts may help raise "good" HDL cholesterol levels. Research suggests that phytoosterols, a group of lipids present in nuts, may be responsible for decreasing LDL levels. The same review noted that pistachios, pine nuts and almonds have the highest content of phytoosterols.

Moreover, almonds, walnuts, pecans and peanuts were also found to reduce total cholesterol levels. One 2020 study in Nutrition and Metabolic Insights suggests that regularly consuming nuts could lead to a 3.75mg/dL reduction in total cholesterol level and lower heart disease risk.

Nuts, such as almonds, are known to contain flavonoids, a group of compounds naturally present in plant-based foods.

They are not only rich in antioxidants, but they may also have the ability to protect you from free radicals that could lead to the hardening of blood vessels (aka atherosclerosis) and increase the risk of heart disease.

Depending on the type of nuts you eat, you may ingest more antioxidants. Specifically, almonds and cashews are noted to have the most significant amount of tocopherol, a form of vitamin E that is also an antioxidant associated with lower inflammation and cancer risk.

You might lose weight. Some studies suggest that eating nuts, such as tree nuts and peanuts, do not lead to obesity. A 2019 study from Nutrition Research discovered that consuming more than one to two

servings of nuts per week may be linked to less weight gain and a decreased risk of overweight and obesity. Another study found that those who include at least 28 grams of nuts per day (around one ounce) had less weight gain and a lowered risk of being overweight and obese than those who did not include nuts as part of their diet. This phenomenon could be explained by the presence of protein and fiber, which increase feelings of fullness and reduce hunger.

That said, relying on nuts alone to manage weight may not be a great idea as there are several factors that come into play for weight management, including the types and portions of food you eat, genetics, your activity level and more.

Other studies also noted that eating nuts may not necessarily lead to weight loss, especially for those who are overweight or obese, due to altered appetite sensitivity and regulation.

You might reduce your risk of colon cancer. Nuts have antioxidant and anti-inflammatory properties that may help prevent tumor formation. A 2021 review from the International Journal of Food Sciences and Nutrition found that higher nut consumption was associated with lower risk of colon cancer. However, the findings are conflicting. More recent research from the

European Journal of Epidemiology and Medicine points out that the relationship between eating nuts and legumes and the risk of colon cancer is weak and needs more research to be substantiated. Nevertheless, it does not hurt to include nuts as part of a balanced eating pattern for other potential health benefits (so long as you're not allergic).

You might increase your sodium intake.

While nuts are nutritious, how they are prepared also matters. Roasted salted or flavored nuts can be high in sodium. Eating too much sodium could lead to high blood pressure and put you at higher risk of heart disease, stroke and heart failure, according to the American Heart Association. Try to choose unsalted nuts if you are watching your sodium intake or if you have high blood pressure or diabetes. You might ingest too much of certain micronutrients.

Over time, overeating certain types of nuts—specifically Brazil nuts—could also lead to selenium, also known as selenium intoxication.

Brazil nuts have the highest concentration of selenium of all nut varieties, with every gram containing 35 micrograms of selenium, which is about two-thirds of the recommended daily allowance (RDA).

# Global partners announce a new effort - "The Big Catch-up" - to vaccinate millions of children and restore immunization progress lost during the pandemic

WHO, UNICEF, Gavi, the Vaccine Alliance and the Bill & Melinda Gates Foundation, along with Immunization Agenda 2030 and many other global and national health partners, are today joining forces to call for "The Big Catch-up", a targeted global effort to boost vaccination among children following declines driven by the COVID-19 pandemic.

This effort aims to reverse the declines in childhood vaccination recorded in over 100 countries since the pandemic, due to overburdened health services, closed clinics, and disrupted imports and exports of vials, syringes and other medical supplies. Meanwhile, communities and families experienced lockdowns, restricting travel and access to services, and financial and human resources were limited along with access to health commodities, due to the emergency response. Ongoing challenges like conflicts, climate crises and vaccine hesitancy also contributed to the decline in coverage rates.



at least one vaccination in 2021 alone, outbreaks of preventable diseases, including measles, diphtheria, polio and yellow fever are already becoming more prevalent and severe. The Big Catch-up aims to protect populations from vaccine-preventable outbreaks, save children's lives and strengthen national health systems.

While calling on people and governments in every country to play their part in helping to catch up by reaching the children who missed out, The Big Catch-up will have a particu-

lar focus on the 20 countries where three quarters of the children who missed vaccinations in 2021 live". Although global coverage levels have declined, there have also been bright spots of resilience. For example, early reports indicate India saw a strong recovery in essential immunization in 2022, while Uganda maintained high coverage levels during the pandemic. Countries have also been successful at reaching groups in vulnerable situations. In Kenya, for instance, collaborations with commu-

nity health workers and local leaders have improved levels of immunization among nomadic populations in the north of the country.

To ensure progress on childhood immunization, partners are working with countries to strengthen health care workers, improve health service delivery, build trust and demand for vaccines within communities, and address gaps and obstacles to restoring immunization. In addition to catching-up on childhood immunization, intensified efforts are needed to introduce the human papillomavirus (HPV) vaccine to adolescents to prevent cervical cancer, particularly in low- and middle-income countries where the burden is highest.

WHO Director-General Dr Tedros Adhanom Ghebreyesus said: "Millions of children and adolescents, particularly in lower-income countries, have missed out on life-saving vaccinations, while outbreaks of these deadly diseases have risen. WHO is supporting dozens of countries to restore immunization and other essential health services. Catching up

is a top priority. No child should die of a vaccine-preventable disease."

"Routine vaccines are typically a child's first entry into their health system and so children who miss out on their early vaccines are at added risk of being cut out of health care in the long run," said UNICEF Executive Director Catherine Russell. "The longer we wait to reach and vaccinate these children, the more vulnerable they become and the greater the risk of more deadly disease outbreaks.

Countries, global partners and local communities must come together to strengthen services, build trust and save lives." "We cannot allow a legacy of the pandemic to be the undoing of many years' work protecting more and more children from deadly, preventable diseases," said Dr Seth Berkley, CEO of Gavi, the Vaccine Alliance. "Global health partners, working with governments and communities, must do everything we can to protect the life of every child."

incredible progress that has been made towards eradicating polio and reducing the incidence of infectious diseases is the direct result of thousands of dedicated global partners and local health workers who have worked to immunize millions of children. We must double down to reach all children with the vaccines they need to live healthier lives and ensure that future generations live free of preventable diseases like polio."

Notes to editors: For more information about The Big Catch-up, visit WHO's page, the interactive site on the newly released UNICEF's State of the World's Children report, and the hub of partner content for World Immunization Week. "The 20 countries where three quarters of the children who missed vaccinations in 2021 live are: Afghanistan, Angola, Brazil, Cameroon, Chad, DPRK, DRC, Ethiopia, India, Indonesia, Nigeria, Pakistan, Philippines, Somalia, Madagascar, Mexico, Mozambique, Myanmar, Tanzania, Viet Nam.





# Modi Govt turned India into one of global economic giants: Kavinder



JJ NEWS SERVICE

**JAMMU, MAY 21:** Coming down heavily against the PDP chief Mehbooba Mufti and others opposing the conduct of G20 meeting in Valley, Kavinder Gupta senior BJP leader and former DyCM said that the aforesaid international event will help in boosting tourism and bolstering economy of the region as delegates from member countries are likely to act as ambassadors of Kashmir on their return to their respective nations.

In a statement issued to

media persons, Kavinder said that PDP leadership is spitting venom against government only to recreate political space for the party as it has lost relevance after being exposed number of times for doing nothing for the people of J&K and trading only to satiate petty personal aspirations.

Kavinder said that while in power the Kashmiri Centric parties never did anything significant for the progress of J&K rather it indulged in instigating youths to go for stone pelting and other destructive activities driv-

ing the UT in backward direction.

Kavinder while praising the BJP Government led by PM Narendra Modi said that Centre has made India one of the global economic giants as it has joined pool of top five economies of the world and is fast moving to become one among the top three. He said that Modi Government has made J&K the top tourist destination as tourism is thriving like it used to be in 1960s and 70s, and the courtesy of all this goes to PM Modi.

Kavinder was speaking

during the Sampark Abhiyan at Reasi. He asked the party cadre to gear up for month-long Nau Satal Bemsisal Cot the party starting from May 30, this year. He said that during this thirty-day event, the party workers and functionaries should reach out to masses giving a message of plans of the party for future endeavours and the achievements of nine years in power.

Kavinder said that party's policies and achievements should be highlighted at all levels to convince people to join the party in making India the most powerful and one of the best nations across the world in all aspects.

Others present in the meeting include Rohit Dubey District President, Arvind Gupta Parbat, Pardeep Singh, Ajay Nanda ex-MLA, Baldev Sharma ex-MLA, Shashi Gupta Chairman Katra, Shashi Puri Reasi Municipality Chairman, all the DDC members, all Mandal Presidents, Morcha presidents and district team and other senior leaders.

# BJP's Social Media Deptt will actively participate in month-long campaign: Ankit



JJ NEWS SERVICE

**JAMMU, MAY 21:** In view of upcoming month-long campaign from May 30 to June 30 in connection with successful completion of nine years of BJP Government at the Centre, Social Media Department of Bharatiya Janata Party, Jammu and Kashmir will play its vital role in publicizing the schemes and key-achievements of Modi Government and bringing awareness about the same amongst the general public through social media platforms.

This was stated by Ankit Gupta, Head Social Media Department of

BJP's J&K while chairing a meeting here today. In the meeting, Nitish Mahajan, Manjith Singh and Satish Jandial, Co Incharges of Social Media Department, BJP J&K were also present.

Speaking on the occasion, Ankit Gupta asserted that the greatest achievement of the Modi led Govt at the Centre is that its nine years of governance are unblemished as the main focus during all these nine years has been on transparency and accountability of the highest degree.

Ankit asked the Co-incharges of Social Media Department to play their proactive role in making

every single person of Jammu and Kashmir aware about the achievements of BJP Govt with the help of social networking sites.

He asked them to ensure that the people belonging to all the sections of the society right upto the last person in line will aware about the schemes rolled out by the Modi Govt. Ankit Gupta assured the Head of Social Media Department that he will do their best in promoting the policies, programmes and schemes of Central Government in every nook and corner of Jammu and Kashmir through var-

ious social media platforms. He said that the Social Media Department will pro-actively participate in the campaign from May 30 to June 30 and make this campaign successful.

Ankit said social media is a major platform to get the party's ideology across to the masses. It helps common people in having direct links with the BJP and this is why we have been able to emerge as the largest political party in the world.

He said in today's era, social media is the only weapon by which people with anti-national mentality can be defeated.

Later, Nitish Mahajan was nominated as Incharge of Public and Media Relation and Satish Jandial was nominated as All Morcha Incharge Social Media.

Prominent who attended the meeting include Manjeet Singh Jasrota, Satish Jandyal, Pooja Gupta, Adv. Abheet Sangotra, Bal Arya and Abhinandan Bhardwaj.

# GDC Udhampur Organizes career counseling session on MBA in International Business



JJ NEWS SERVICE

**UDHAMPUR, MAY 21:** In continuation of the Programs on Azadi Ka Amrut Kaal under Start-up India, Aatmanirbhar and Swabhambi Bharat during the time of G20 Presidency of India, The Government Degree College Udhampur in collaboration with The Department of Cross Cultural Learning Centre, University Of Jammu, organized an orientation program regarding career counseling with particular focus on various career opportunities in MBA in International Business. The entire program was conducted under the patronage of Principal Prof. Dr. Ramesh Kumar Gupta, Dr. Bhanu Partap Singh and Dr. Shivani Rana of Department of Cross Cultural Learning Centre, University Of Jammu were the invited guests and the panel speakers in the program. Prof. Kaku ram, HOD BBA convened the whole program.

Speaking in his Presidential address the Principal of the college Prof. Dr. Ramesh Kumar Gupta explicated the urgent need of building career of the students wherein he stressed upon the various opportunities that the students should take into preview as this is the high time for them. He also appraised all present about the quality education and the potential of the faculty and students of the college who are quite capable to foster and acquaint themselves with learning while earning. He hoped that the students would definitely become the job providers and best innovators in the times to come.

Prior to this the session started with the welcome address by Dr. Vipul Chalotra, HOD Commerce, wherein he highlighted on the imperativeness of the career opportunities in MBA in International Business and accentuated on job and wealth creation for the students than on mere employment. He stated that

this is the right time for the students to think over their bright career ahead.

The special guests and panelists Dr. Bhanu Partap Singh, Assistant Professor, University of Jammu guided the students to opt for MBA in International Business as it is going to pay them handsome in the near future and laid emphasis on choosing the right track of life by students and portrayed many examples of the persons who pursued MBA in International Business and at present are at very good positions.

Dr Shivani Rana, Assistant Professor, University of Jammu explained in very simple words how to seek admission in MBA in International Business particularly in University of Jammu. She demonstrated about the University campus and made all present aware about the faculty, students and infrastructure of the Department of Cross Cultural Learning Centre, University Of Jammu.

More than 150 students took advantage of the session where they were given a chance to ask questions to the experts in the interactive session by having proper guidance.

The Faculty of BBA Prof. Kaku Ram, HOD BBA, Prof. Yogesh Sharma, Prof. Heema Sharma and faculty of Commerce Dr. Vipul Chalotra, HOD Commerce, Prof. Rajinder Kumar, Dr. Jyoti Sharma, Prof. Sulekha Bhagat were present during the entire session. The students were fully enraptured and enlightened by the program.

# Dogri play 'GATT' stages under Natrang's weekly 'Sunday Theatre' series

JJ NEWS SERVICE

**JAMMU, MAY 21:** Balwant Thakur's popular Dogri play 'GATT' staged here today at the back laws of Sher-i-Kashmir International Convention Centre (SKICC) under Natrang's weekly theatre series 'Sunday Theatre'. Based on Krishna Chander's famous Urdu classic short story 'Khadda' the play is a hard hitting satire on the decay of human values. Balwant Thakur has adapted it in such a contemporary manner that the audience instantly identifies itself with the play. It was a surprising theatrical treat for the people present at Sher-i-Kashmir International Convention Centre (SKICC) who thoroughly enjoyed the performance and responded with applause at the satirical quality of the play.

The play 'Gat' shows that one and all tend to shirk their own responsibilities and work and pass it on to others. Instead they indulge in high sloganism, claiming to be the redeemers of the suffering masses. This is symbol-



ized by a person falling into a ditch whose pleas to help him come out unanswered by one and all. Different people pass by him like surveyors, young men, religious leaders, cops, Political leader in power and a foreigner. The person in distress is given different excuses and pleas for their inability in extending help to him. The unemployed youth are unable to find time out of their fixed schedule of hunting for girls. The 'Sadhu' showers blessings and prays for his peace in as and where condition. The police cop lodges an FIR and asks him to report to the police

station knowingly that he will never be able to come out of the ditch on his own. The foreigner lady enquires about his choice between India and Pakistan, which side he would like to take? The situation becomes more dramatic when a minister after a complaint from the public about the worsening of the road condition, makes a round of the area. The workers of the public works department instead of taking out the man from the ditch put wooden planks over the ditch and create a stage for minister's public speech. Here the minister lists his development revolution and

lashes at his opponents for cursing their government for political gains. The public meeting is over, the wooden planks are removed but to no one says any heed to the fallen-man in the ditch. The slogans of the upliftment of the poor fades away with the flowing dusty wind. Finally a man from the audience appears and appeals everyone to render a helping hand to this common man who is still in the ditch despite having celebrated 75 years of India's Independence. The play reflects the plight of the poor masses who continue to suffer for want of help from the state at the helm of affairs.

Natrang actors who acted in the play included Neeraj Kant as Neta, Shivam Singh as Aadmi, Mohd. Yaseen as Karamchari 1, Brijesh Avtaar Sharma as Karamchari 2, Aadesh Dhar as Aashiq-1, Kushal Bhat as Aashiq-2, Meeenakshi Bhagat as Foreigner, Mihir Gujral as Guide, Mahikshit Singh as Sadhu, Vishal Sharma as Police Cop and Sheryaar Salaria as Chela.

# Skill development training in bee keeping held at SKUAST-J

JJ NEWS SERVICE

**JAMMU, MAY 21:** AICRP (Honeybee and Pollinators), Division of Entomology, Sher-e-Kashmir University of Agricultural Sciences & Technology organized seven days skill development training programme on scientific beekeeping under National Bee Board, New Delhi funded project w.e.f. 15-21 May, 2023. The 33 nominated beekeepers and farmers from Directorate of Agriculture, Jammu participated in the training programme.

During the inaugural, Director Research, Prof. R. K. Samntra highlighted the importance of the programme and impressed upon the participants to take full advantage of



training to improve their skill in beekeeping. Training Coordinator Dr. Devinder Sharma prepared the lesson plan for the training duration. The participants acquired key knowledge and understanding related to beekeeping such as, scope of beekeeping, types of honey bees, identification of bees and their colony organization, colony division, management process, scientific aspects, nature of honey bees, diseases and insect pests, and economics of beekeeping, marketing of bee products honey extraction process etc. during the programme, participants were trained in value addition of bee products viz. candle, face scrub, lip balm, honey gulkand, bee venom, pollen diet, queen bee rearing, propolis tincture, etc. during the valedictory function, Dr. R. K. Gupta, Professor and HOD encouraged all participants to adopt beekeeping in order to supplement household income. of the participants Mohd. Shah from Mendhar Poonch expressed his gratitude towards SKUAST-J for his experience in the training programme and stated that such type of training will help them to manage honey bee better and hoped that such initiative will bring prosperity and livelihood opportunity among farming community.

Dr. R. S. Bandal welcomed the dignitaries and A. K. Singh offered the vote of thanks. Dr. Magdeshwar Sharma help in smooth conduct of training programme.

# Megha Cultural Event Ubharte Kalakar Organised

JJ NEWS SERVICE

**JAMMU, MAY 21:** Megha Cultural Event titled Ubharte Kalakar was organised by MJ Jackson Cultural Institute of Society Jammu here today at Govt Polytechnic College Birkam Chowk, Jammu. On the occasion Former Cultural Minister Smt. Priya Sethi was the chief guests while Sr. Journalist/Social Activist Janab Sohail Kazmi was preside over the function. Namrita Sharma (Leader Aam Aadami Party) & Chanchal Baba ji. (BJP Leader) were the Guest of Honour. On the occasion group dances perform by Mother Care Public School, Harman Dance Institute, Mother Care Public School, Harman Dance Institute & amp; Stephen International School.

The Award of Honour were distributed by the Chief guest to the Awardees who worked outstanding included Ashok Kumar Sharma (Dainik Jagran) Sr. Journalist, Boney Kumar (Sach News) Journalist, Kushvinder Singh (Dainik Saveria) Bauru Chir, Naveen Sudan (Sr. Journalist), Pankaj Khajuria, Sanjay Kumar (Amar Ujala) Sr. Photo



Journalist, Sunaal Kakkur (Social Activist), Surinder Sharma (Channel News One) Journalist, Uttam Swalia (Take One Channel) Photo Journalist, Rashmi Sharma, Vijay Majotra (Sr. Journalist) Punjab Kesari, Amit Kapoor (Special Guest Founder and Managing Director Gourav Sharma (Model/Actor), Bhanu Partap Singh, Shilpa Thakur (1st Photo Journalist Female) State Time, Sheetal Singh (President IAWA India, JKUT), B.S Bawa Travel, Madam Sandhya Gupta (Associate Professor), Vineet Karhullo, Bureau Head JKUT the Vob India, Samiksha Karhullo, Eiditor in Chief Samiksha News Network, Adarsh Pal Gupta, Editor

in Chief PP News, Amar Chauhan, Chief Editor Info Bug, Mohinder Jeet Singh JK Channel (Video and Photo Journalist

The success of the event overall the credit goes to the organizers team Mr. JR Sharma (Jackson), Ms. Poonam Kani, Mr. Pawan Sharma, Radimi Sharma, Manas Sharma, Akram Khan, Yogi, AK Mehra with the support of sponsors i.e. Baba Toure & amp; Travels HJ Productions, JR Films, Sach News Network, IAWA India.

Organizers spoke on the occasion that such kind of programs would be organized in future too. The Event was successfully managed by Hariket Jij.

## Cong insulted OBCs but BJP gave first PM from this community to country : Shah on Modi

**AHMEDABAD, MAY 21:** Union Home Minister Amit Shah on Sunday accused the opposition Congress of harassing and insulting the Other Backward Classes during its rule at the Centre, and asserted that it was the BJP that gave the first OBC prime minister to the country in the form of Narendra Modi.

Addressing a national convention of the Modi community here, Shah said PM Modi gave the OBCs their due respect and understood the pain of poor citizens because he himself was born in such a family.

Referring to Congress leader Rahul Gandhi's conviction in a 2019 criminal defamation case over his "Modi surname" remark, he said if someone insults a person, it is not a big deal, but if someone insults an entire community and the prime minister, then it is an insult to the entire country.

During its rule at the Centre, Congress only neglected, harassed and insulted the OBCs. As soon as BJP came to power, PM Modi gave OBC community its due respect. And it was BJP who gave the first OBC PM to the country in the form of Modi," said Shah, who has been on a two-



day visit to home state Gujarat since Saturday. He informed the members of the Modi community that the Bharatiya Janata Party (BJP) also gave several OBC chief ministers and also accorded constitutional status to the OBC Commission.

Other initiatives taken by the Modi government for the backward classes include introducing reservations in Kendriya and Navodaya Vidyalaya schools, introducing reservation in National Eligibility-cum-Entrance Test (NEET) and creating a venture capital fund for OBC entrepreneurs, the Union minister said.

"Congress ruled the country for nearly 56 years. But it never did anything for OBCs. On the other hand, Modi did so many things in nine years for the OBCs. In addition,

very popular in the US," he added.

Citing various data like India becoming the second largest smartphone maker in the world, Shah said the country achieved more in the last nine years under PM Modi than what it achieved in the previous 65 years.

PM Modi's elder brother Somabhai Modi and BJP MLA from Surat, Purnesh Modi, among others, attended the convention.

Referring to Purnesh Modi's defamation suit that led to Rahul Gandhi's disqualification as an MP over his "Modi surname" remark, Shah said Purnesh Modi "fought the battle with firmness."

"If someone insults a person, it is not a big deal, but if someone insults an entire community and country's PM, then it is an insult to the entire country. Purneshbhai fought this battle with firmness and won it. I congratulate him and others for fighting a battle for the dignity of your community. Entire country is with you," the Union minister said.

Earlier during the day, Shah flagged off nearly 320 new buses of the state road transport corporation and also inaugurated a modern organic testing laboratory of Amulfed Dairy in Gandhinagar.

## Vice President Jagdeep Dhankar Arrives In Kerala On Two-Day Visit

**After visiting the famous Sree Padmanabhaswamy temple in Thiruvananthapuram, Vice President Jagdeep Dhankar flew back to Delhi on Monday morning.**

Vice President Jagdeep Dhankar arrived in Kerala on Sunday on a two-day trip to the southern state and visited the famous Sree Padmanabhaswamy temple in Thiruvananthapuram in the evening.

Dhankar was received at the technical area Air Force Station at Shangumugham in Kerala Governor Arif Mohammed Khan and



State Transport Minister Antony Raju. Thereafter, he inspected a Guard of Honor and

Kerala attire of 'Kasavu mundu' and 'Neriyattu'. Dhankar offered prayers to Lord Vishnu and then was presented with a memento by the officials. He was accompanied by his wife. On Monday, the Vice President will inaugurate the silver jubilee celebrations of the Legislative Assembly at the Sankaranarayanan Thampi Members' Lounge.

## Centre's ordinance on Delhi services insult to judiciary: Akhilesh Yadav

**LUCKNOW, MAY 21:** Samajwadi Party chief Akhilesh Yadav on Sunday came in support of Delhi Chief Minister Arvind Kejriwal and said that Centre's ordinance on services in the national capital was an insult to judiciary.

"The Delhi ordinance is an insult to the judiciary. This is the result of negative politics of BJP and also of democratic-injustice," Yadav said in a tweet in Hindi.

"BJP knows that it will be defeated in all the seats of Delhi in the Lok Sabha elections, that is why it is already taking revenge from the public.

This is murder of mandate in the name of ordinance," Yadav added. The Centre promulgated the ordinance on Friday to



create a National Capital Civil Service Authority empowered to transfer IAS and DANICS cadre officers and taking disciplinary proceedings against them.

The ordinance came a week after the Supreme Court handed over the control of services, excluded those related to police, public order and land to the elected government in

The National Capital Civil Service Authority will comprise the chief minister of the government of the National Capital Territory of Delhi as its chairperson, with chief secretary and principal secretary, home, as the member secretary to the authority.

"Notwithstanding anything contained in any law for the time being in force, the National Capital Civil Service Authority shall have the responsibility to recommend the transfers and postings of all the Group 'A' officers and officers of DANICS serving in the affairs of the government of the National Capital Territory of Delhi but not officers serving in connection with any subject matter," the ordinance read.

Kumar was accompanied by his deputy and RJD leader Tejashwi Yadav.

## Congress leaders pay tributes to Rajiv Gandhi on death anniversary



**NEW DELHI, MAY 19:** Congress president Mallikarjun Kharge and members of the Gandhi family on Sunday paid homage to former prime minister Rajiv Gandhi on his death anniversary.

Sonia Gandhi, Rahul Gandhi and Priyanka Gandhi Vadra were among a large number of party leaders who paid their tributes at Veer Bhumi, the memorial of Rajiv Gandhi.

Sharing a video of his father on Twitter, Rahul Gandhi said, "Papa, you are with me, as an inspiration,

in memories, always." Kharge also shared a video on the former prime minister's life on Twitter.

"Rajiv Gandhi was a great son of India. Through multiple interventions such as lowering of voting age, strengthening Panchayati Raj, Telecom & IT revolution, and sustained peace accords, he transformed India, propelling it in 21st century. Our humble homage on his martyrdom day," he said in a tweet.

Congress general secretary Jairam Ramesh said one of the last

major accomplishments of Rajiv Gandhi before his assassination on this day, 32 years ago, was the finalisation of the Congress party's manifesto for the 1991 Lok Sabha elections. He spent many hours on it.

"In July 1991, when Dr Manmohan Singh as FM was criticised for ushering in economic reforms, he would quote frequently from this manifesto, which in many ways bore Rajiv Gandhi's personal imprint.

"His contributions for taking India into the IT age were also distinctive contributions. He wooed GE and Texas Instruments to kickstart software exports. As also his battle for giving Constitutional status to panchayats and nagarpalikas a truly transformative move," Ramesh said on Twitter.

Several other leaders also remembered the former prime minister on his death anniversary.

India's prime minister between 1984 and 1989, Rajiv Gandhi was assassinated by LTTE terrorists at Sriperumbudur in Tamil Nadu in 1991 during an election campaign.

## Vigilance Bureau Takes Over Pearl Group Chit Fund Scam Cases In Punjab

The Punjab government has transferred the investigation of the alleged scam by Pearl Group, a chit fund company, to the Vigilance Bureau. The decision was made to ensure a fair and transparent investigation into the inter-state fraud.

The Vigilance Bureau, with its dedicated Economic Offences Wing, will conduct the specialized investigations needed to uncover the entire Pearl scam. The government order emphasized that no person involved in the scam will be spared, and all available evidence will be brought to light.

Efforts will be made by the Vigilance Bureau, in coordination with the Lodha Committee appointed by the Supreme Court, to return the investments of the maximum number of duped investors.

Punjab CM Asks Deputy Commissioners To Identify



Properties Of Pearl Group

Two FIRs related to the scam, registered in Ferozpur and Mohali, will be investigated by the Vigilance Bureau.

Punjab Chief Minister Bhagwant Mann, who promised during his

election campaign to return the money of victims by confiscating assets of chit fund companies, has instructed the identification and restriction of all properties belonging to Pearl Group in respective districts.

## Nitish meets Kejriwal in Delhi, assures support to AAP government amid tussle with Centre

**NEW DELHI, MAY 21:** Bihar Chief Minister Nitish Kumar on Sunday met his Delhi counterpart Arvind Kejriwal at the latter's residence here and extended "complete support" to him in the AAP government's ongoing tussle with the Centre over the control of administrative services.

Kumar was accompanied by his deputy and RJD leader Tejashwi Yadav.

The Centre promulgated the ordinance on Friday to create a National Capital Civil Service Authority for transfer of IAS and DANICS cadre officers and disciplinary proceedings against them. This came a week after the Supreme Court handed over the control of services, excluding those related to police, public order and land, to the elected government in Delhi.

Speaking to reporters after the meeting, Kejriwal said he will personally reach out to the chiefs of all opposition parties to seek their support in the matter so that any bill brought by the Centre to replace the ordinance is defeated in Rajya Sabha.

"Day after tomorrow (Tuesday), I have a meeting with West Bengal Chief Minister Mamata Banerjee in



Kolkata at 3 pm. After that, I will meet every party's president to seek their formal support for defeating the bill when it comes in Rajya Sabha," Kejriwal said.

"I have also requested Nitish Kumar ji to talk to all the (opposition) parties in this regard," he added.

An ordinance has to be ratified by Parliament within six months.

Kejriwal said if the bill is defeated in Rajya Sabha, it will send out the message that the BJP will lose the 2024 Lok Sabha elections.

"It will be the semi-final of the 2024 Lok Sabha polls," the AAP national convener told reporters.

servicing in connection with any subject matter," the ordinance read.

Kumar criticised the Centre for promulgating the ordinance after the Supreme Court verdict in the matter.

"How can you take away an elected government's power," the Janata Dal (United) leader asked.

"Look at the Constitution and see what is right. Whatever he (Kejriwal) is saying is right. We are completely with him," he said.

Kumar said Kejriwal is doing good work in Delhi and it's surprising that his government is being stopped from doing its work.

"That's why we are saying that all (opposition parties) in the country should come together," he said.

The Bihar chief minister assured that he will make efforts to bring opposition parties together in support of Kejriwal.

"We will hold further meetings. We are trying to ensure that the maximum number of opposition parties come together and a nationwide campaign is launched to demand that laws are followed and there is mutual harmony and brotherhood in the country.

The National Capital Civil Service Authority will comprise the chief minister of the government of the National Capital Territory of Delhi as its chairperson, along with chief secretary and principal secretary, home, who will be the member secretary to the authority.

"Notwithstanding anything contained in any law for the time being in force, the National Capital Civil Service Authority shall have the responsibility to recommend the transfers and postings of all the Group 'A' officers and officers of DANICS serving in the affairs of the government of the National Capital Territory of Delhi but not officers

conflicts among people. Such things should be stopped," he said.

When asked, Kumar said he will also speak to the Congress leadership on the issue of the ordinance.

"I don't think anybody will oppose it (supporting Kejriwal). We will talk to them," he said.

Kejriwal was among the few non-BJP chief ministers who were not invited by the Congress to the swearing-in ceremony of its new government in Karnataka on Saturday, an event which was seen as a show of strength by opposition parties.

Kumar, on the other hand, had attended the event.

Extending his party's support to Kejriwal, Bihar Deputy Chief Minister Yadav alleged the Centre is "continuously troubling and harassing" non-BJP governments in different states.

"We have come here to extend our support to Kejriwal. The BJP government is doing injustice to him," he said.

Yadav said the way the Centre is harassing the Kejriwal dispensation in Delhi and governments of other parties in different states is not justified at all. "There is a clear threat to

democracy. They want to change the Constitution and we will not let that happen at all," he claimed.

"The more they (Centre) trouble and harass Kejriwal, the stronger he will become. I can say with full confidence that the BJP will never return to power in Delhi," he added.

Sunday's meeting was the second between Kumar and Kejriwal in over a month. Kumar had earlier met Kejriwal here on April 12 as part of his efforts to bring all opposition parties together ahead of the 2024 Lok Sabha elections.

With Kejriwal's relations with the Congress far from smooth, Kumar has the task of building some kind of a working relationship between the two as he also sees the grand old party as critical to any Opposition unity bid.

The AAP has grown in Delhi and Punjab by occupying the space once largely seen as Congress territory. A section of Congress leaders believe that reclaiming the constituency is the key to the party's revival in these states and any compromise on it can hamper their plans. Kumar has been meeting regional satraps as part of the unity exercise which is yet to take a concrete shape.

**OFFICE OF THE DIVISIONAL FOREST OFFICER  
SOCIAL FORESTRY DIVISION, JAMMU**

**TENDERING**

Tender Notice: e-NIT No. 10of 2023-24/CAMPA Dated:17-05-2023

For and on behalf of the Lt. Governor, Union Territory of Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with UT of J&K Govt./Central Govt. Organizations for the following works:-

S/N	Name of work	Adv. Cost (Rs. In Lacs)	Class of Contractor	Cost of Tender Document	Time of Completion	Receiving /Opening Authority
01	Fencing 5000 RFTIS * 2 strands) With Sq FCC Fence post and every 4th and corner pole in cement concrete with G.I Barbed wire fencing at V.W Lot Bansal 3500 rft, Kishanpur 3500 rft.	5.60	A,B,C & D			
<b>Trench Plantation:-</b>						
02	Pits to be dug (90X45X45 cm)=4200 Nos. V.W Lot Bansal-2200, Kishanpur-2000 (Planting of potted bagged plants of different species (as provided by department).	1.950	A,B,C & D	Rs.500/-	10 Days	Tender Opening Committee
<b>Total</b>		<b>7.55</b>		<b>Rs.500/-</b>	<b>10 Days</b>	

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of Terms & Conditions of contract and other details can be seen/downloaded from the departmental Website: [www.jktenders.gov.in](http://www.jktenders.gov.in)

Position of funds : Budgeted  
Position of AA : Accorded & Position of TS : Accorded

Publishing Date.	17-05-2023
Download Start Date.	17-05-2023 from 01:00PM
Bid Submission Start Date.	17-05-2023 from 01:00PM
Bid Submission End Date.	25-05-2023 upto 11:00 AM
Date of opening of Technical Bid.	25-05-2023 at 11:00 AM (In the Office of Regional Director, Department of Social Forestry, OPP, NITCO Lane, Jammu).
Date of opening of Financial Bid (online)	25-05-2023 at 03:00 PM (In the Office of Regional Director, Department of Social Forestry, Opp. NITCO Lane, Jammu).

The Bids shall be deposited in electronic format on the Departmental Website: <https://jktenders.gov.in>.

- The price bids uploaded on the website in time will be opened on 25-05-2023 at 03:00 PM in the Office of Regional Director, Department of Social Forestry, Opp. NITCO Lane, Jammu. In case of date of opening of the bid being public holiday, the same will be opened on the next working day at the same time and venue.
- Bids must accompany cost of tender document as shown against each work in the shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406-Forest. The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.
- In light of Govt. Notification issued by Finance Department Civil Secretariat Vide No. A/24(2017)-651 dated: 07-06-2018, the bidder must upload the copy of challan / receipt on account of cost of tender documents remitted in the treasury concerned and for that the bidders must write an application to be addressed to treasury officer concerned requesting therein for remittance of amount as cost of tender documents towards M.H.0406-Forest.

No. DFO/J/10  
Dated:17-05-2023

DIP/J-1758/23

SD/-  
DIVISIONAL FOREST OFFICER  
SOCIAL FORESTRY DIVISION  
JAMMU

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

**SHORT NOTICE INVITING TENDER**

Fresh Short e-NIT No. 39 of 2023-24/Div-2 Dated 16-05-2023 (2nd Call)

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works :-

S. No.	Name of Work	Name of Division	Advertised Cost (Rs. in Lacs)	Cost of document (In Rs.)	Earnest Money (In Rs.)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor
1	Improvement / Upgradation of Road from Various Link Road at Pargalta. (Under Pw Hole Programme for the Year 2023-24). (2nd call)	PWD (R&B) Const. Divn. No. II Jammu	19.00	600	2% of the Advertised Cost	01 Months	(1400 Hrs) on or after 24-05-2023	'A' & 'C' Class / Hot Mix Plant
2	Improvement/Upgradation of Road from Bajar Kotli and other allied Links.a. (Under Pw Hole Programme for the Year 2023-24). (2nd call)	PWD (R&B) Const. Divn. No. II Jammu	31.50	600	2% of the Advertised Cost	01 Months	(1400 Hrs) on or after 24-05-2023	'A' & 'B' Class / Hot Mix Plant

Position of funds : Budgeted  
Major Head of Account : Under Pot Holes Programme for the Year 2023-24

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

1	Date of Issue of Tender Notice	16-05-2023
2	Period of downloading of bidding documents	From 18-05-2023 to 23-05-2023, 1800 Hrs
3	Date, Time and place of pre-bid meeting	XXXXXXXX at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
4	Bid submission Start Date	18-05-2023
5	Bid Submission End Date	23-05-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	24-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

**Special Condition :-**

- Security deposit shall be deposited by the contractor within 10 days of issuance of LOI, failing which the concerned tender issuing authority shall forfeit the EMD and recommended contractor for blacklisting and issue a fresh tender forthwith.
  - The contractor shall initiate the work within 10 days of entering into the agreement, failing which the concerned Executive Engineer shall terminate the contract and issue a fresh tender after imposing penalties viz. forfeit security/LD as per T&C of the BID document and recommended contractor for blacklisting.
  - The work shall be completed by the concerned contractor as per the timeline stipulated in BID document/agreement, failing which action shall be initiated against contractor by forfeiting EMD and shall be recommended for blacklisting.
- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duty crediting to 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. II Jammu and upload the same i.e. treasury challan/receipt, Earnest money/Bid security in shape of CDR/FDR/BG pledged to Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The CDR /FDR /BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of LI be submitted to the Executive Engineer PWD (R&B) Const. Divn. No. II Jammu at the time of allotment.
  - 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 uploading their request for modification before the deadline for submission of bids. For this, the bidder need not to make any additional payment towards the cost of tender document. For bid modification and consequential 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 uploading 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.
  - The date and time of opening of Financial-Bids shall be notified on Web Site [www.jktenders.gov.in](http://jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of responsive bidders shall be opened online in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The date for same shall be intimated separately.

No. :- 995-1017  
Dated :-16-05-2023

DIP/J-1809/23

SD/-  
EXECUTIVE ENGINEER  
PWD (R&B) CONST. DIVN. NO. II  
JAMMU

**GOVERNMENT OF JAMMU & KASHMIR  
OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI  
HYDRAULIC DIVISION RAMBAN**

**SHORT NOTICE INVITING E-TENDERS**

E-NIT No.12 of 2023-24 Dated: 17-05-2023

For and behalf of Lieutenant Governor of J&K Union Territory, Short Term on (Percentage Basis -Annual Maintenance) E-Tenders are invited by the Executive Engineer Jal Shakti Division Ramban, online from approved and reputed/registered firms well versed with similar kind of jobs under two cover system, Cover 1 consisting of technical bid and cover 2 consisting of financial bid. The detail of individual works is as below:-

Sl. No.	Name of Work	Approx. Cost (in Lacs)	Cost of Documents (Tender fee in ₹)	Earnest Money (in ₹)	Completion period	Class of Contractor	Tender Receiving Authority
01	Maintenance/Repair / improvement of Civil Structures / Electro Mechanical and restoration of Water Supplies of minor urgent nature of works under Water Supply Schemes in respect of Jal Shakti PHE Sub-Division Ramban District Ramban. 2 <sup>nd</sup> time Tender	₹ 0.00 Lacs	₹ 1000.00	₹. 50000/-	Up to 31 <sup>st</sup> March 2024	A,B & C	Exec. Engineer, Jal Shakti Hydraulic Division, Ramban.
02	Maintenance/Repair / improvement of Civil and restoration of Water Supplies of minor urgent nature of works under Water Supply Schemes in respect of Jal Shakti PHE Sub-Division Banihal District Ramban. 2 <sup>nd</sup> time Tender	₹ 0.00 Lacs	₹ 1000.00	₹. 50000/-	Up to 31 <sup>st</sup> March 2024	A,B & C	Exec. Engineer, Jal Shakti Hydraulic Division, Ramban.
03	Maintenance/Repair / improvement of Civil Structures and restoration of Water Supplies of minor urgent nature of works under Water Supply Schemes in respect of Jal Shakti PHE Sub-Division Gool District Ramban. 2 <sup>nd</sup> time Tender	₹ 0.00 Lacs	₹ 1000.00	₹. 50000/-	Up to 31 <sup>st</sup> March 2024	A,B & C	Exec. Engineer, Jal Shakti Hydraulic Division, Ramban.

Position of funds: Budgeted

Position of Annual Repair & Distribution Statement: Submitted for approval

- Date of publishing from :- 18-05-2023 (14.00 Hrs)
- Bid documents can be seen and downloaded from the website [www.jktenders.gov.in](http://www.jktenders.gov.in) from 18-05-2023 (10.00 Hrs) to 23-05-2023 (16.30 Hrs) onwards.
- The bids shall be uploaded on the website [www.jktenders.gov.in](http://www.jktenders.gov.in) from 18-05-2023 (10.00 Hrs) to 23-05-2023 (16.30 Hrs) onwards.
- Furnishing of hard copies of bids immediately after submission of e-tenders has been dispensed with as per Govt. order No. OM No. A/24 (2017)-651 Dated 07-06-2018. The same shall be obtained only from the bidder who is declared as L1 after opening of financial bids.
- The cost of tenders shall be collected essentially through e-challan under Revenue Head-0215 or simply uploading a copy of necessary treasury challan/receipt deposited in Govt. Treasury from the date of publishing to date of closing only. Any such Challan deposited on back dates shall not be accepted. Further, bidders are requested to mention name of the work upon the particular Challan.
- A copy of Treasury Challan Receipt duly pledged to the Executive Engineer Jal Shakti (Hydraulic) Division Ramban should be uploaded by the tenderers. However, before allotting the work, the original Treasury Challan and 2% performance security in shape of CDR/FDR shall be obtained from the bidder declared as L1 & shall be kept on record.
- The complete bidding process shall be online.

No. JS/HyD/R/1517-42  
Dated: 17-05-2023

DIP/J-1822/23

SD/-  
(ER. RAJEEV GHAI)  
EXECUTIVE ENGINEER,  
HYDRAULIC DIVISION,  
RAMBAN.

**DEPARTMENT OF WILDLIFE PROTECTION J&K GOVERNMENT  
OFFICE OF THE WILDLIFE WARDEN KATHUA**

Tel/Fax No. 01922-294037, Email: [wildlifekathua1@gmail.com](mailto:wildlifekathua1@gmail.com)

**E-TENDERING**

Short term e-Tender Notice: e-NIT No. 01/WLW/K of 2023-24 Dated: 18-05-2023

For and on behalf of the Hon'ble Lt. Governor of UT of Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K State Govt./Central Govt. Organizations for the following works:

Name of work	Adv. Cost (In Lacs)	Earnest Money (Estimated cost)	Class of Contractor	Cost of Tender Document/Tender Fee (In Rs.)	Time of completion	Receiving /Opening Authority
1. Fencing with of G.I Barbed wire using PCC square post at spacing of 2m with 5 strands and 2 diagonal crossbars.				1000.00 (Non-Refundable)		Tender Opening Committee
2. Improvement of Wildlife habitat by way of removal of invasive alien species like Lantana and other Obnoxious weeds	8.08406 lacs	Rs. 24252/- @ 3% of the tendered amount in shape of CDR/FDR pledged to Wildlife Warden Kathua	All Classes	1000.00 (Non-Refundable) Deposited in Govt. treasury through challan under the receipt head 0406 in favour of the Wildlife Warden Kathua payable at Kathua mentioning name of work	30 days	Tender Opening Committee
3. Plantation of fruit/ fodder plants saplings etc. in nature Conserv. 3/10th of Suramansar Wildlife Sanctuary in Wildlife Division Kathua Under CAMPA 2023-24.						

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen/downloaded from the departmental Website: <http://jktenders.gov.in>

Position of funds: 100% Available.

Publishing Date	18-05-2023
Download Start Date	18-05-2023
Bid Submission Start Date	18-05-2023
Bid submission End Date (online)	29-05-2023 up to 03:00 PM
Date of opening of Technical Bid	30-05-2023 at 10:30 AM (In the Office of Regional Wildlife Warden Jammu, Manda Hills Jammu)
Date of opening of Financial Bid (online)	30-05-2023 at 11:00 AM (In the Office of Regional Wildlife Warden Jammu, Manda Hills Jammu)

Bid documents can be seen at and downloaded from the website: <https://jktenders.gov.in>. Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.

**Terms & Conditions:**

- Bids uploaded must accompany Govt. Treasury Receipt in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406-Forest and earnest money Deposit (EMD) in shape of CDR/FDR pledged to Wildlife Warden Kathua. The bids for the work shall remain valid for a period of 30 days from the date of opening of bids.
- In case the cost of lowest bidder is found below the advertised amount, the bidder has to deposit an additional security performance in the shape of CDR/FDR before issuance of award of contract to the tune as per below details:-

Up to 10% below rate over advertised cost	Nil
10% to 20% below rate over advertised cost	3% of advertised cost in shape of CDR.
20% to 30% below rate over advertised cost	5% of advertised cost in shape of CDR.
30% below rate over advertised cost	10% of advertised cost in shape of CDR.

- The price bids uploaded on the website in time will be opened after the evaluation of the Technical bids by the Departmental Tender Opening Committee. The dates of opening price bids as per NIT. The price bids will also be opened in the office of Regional Wildlife Warden, Manda Hills Jammu.
- The bids for the work shall remain valid for a period of 30 days from the date of opening of bids if any bidder/ tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the same earnest money shall stand forfeited.

No Engineer of Gazetted rank or other Gazetted Officer employed in Engineering or Administrative duties in an Engineering Department of the State Government is allowed to work as the contractor for a period of two years after his retirement from government service without permission of the government. This contract is liable to be cancelled if either the contractor or any of his employees is found any time to be such a person who had not obtained permission from the government as aforesaid before submission of the tender or engagement in the contractor's service.

No. : WLW/K/Tender/2023-24/04-08  
Date: 18-05-2023.

DIP/J-1769/23

SD/-  
VIJAY KUMAR, SFS  
WILDLIFE WARDEN  
KATHUA

### Secretary YSS, Secretary Sports Council congratulate Para-archer duo of J&K

JJ NEWS SERVICE

SRINAGAR, MAY 21: After the mega water sports activities conducted in Dal Lake yesterday, the sports activities to commemorate the G-20 event continued in various play fields of J&K as players thronged the venues from dawn to late night.

The competitions were organized by the J&K Sports Council and all the sports facilities remained abuzz with activities. The water sports event in which more than hundred players participated in the disciplines of Canoe Sprint, Canoe Slalom, Rowing and Water Skiing events continued to receive accolades from sports buffs. Water Sports is one of the main forte of J&K Sports as J&K players have emerged as the force to reckon with claiming around hundred medals in national championships played across the country. A cricket match to commemorate the for-



eight delegates was also played in Srinagar's downtown. The match was played under lights between Gani Reds XI and Gani Blues XI in the Gani Memorial Stadium Srinagar. The toss was won by Gani Reds XI, who after choosing to bat scored 186 runs in their allotted quota of 20 overs.

Meanwhile, a Taekwondo Championship was held at Bakshi Stadium Srinagar in which more than 110 athletes participated in competitions for different age groups.

In the meantime, the para-archer Sheetal Devi who hails

from Mughalmaidan area of Kishtwar came up with flying colors in the compound women's open event of Para Archery World Ranking Event by bagging silver medal. Similarly, Harvinder Singh who is Sports Authority of India's TOPS scheme athlete bagged bronze in the recurve open event.

Secretary Youth Services and Sports Sarmad Haleez and Secretary Sports Council Nuzhat Gul congratulated both the medalists. In yet another cricket match played between trainees of Sports

Council Cricket Academy and Valiant XI, the former trounced their opponents by a huge margin of 193 runs in what turned out to be a one-sided affair.

Batting first, Sports Council Cricket Academy amassed 248 runs for the loss of 6 wickets in their allotted quota of 20 overs. Noumaan with his personal score of 93 runs spending only 51 balls was the top scorer for the team while Ansalan assault in late order scoring 56 runs in just 20 balls was the second-best aggregate for the team while Abid smashed 47 runs conceding only 19 balls. Irfan, who took 2 wickets from 3 overs, was the only saving grace from Valiant XI's bowling department. Chasing a mammoth total, the innings of Valiant XI folded like a pack of cards and the team could only manage to score 55 runs and were bowled out within 10 overs. Like bowling, Irfan was the saving grace for the batting department of

Valiant XI as well scoring 25 unbeaten runs. For Sports Council Cricket Academy Omer and Abid claimed 4 wickets each.

Similar events to mark the celebration of G-20 summit were organized in the Jammu division as well. Among the other events a 3- and 5-kilometers racing and walking competitions were organized for women of various age categories besides a 60- and 80-meters sprint was organized for U-10 and U-14 both boys as well as girls.

In the 3 kilometers event, Giya Manhas, Yashwani and Diamond secured first, second and third positions respectively while in 5kms walk Jyoti Singh, Soniya Jain and Sheetal bagged first three positions in ascending order respectively.

More than 220 participants along with 23 officials and a huge gathering of spectators were part of the event.

### Nagar Diwas' programme held at Dooru, Anantnag



JJ NEWS SERVICE

ANANTNAG, MAY 21: Continuing the public outreach initiative of LG Administration, Nagar Diwas was today organized by District Administration Anantnag in collaboration with Municipal Committee Dooru-Verinag at Dooru, here.

Deputy Commissioner (DC) Anantnag, SF Hamid presided over the event.

It is important to mention that "Nagar Diwas" initiative was recently launched by the District Administration Anantnag to ensure continuous and institutionalized coordination between the line Departments and Urban local bodies for facilitating speedy development and enhancing urban governance.

The participants thanked the Govt. for the large number of urban developmental works initiated in the last few years that was possible because of large scale funding and autonomy to urban local bodies.

During the program, the elected members, local traders, and prominent citizens raised various demands for further improvement in the infrastructure and facilities for businesses in the area.

The participants also put forth their demands pertaining to the preservation and development of religious sites and cultural heritage in Dooru -Verinaga area.

DC acknowledged the demands and issues raised by the participants. He assured them that their genuine demands shall be given due consideration, and efforts will be made to address them as District Administration was committed to ensure the holistic development of Dooru - Verinaga area.

### G20: One-day Job Fair/ Placement drive held at Bandipora

C M J B



JJ NEWS SERVICE

BANDIPORA, MAY 21: The Department of Employment and Career Counseling (DE&CC) Bandipora, in collaboration with leading employers Sunday organized day long Job Fair cum Placement drive.

The event aimed to bridge the gap between job seekers and employers, providing an opportunity for aspiring individuals to secure meaningful employment.

The Job Fair cum Placement drive, attracted a diverse range of

job seekers from various academic backgrounds and skill sets. The event witnessed an overwhelming response from both job seekers and employers, fostering a platform for productive interactions, interviews, and potential job placements.

The delegation of employer Naima Yousof (MD) from Dr Suliman Al Habib Medical group and visiting Delegates also spoke about the avenues in private sector.

Throughout the day, participants engaged in informative sessions and career development. These sessions were conducted by

industry experts and career counselors, providing valuable guidance to the attendees to enhance their employability. Job seekers had the opportunity to showcase their skills, qualifications, and experiences to potential employers, enabling them to make informed hiring decisions.

The Job Fair cum Placement drive witnessed the active participation of numerous organizations from different sectors including the students of all Paramedical college of District Bandipora.

Placement of female GNM and Staff Nurses in Dr Suliman Al Habib Medical Group through AL Yafur Travels Consultancy was also taken into consideration on the occasion. On the occasion, Mohd Yousof Khan, Career Counselling Officer Bandipora expressed his gratitude to all the stakeholders involved in making the event a resounding success. He also emphasized the department's commitment to continue organizing similar events in the future, supporting the aspirations and ambitions of the local workforce.

### AZADI KA AMRIT MAHOTSAV General health check up cum awareness camp held at Gai Dessa

JJ NEWS SERVICE

DODA, MAY 21: The Health Department Doda, under the aegis of District Health Society Doda organized a general health check up cum awareness camp at HWC- NTPHC Gai Dessa in Medical Block Ghat District Doda. The camp was organized by BMO Ghat/BPMU NHM on the directions of CMO Doda, Dr Ab Hamid Zargar, as a part of Azadi Ka Amrit Mahotsav programme.

The health department has taken steps to organize such mega camps at the doorsteps of people, so that all people get benefit from these camps.

During the camp, around 100 patients were examined for different ailments by the health team for lifestyle diseases like diabetes, blood pressure, while women patients were screened for reproductive health related issues besides screened for TB also where sputum samples were collected from them, while free medicines were also distributed on the occasion among the patients.

Similarly, the students of the local government school of the area were also screened by the RBSK Team deployed for the purpose. The people were also sensitized about health and hygiene and awarded of various health schemes.

DIO Doda, Dr. Versha Sharma who was also part of the health team apprised the people about prevention and treatment of Tuberculosis and spoke about the TB free India campaign launched by the Prime Minister for total elimination of TB by 2025.

### Inter School zonal level tournament concludes at Ramban

JJ NEWS SERVICE

RAMBAN, MAY 21: Inter school zonal level tournament AAG Boys and girls concluded successfully at Government Higher Secondary School, Khari.

The event was organised by the Department of Youth Services and Sports, Ramban.

Various events were held in the discipline including Volleyball, Kho Kho, Kabaddi, Badminton, Tug of War, Chess, Carrom Rope Skipping tournament for all ages both Boys and girls.

While speaking on the occasion, Principal GHSS Khari Abdul Rehman Madni and Headmistress Sweety

Sharma appreciated the efforts of the Department and stressed on participation of more and more students in sports activities to achieve all-round development of their personality.

They also threw light on the ill effects of drugs and advised the participants to stay away from drugs.

They urged them to become the

ambassadors of Nasha Mukta Abhiyan so that the message reaches in every nook and corner of the district

Later the prize distribution ceremony was held.

ZPEO Khari, Fayaz Ahmad Mir and field staff members of Zone Khari and a large number of participants were present on the occasion.

### DC holds virtual interactions with sarpanches to combat drug menace in Rajouri

JJ NEWS SERVICE

RAJOURI, MAY 21: In a determined effort to address the grave issue of drug abuse in our society, Deputy Commissioner, Vikas Kundal conducted a virtual interaction with Sarpanches as part of the Nasha Mukta Bharat Abhiyan.

The objective of this significant engagement was to understand and support the strategies implemented by the Sarpanches in their relentless pursuit to eradicate this menace and establish drug-free panchayats.

During the interactive session, the sarpanches shared their experiences, activities and valuable suggestions, underscoring their unwavering commitment to making their panchayats drug-free. Despite the



physical distance, their dedication and determination resonated strongly, fostering a sense of unity and shared responsibility among all participants.

The Deputy Commissioner also spoke against substance abuse, addressed the gathering, and threw light on the ill effects of drugs on individuals, families and society at large. Through the virtual platform, he effectively conveyed the

gravity of the situation, emphasizing the urgent need for a collective effort to create a healthier and drug-free environment for all.

Highlighting the significance of the Nasha Mukta Bharat Abhiyan, the Deputy Commissioner expressed heartfelt appreciation to the Sarpanches for their unwavering dedication to this noble cause. He commended their

proactive engagement and urged them to continue taking exemplary initiatives to combat the drug menace in their respective panchayats.

Emphasising on the government's vision to make drug-free panchayats, he reiterated the administration's strong commitment to making the panchayats drug-free. He stressed upon the need for a comprehensive approach that includes strict enforcement of laws, community participation, awareness campaigns and counselling programmes.

The Deputy Commissioner stressed the importance of collaborative efforts between the administration, sarpanches, PRI members, and local communities to achieve the goal of drug-free panchayats. As part of the district administration's strategy,

the Deputy Commissioner assured the Sarpanches of the unwavering support and cooperation of the authorities in implementing effective measures. He emphasised the provision of necessary resources, guidance, and technical support to enable the Sarpanches in their efforts to combat drug abuse at the grassroots level.

The Deputy Commissioner concluded the session with a firm resolve to work closely with the Sarpanches, local communities, and various stakeholders to realize the vision of a drug-free society.

He urged every citizen to actively participate in this relentless campaign against drugs and emphasised the need for collective responsibility in safeguarding the well-being and future of our youth.

### KVK-Gurez celebrates 'World Bee Day'



JJ NEWS SERVICE

BANDIPORA, MAY 21: Krishi Vigyan Kendra (KVK) Gurez Saturday celebrated 'World Bee Day' to signify the vital role played by Bees in the environment.

On the occasion, an awareness cum sensitization programme was organized at the Research and Extension centre of SKUAST-K at Izmarg Gurez.

A large number of beekeepers from adjoining villages attended the function. Chairman of Block Development Council presided over the function while Sarpanch of Izmarg was the special invitee in the function. Officials from line departments were also present in the programme. Dr. Bilal Ahmed Bhat, Head KVK-Gurez, while stressing on the diverse medicinal flora of the region said that there is a huge potential for Apiculture sector particularly honey with medicinal properties in this region.

He said that to motivate youth of the region towards bee keeping, skill trainings will be conducted. He further advised the youths of the region to come forward and take apiculture as an entrepreneurial activity.

Earlier, the programme started with a welcome address by Dr. Parveen Kumar SMS (Ag. Extension). Dr. Kumar in his address highlighted the importance of celebrating various important national and international days.