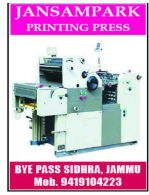




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Positive situation in J&K under Modi Govt: Union Minister Kishan Reddy

J1 NEWS SERVICE
HYDERABAD, MAY 25



Jammu and Kashmir has witnessed a positive change in situation under the NDA government, compared to the past, with a G20 meeting being conducted successfully in Srinagar recently, Union Tourism Minister G Kishan Reddy said on Thursday.

Addressing a workshop on BJP's Maha Jan Sampark Abhiyan in Telangana, Reddy, who attended

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Lt Governor pays obeisance at Mata Kheer Bhawani

J1 NEWS SERVICE
GANDERBAL, MAY 25



Lieutenant Governor Shri Manoj Sinha paid obeisance at Mata Kheer Bhawani at Ganderbal. He was accompanied by Ms Nuzhat Ishtaq, DDC Chairperson Ganderbal; Dr Arun Kumar Mehta, Chief Secretary and other senior officials of the UT government.

The Lt Governor was welcomed by members of Kashmiri Pandit community and was presented with traditional Pheran by them. The Lt Governor offered his prayers. Thereafter, he reviewed the arrangements being made for the auspicious occasion of Jye-

shtha Ashtami.

During his visit to the holy shrine at Tulmulla, Ganderbal, the Lt Governor announced construction of Yatri Bhawan at Mata Kheer Bhawani Temple to facilitate the visit-

ing devotees.

He directed the District Administration and all government departments to work out detailed project report for construction of the Bhawan.

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4 members of nomadic family dead as tree falls on tent in Kishtwar

J1 NEWS SERVICE
JAMMU, MAY 25



Four members of a tribal nomadic family died in Jammu and Kashmir's Kishtwar district on Thursday morning when a pine tree fell on their tent, officials said.

The incident took place in the Bhalna forest area of Keshwan belt, they said, adding that high-speed winds and heavy rainfall uprooted the big tree.

"A pine tree fell on a tent pitched by the nomadic family in the forest belt. In this tragic incident, four family members lost their lives early today," Senior Superintendent of Police, Kishtwar, Khalil Poswal said. The family was going towards Dachan with its sheep and goats, and had halted in Bhalna forest due to heavy rains, they said.

Deputy Commissioner, Kishtwar, Devansh Yadav said four people, including three women, died on

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LG condoles loss of lives in Kishtwar

J1 NEWS SERVICE
SRINAGAR, MAY 25

The Lieutenant Governor, Manoj Sinha, has expressed grief over the loss of lives due to unfortunate incident in Kishtwar. "Deeply anguished by the loss of lives in a tragic incident in Kishtwar. My thoughts are with those who lost their loved ones," the Lt Governor said. The Lt Governor has directed the Deputy Commissioner to provide all assistance to next of kin of deceased.

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LG inaugurates key infrastructure projects at Ganderbal

J1 NEWS SERVICE
GANDERBAL, MAY 25



Lieutenant Governor Shri Manoj Sinha inaugurated key infrastructure projects at Ganderbal, today.

The Lt Governor said the projects dedicated to the people of Ganderbal are testimony to the government's commitment to accelerate the development of the district. Upgradation of rural roads, construction of link

roads and bridges will bring economic prosperity & social empowerment in the lives of more than 4 lakh residents, the Lt Governor said.

On the occasion, the Lt Governor congratulated the people of Jammu Kashmir for the successful G20 meeting.

"During the G20 Tourism Working Group Meeting, the entire world has witnessed awe-inspiring socio-economic progress of Jammu Kashmir.

CONTINUED ON ► PAGE 4

After peaceful G20 meet, ADGP congratulates forces

J1 NEWS SERVICE
SRINAGAR, MAY 25

Additional Director General of Police, Kashmir Vijay Kumar on Thursday congratulated security forces and intelligence agencies for conducting an incident-free and successful G20 Meeting.

The third Tourism G20 Working Group (TWG) meeting which kicked off on Monday was held amid unprecedented ground-to-air security cover. Around 60 foreign delegates attended the meeting in Sri-

nagar.

The G20 meet was the first major international event in Jammu and Kashmir since August 2019, when the erstwhile state's special status was scrapped.

The three-day conference concluded on Wednesday and this morning the foreign delegates left for Delhi in a chartered flight.

After the eventful three-day event, ADGP Kumar congratulated officers for ensuring incident-free G20 meeting.

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AC approves establishment of Disaster Recovery (DR) centre outside J&K seismic zone

J1 NEWS SERVICE
SRINAGAR, MAY 25

In a major decision, the Administrative Council (AC) which met here under Lieutenant Governor, Manoj Sinha gave its assent to the establishment of Disaster Recovery Centre outside of J&K Seismic Zone along with its upkeep and maintenance for 5 years.

Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor; Dr Arun Kumar Mehta, Chief Secretary, J&K and Man-

deep Kumar Bhandari, Principal Secretary to the Lieutenant Governor attended the meeting.

The project has been considered as a part of adoption and launch of e-Office Software in all major departments and offices of the Government of Jammu & Kashmir.

The digital services of the Government of Jammu & Kashmir, including e-Office operate out of the servers installed at the primary site in the

CONTINUED ON ► PAGE 4

Intermittent Rains continue, MeT forecasts more as mercury drops in J&K

J1 NEWS SERVICE
SRINAGAR, MAY 25



Intermittent rains continued even as the weather department here on Thursday forecast "fairly widespread to widespread intermittent light to moderate rain" in Jammu and Kashmir till May 26.

A meteorological department official said, Srinagar received 6.6mm of rain in last 24 hours till 0830 hours, Qazigund 11.6mm, Pahalgam 20.1mm, Kupwara 5.9mm, Kokernag 21.0mm, Gulmarg 7.8mm, Jammu 0.8mm, Banihal 27.3mm, Batote 42.4mm, Katra 3.4mm and Baderwah 19.4mm.

From May 25-26, he said, there is possibility of "fairly widespread to widespread intermittent light to moder-

ate rain/thunder/lightning with possibility of hailstorm and gusty winds at few places."

From May 27-28, he said, intermittent light rain/thunder/lightning is expected at few places.

"Fairly widespread intermittent light to moderate rain/thunder/lightning with possibility of hailstorm & gusty winds at few places," he said regarding forecast

From May 29-30. Regarding temperature, the meteorological department official said that Srinagar recorded a low of 10.8°C against 13.5°C on the previous night and it was 0.9°C below normal for the summer capital.

Qazigund, he said, recorded a low of 8.0°C against 12.6°C on the previous night and it was below normal by 2.3°C for the gateway

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11 injured after bus rams into Truck in Kathua

J1 NEWS SERVICE
JAMMU, MAY 25

At least eleven passengers were injured after a bus rammed into a truck near Lakhampur area in Kathua district of Jammu and Kashmir on Thursday morning, officials said.

Quoting an official, that the bus rammed into the truck on NH-14 near Lakhampur, resulting in injuries to at least eleven passengers.

He said soon after the incident, the injured were admitted to GMC Kathua for treatment.

Meanwhile, the police have taken cognisance of the incident.

DGP Dilbag Singh compliments public, police for successful G20 event

J1 NEWS SERVICE
JAMMU, MAY 25



The Director General of Police, Dilbag Singh has complimented the public and congratulated police and security forces for the successful culmination of three-day G20 meeting here.

The Jammu and Kashmir Police said in a statement on Thursday, "The historic three-day G20 event has ended with delegates taking a flight back on Thursday, but leaving behind all good memories to be cherished by the people of Jammu and Kashmir for long."

"The event has opened new vistas and hopes, denouncing many myths and exposing fake anti-Kashmir and anti-peace narratives based on falsehood and being propagated by the neighbouring country.

normal life and business for the people. Traffic throughout and all business activity went on throughout without any inconvenience on account of security."

"People fully cooperated with police/security forces, traffic and security regulations for which DGP thanked them."

This G20 event became peoples event who showcased local art/craft and traditions of hospitality to the world's guests who went around to important places of tourist attraction, including a visit to the world famous Nishat Bagh, Parimahal, shikara riding in Dal Lake and shopping in Polo View

"Police/security forces' arrangement were people friendly. The DGP thanked and congratulated all ranks"

CONTINUED ON ► PAGE 4

Used my time for the good of the Country: PM Modi on his 3-Nation tour

J1 NEWS SERVICE
NEW DELHI, MAY 25

Prime Minister Narendra Modi was given a warm welcome by BJP workers and supporters on Thursday as he returned from the three-nation tour.

"All the leaders I met and all the personalities I spoke



CONTINUED ON ► PAGE 4

Man injured in landmine blast in Poonch

J1 NEWS SERVICE
JAMMU, MAY 25

A man was injured in a landmine blast in Jammu and Kashmir's Poonch district on Thursday, official sources said.

The incident took place when Javed Iqbal, a resident of Qasba, was crossing a minefield in his village

CONTINUED ON ► PAGE 4

G20 Event: Kashmir's enthusiastic response rebuff to Pakistan, her stooges: Rana

J1 NEWS SERVICE
JAMMU, MAY 25



Saying that Kashmir has sent a loud and clear message to the world that the Valley is not what is being made out by motivated but vocal few, Senior BJP leader Mr Devender Singh Rana today complimented and congratulated the people of Jammu and Kashmir for facilitating successful conclave of the G20 Working Group on Tourism in Srinagar and rejecting the machina-

tions of self-proclaimed leaders and elements inimical to peace and stability in this part of the country.

"Kashmiris pronouncing

their resolve for trust with peace and harmony is a tribute to visionary leadership of Prime Minister

CONTINUED ON ► PAGE 4

J&K to install 'harmonious call blocking system' in all 14 jails

J1 NEWS SERVICE
SRINAGAR, MAY 25

In a significant move, the Jammu & Kashmir Government has approved installation of towers of harmonious call blocking

system in all 14 jails of the Union Territory to prevent unauthorized communications from them.

The Union Territory's Home Department has approved the project of installation of a harmonious call blocking system in all 14 jails of J&K for blocking 2G, 3G and 4G signals that could later also be suitable for 5G.

The proposal involves financial outlay of Rs 21.26 crore. Of which, Rs 19.04 crore is one time cost and Rs 1.76 crore

CONTINUED ON ► PAGE 4

CS Mehta appreciates team work for successful conduct of G20 meeting



J I NEWS SERVICE

SRINAGAR, MAY 25: Chief Secretary, Dr Arun Kumar Mehta today appreciated hard work of all Officers including Administrative Secretaries and Police Officers under the leadership of Lieutenant Governor for their commendable role in making the G20 Tourism Working Group meeting held during May 22-24 at Srinagar a grand success.

He observed J&K has moved into an era of prosperity and development which has enabled it to hold such an international event. The Chief Secretary said that holding of the event would facilitate many other such national and international events.

Dr Mehta enquired from all the officers about their experience during the meeting. He said that feedback from the event would definitely help us in making even better arrangements next time. He thanked them for their untiring efforts during past few weeks for making excellent arrangements and noted that the role played by hundreds of employees from different departments would be remembered and act as a barometer for times to come.

He also thanked all DCs and SSPs and their teams for their efforts. He specially thanked ACS Home team led by DGP, Special DC, CID, Principal Secretary, R&B; ADGP, Security; ADGP, Jammu and Kashmir; Divisional Commissioners; Commissioner Secretary, Municipal Bodies, PRIs, Mayors, DDC Chairpersons, various Civil Societies, Universities, Colleges, Educational Institutions, prominent persons and above all people for their positive role.

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Floriculture; Secretary, Tourism; Secretary, Youth Services & Sports; Municipal Commissioner Srinagar and all other officers for their valuable contributions.

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Situation conducive for G20, Panchayat & ULB polls but not for Assembly election: Tony, Kundal

'BJP Govt's logic weird, full of mystery'

J I NEWS SERVICE

JAMMU, MAY 25: It is strange that on one side the BJP-led Centre has dared to hold G20 summit in the heart of Kashmir, it is all set for Panchayat and ULB polls in J&K but when it comes to go for Assembly polls, the situation turns non-conducive.

This was said by Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and DDC Member Suchetgarh while addressing a workers meeting here at Kunjwani. Yashpal Kundal, Chairman ST, SC OBC, Aam Aadmi Party (AAP) Jammu and Kashmir and former minister, and Namra Sharma, Provincial President Women Wing, AAP, Jammu were also present.

The senior AAP leader said that BJP leadership is afraid of its devastation in Assembly polls and that is why it is giving baseless alibis justifying arbitrary



delay in the conduct of polls.

"The reason behind dilapidating tactics on Assembly election is not unrest or turmoil in the UT but fear of facing people after doing nothing on ground except unending rhetoric and bogus promises", Tony said, adding that the logics which BJP leadership is giving on delay in poll process are all weird and mysterious because none among them is convincing. Yashpal Kundal asked

can ensure good governance in real terms", Kundal said, adding that every effort should be made to ensure that AAP sits on driving seat in J&K as the party is best option before the people of J&K, who had been historically exploited by other parties on different contexts, at different point of times with BJP taking the lead.

Namra Sharma said that AAP has become a force to reckon with across the UT and therefore it is the time for the party cadre to whip up the support of people by telling them the success stories of AAP models of governance in Delhi and Punjab, where common masses are standing shoulder to shoulder with AAP leadership which has won the hearts of people by its good work and people-friendly policies. She said, it is time to repeat the examples of Delhi and Punjab in J&K and for this the party workers will have to work real hard as this section is the backbone of the party.

DC reviews functioning of food civil supplies & Consumer affairs department at Udhampur

J I NEWS SERVICE

UDHAMPUR, MAY 25: To review the functioning of Food Civil Supplies and Consumer Affairs Department, Deputy Commissioner, Udhampur Sachin Kumar Vaishya today convened a meeting of officers and field functionaries of the department here in his office chamber.

During the meeting, the DC enquired regarding the availability and distribution of foodgrains in the District.

The AD, FCS & CA was directed to ensure implementation of supply chain management on real time basis besides to make endeavors for 100% doorstep delivery of foodgrains in the District as per provisions of National

Food Security Act.

The department was further directed to complete verification of all ration cards before 30th of July 2023. The DC stated that the district administration is committed towards equitable and inclusive governance and mentioned that the process of verification shall be completed in a time bound manner.

Temple's picture on dustbins, religious faith hurt: Shiv Sena



J I NEWS SERVICE

JAMMU, MAY 25: Jammu and Kashmir unit of Shiv Sena (UBI) strongly objected over the image of Baba Wali Mata Temple and Fort, the favorite deity of the Dogra community of Jammu, on the dustbins installed by the Jammu Municipal Corporation

at prominent places in the Jammu city under the Smart City project, called an attack on religious faith and demanded to be removed with immediate effect.

Shiv Sainiks, under the leadership of party state chief Manish Sahni, lodged a strong objection to the image of Baba Wali Mata Mandir on

dustbins, calling it a conspiracy to hurt the religious faith of Hindus.

Sahni said that putting pictures of Baba Wali Mata Mandir on dustbins across the city is not only an attack on our faith but also a heinous criminal act.

He said that whoever is behind this crime should be punished. Sahni said that along with registering a complaint against this matter at Nawabad police station yesterday, a demand was made to remove it with immediate effect after meeting Jammu Municipal Corporation Commissioner Rahul Yadav.

On which the municipal commissioner had also agreed, but despite this, the process of removing them has not yet been carried out, due to which we are forced to remove them on the streets.

Sahni also appealed to the public wherever such dustbins are seen, remove the picture of the temple.

On this occasion president Mehila Meenakshi, Gen Secretary Vikas Bakshi, Sr Vice President Sanjeev Kohli, Balwant Singh, Dimple, Ashok Kumar were present.

Dr Himja, Arshiya conduct free dental check-up at Channi school

J I NEWS SERVICE

JAMMU, MAY 25: Plaksha Foundation led by Dr. Himja Mengi and Dr. Arshiya Goswami in collaboration with Sunrise Educational trust conducted a free Dental Check-up and awareness Camp and Distributed free tooth-pastes at Sunrise Public school Channi Jammu this school is run by Sunrise Educational trust established in 2012 which offers free Education including books and uniforms to the children residing in slums, below poverty line student and those who belong to weaker section of society. As many as 100 students were examined during the dental camp. A team of experts comprising Dr Himja Mengi, Dr Arshiya



Goswami and Mr Inderjeet Shan, Mr Rajesh Sharma, Founder Trustee of Sunrise Educational trust and other staff members including, Mrs Divya Kesar, Miss Amandeep Kour, Miss Sanjya Kour, Miss Zuberia Sheikh, Miss Neha Arora, Mr Akash Malhotra, Mr Bal Krishan, Mr Shivani, Mrs Radha, were also present during the camp. Dr. Himja Mengi Founder of Plaksha Foundation and the social

worker told the children to brush twice daily and to avoid chocolate and candies, she also informed students to get their dental check-up done every six month and said that they have identified some more schools which educate the students from poor socio-economic background and Plakshafoundation will target these schools in future for free Dental and Medical check-up programmes.

Dr Arshiya Goswami (MDS) Periodontology stressed that the health of gums is important and can be maintained by good oral hygiene. Founder of Sunrise Educational trust Mr Rajesh Sharma along with his team thanked Plakshafoundation team for conducting free dental Check-up Camp.

Plastic Neutral Person Awareness Campaign launched by GCOE Jammu and IPCA

J I NEWS SERVICE

JAMMU, MAY 25: NSS unit of Govt. College of Education, Jammu in collaboration with Indian Pollution Control Association (IPCA) organises a special awareness programme on Plastic Waste Management under the patronage of Prof. Aekta Gupta, Principal, GCOE. Students, Teachers of the college participated in the program. The awareness program offered a platform to all students and faculty of the college to get aware about the segregation of dry and wet waste and the use of plastic is considered as one of the great issues that humans are facing in their contemporary life. Prof. Aekta Gupta said the goal of this Program was to understand the severity of the issue and stop the use of plastic. The Principal emphasised that the Institution is also contributing towards making India plastic free. Mr



Ranveer Singh, Regional manager IPCA, highlighted the major challenges faced to the nation as well as Jammu and mentioned that Plastic waste is a major challenge and initiatives to ban plastic have been taken by everyone. It is the duty of every citizen to think about their environment too. He further said the detail process of dry and wet waste segregation. Chairman SBM Sh. Gopal Gupta sir guided the students about the toxic smoke produce by the burning the plastic. It

threatens our natural resources such as water, trees, and crops. As plastics get degraded into small pieces, they get easily swept away into our soil and end up in oceans, then consumed by wildlife and marine life. Thereby, the number of animals and marine life reduces or becomes extinct. It is high time we must understand the intensity at which plastic is destroying our environment. An MOU was also signed between IPCA and GCOE under My 10 Kg Plastic campaign.

Charak reviews BJP's preparations for month long Yoga Festival

J I NEWS SERVICE

RAMBAN, MAY 25: Bharatiya Janata Party (BJP) leader and District Udhampur-Ramban-Doda & Kishtwar in-charge of International Yoga Day on Thursday reviewed party's preparations for celebrations of month long Yoga Festival in Ramban.

Speaking on the occasion, Charak termed Prime Minister Narendra Modi as most diligent Yoga ambassador for the campaign under which International Yoga Day will also be celebrated with great pomp in every assembly constituency.

Charak said that International Yoga Day is celebrated every year on 21st June. Realizing the importance of yoga, all the countries of the world celebrate Yoga Day.

He said that this time Yoga Day is coming in the series of monthly program Maha Sampark Abhiyan taken by BJP, it will be celebrated systematically in the assembly constituencies so that maximum people can be motivated towards Yoga.

He said that the practice of yoga is beneficial for the health of body and mind. Yoga keeps the body disease-free and also gives peace to the mind. Yoga has been happening in India since the era of sages. Yoga is associated with Indian culture, which has

now spread abroad as well. The credit for spreading yoga abroad goes to our yoga gurus, who told about the usefulness and importance of yoga in foreign lands.

Charak said that the International Day of Yoga, which was first celebrated on June 21, 2015, is gaining popularity and acceptance every year. Honorable Prime Minister Narendra Modi has been the most diligent Yoga ambassador to get Yoga international recognition in the world.

Narendra Modi has personally supported the cause of Yoga and has tried his best to establish Yoga at the international level as well, as a result of which today more than 180 countries are participating in the international level.

Jobs celebrate International Yoga Day on 21 June, which has led to a revived interest from all age groups.

Modi often credits yoga as the key to his unbroken, strenuous work schedule. With his 24*7 work schedule, he has inspired the younger generation to adopt a more disciplined life with yoga. I have personally seen that people's consciousness towards Indian culture, natural wellness methods like Yoga has increased manifold in the last few years. He said that this shows the intention of the Government of India to establish Indian culture on the global stage!

Speaking on the occasion, District President BJP Rajeshwar Kumar said that the programs under the Maha Sampark Abhiyan have been planned to be implemented in the district, along with the meeting being held today in the context of International Yoga Day, we are also 3 programs will be grandly organized in 2 Vidhansabhas, apart from this there will be small programs at Panchayat level as well. In the upcoming meeting, all preparations will be completed before May 28 to make the International Yoga Day a success by dividing the work among the workers. At the conclusion of the meeting, vote of thanks was presented by Amrit Varsha.

The writer includes former District President Ramban Rakesh Thakur, District General Secretary Jagdeep Thakur, District Development Council Member Ramban-B to Renuka Katoch, Ramban Municipality President Sunita, District Vice President Amrit Varsha, Officer Secretary Madan, Bharatiya Janata Yuva Morcha State Spokesperson Pandit Ajay Sanson, Ashish Singh IT Incharge Ramban, District Secretary Gulzar Ahmed, District Spokesperson Mohammad Ali Sohail, District Working Committee member Amit Lehnga was mainly present.

CCI delegation call Dr. Jatinder Singh



J I NEWS SERVICE

JAMMU, MAY 25: A delegation of Office bearers of Chamber of Commerce & Industry alongwith Sr. members from Trade and Industry under the Presidentship of Sh. Arun Gupta called on Dr. Jatendra Singh Hon'ble Union Minister of State (Independent charge) Ministry of Earth Sciences, Science and Technology, Minister of State PMO and Minister of State of Personal and Public Grievances.

At the outset Sh. Arun Gupta thanked Dr. Jatendra Singh for arranging the meeting with Smt. Nirmla Sitharaman, Hon'ble Union Finance Minister at New Delhi.

During interaction Sh. Arun Gupta apprised Dr. Jatendra Singh that the new investors are struggling hard to find suitable developed Industrial land for setting up their projects, but they are not getting proper place for investments due to existing land policy and the circle rates which are very high.

Arun Gupta also apprised Dr.

Jatendra Singh that the existing Industrial units are not getting any kind of incentives in the new Industrial policy as a result, it is very difficult for the existing Industrial units of Jammu to survive.

Further there is urgent need to develop new housing colonies as well as commercial sites so that the educated unemployed youth who want to start their ventures for earning livelihood can be absorbed.

Arun Gupta also briefed Dr. Jatendra Singh that in the near future the rail is going up Srinagar which will further effect the trade sector of Jammu.

Thus there is urgent need to develop the untapped tourists places in Jammu so that tourists are attracted to visit the tourists places of Jammu Province which otherwise have been neglected so far.

We request that tourists potential of Jammu region together with tourists attractive places in Poonch, Rajouri districts should be tapped in right earnest. Similarly religiously important places like Shiv

Khori, Mata Vaishno Devi, Sudh Mahadev, Chichi Mata, Chandni Mata and tourists attractive places like Patnitop, Sanasar should be interconnected by improving road and erecting picnic spots on route. Historical natural water lakes like Mansar, Surinsar should be developed on modern lines to attract tourists.

Arun Gupta also requested Dr. Jatendra Singh that the CBI cases against the hoteliers of Patnitop be got solved at the earliest so that the commercial activities can be started over there.

Rajan Gupta, President JPDA raised the issue of Online supply of medicines and said that the same should be checked on priority by the concerned department so that it is ensured that no one can misuse the unchecked medicines of unfair means.

Deepak Gupta President Traders Federation Warehouse said that though the development is there but the small traders are being harassed.

Other Office Bearers of Chamber of Commerce & Industry present in the delegation who called on Dr. Jatendra Singh at New Delhi include Sh. Rajesh Gupta, Jr. Vice President, Sh. Manish Gupta, Secretary General, Sh. Rajesh Gupta, Secretary, Sh. Rajesh Gupta, Treasurer and other Trade Members who accompanied the delegation include Sh. Jagdish Langer, Sh. Yashpal Gupta, Sh. Pardeep Gandotra, Sh. Neeraj Gupta, Sh. Suraj Singh, Sh. Pragya Gandotra.

Only BJP can fulfill aspirations of J&K people: Yudhvir

LISTENS TO PUBLIC GRIEVANCES AT PT PREM NATH DOGRA BHAWAN

J I NEWS SERVICE

JAMMU, MAY 25: Yudhvir Sethi, J&K BJP Vice President today conducted a public grievances camp at Pt Prem Nath Dogra Bhawan, Kacchi Chawri here today.

Parveen Kermi, President East Mandal, Raman Sharma, President Amphalla Mandal, Vipin Sharma and Arun Sethi, General Secretaries of East Mandal accompanied with Yudhvir Sethi during the camp.

Several deputations including individual persons visited the party office to discuss their issues with the senior BJP leaders. The visiting deputations & individuals discussed various issues related to the development of their respective areas and their other concerns. They also put forth various issues pertaining to basic amenities including drinking water, ration card, electricity, roads, etc. They sought immediate resolution of their pressing issues.

While giving patient hearing to the deputations, Yudhvir Sethi resolved



most of the issues instantaneously by talking to the authorities concerned on phone. He assured to take up the rest of their issues with the concerned authorities and get the same resolved at the earliest.

Sethi said that the Party is fully committed to address the day to day problems being faced by the people in general and that of Jammu City in particular. He said that only BJP can

fulfill aspirations of J&K people. He stressed on the Party's sincere attempt to have direct interaction with the masses and provide best possible solutions to their day to day administrative and development issues. He said that it is a sincere attempt to lessen the gap between administration and people and ensure that genuine issues of people are redressed in an efficacious way.

Gupta appeals to people not to get swayed by false propaganda of the Congress

J I NEWS SERVICE

JAMMU, MAY 25: National Democratic Party Indian (NDPI) J&K UT Chief Rajesh Gupta on Thursday said congress regime has destroyed Jammu and Kashmir in various spheres, as jobs, opportunities of trade and transport and business besides whatsoever selections and recruitment were done in the erstwhile J&K State, witnessed corruption and scams.

NDPI leader warned Congress that don't live in misconception that people have forgotten the past Congress rule and its cor-

ruption era. Congress leaders were liars by character and that they never fulfilled their promises in any of the states they were elected particularly in J&K. "They forget, they used to say Sonia Gandhi is everything for India. "It is necessary to understand the intentions behind the promises. Some people just make promises for the sake of winning elections," he said. Congress is bemoaning Jammu's misery and "shedding crocodile tears" over the plight of the region which is an outcome of discrimination meted out to it during over four decades of their rule.

Gupta, said it was during the rule of the two parties that the civil secretariat was systematically filled with employees from a particular region and terming the Congress "ghulams" (slaves) of one family. NDPI leader appealing to people not to get swayed by false propaganda of the Congress and stand against the divisive, wrong and anti-people policies of the Congress. Gupta assured that his party would continue to work for the well-being of the people. He took on the Congress for its failures in every sector and causing unrest among the people over administrative

and developmental inertia. Gupta said that the people of Jammu and Kashmir were fed up with the bluffs and failures of the Congress party rule and are suffering on all counts from last seven decades. He said that National Democratic Party Indian is the only unifying force which would fight for the rights of the people of the UT and appealed people to support NDPI to expose Congress, NC and PDP and protect the policies and programmes which are introduced by the NDPI for the welfare of the pluralistic poor and downtrodden sections of the society.

Gati launches Bike Express to offer Efficient, Convenient and Hassle-free Bike Transportation across India

J I NEWS SERVICE

JAMMU, MAY 25: Gati Ltd, an Allcargo Group company and one of India's premier express logistics and supply chain solutions providers, has launched Bike Express, a specially designed fully equipped, safe and on-time bike transportation service with a nationwide service network. The service is ideal for working professionals and students migrating to new locations, tourists, bikers as well as for those who prefer to rely on independent mobility wherever they go.

Bike Express Offers a host of facilities and convenience such as PAN-

India free and easy door pick-up and delivery, on-spot packing, customised delivery, special travel expeditions, planning and execution by specially trained & experienced professionals, transportation through weather proof container vehicle, consignment tracking, last-mile and remote location delivery, 24/7 customer support, etc. Bike Express is available at an all-inclusive flat rate of Rs. 4000 for up to 150 cc and Rs.4500 for above 150 cc. By availing Bike Express, one can take advantage of Gati's vast service network of rapid and reliable transportation services across 19800 pin codes covering 735 dis-

tricts out of 739 districts in India. Reflecting upon the success of Bike Express in the past, Haafeed Nasarwanji, Chief Commercial Officer, Gati Ltd. said, "Moving to a new place with bike adds to the stress of relocation. Our specially designed Bike Express with its highly experienced and trained teams offer efficient and safe end-to-end bike transportation service across India. For avid bikers or tourists, Bike Express has emerged as the go-to transportation service provider during expeditions and vacation seasons. With Bike Express, we offer customised, top-rated and

efficient bike transportation service. In the ongoing vacation season, we are witnessing strong demand for our Bike Express service. We'll continue to offer our customisable and innovative Bike Express service to meet the varied bike transportation requirements with our unmatched reachcovering 99% of the pin codes of the country and unparalleled customer centricity. Bike Express is an integral part of our bouquet of services which includes Student Express for students relocating to campuses, Art Express for moving art pieces and Mango Express for transporting mangoes."

NSUI JU unit highlight issues faced by students in CUET PG



J I NEWS SERVICE

JAMMU, MAY 25: While Addressing media NSUI Jammu University President JATIN DOGRA said, Students from many parts of Jammu contacted us regarding issues which they are facing in the CUET PG exam which is going to be conducted on 5th of June to 12th of June. University of Jammu has already issued a datsheet

of UG 6th semester and there's Clash between UG 6th semester Examination and CUET PG examination. It will be impossible for students to appear for both the examination at same time as many centers of examination are outside Jammu.

As Temporary centres for examination were also established only in Kashmir and government sideline Jammu division in

this matter also, so government should also take it in cognizance and care about students of Jammu too.

Jatin further said that students are in a dilemma whether they should prepare for the CUET or UG 6th semester exam at the same time.

But students are mentally tortured by University of Jammu as there has been no cognizance taken despite being known to

facts. If this problem is not resolved soon, NSUI will take to the streets for the demands of students.

Further, interacting with media Vice President NSUI JU Salik Ali said that students are facing many issues but this is one of the foremost serious matters because already the university covered a 6-month semester in just 2 months, and now students are facing trouble in their exams and their mental health is being affected. This will impact their exam performance. Therefore, the university is being requested to resolve this matter in a day or two.

Salik also said that , Some colleges have not yet completed their syllabus, but exams are still being conducted.

The university should take note of this and ensure that exams are conducted properly so that students do not face any issues in CUET.

J I NEWS SERVICE

JAMMU, MAY 25: The Indian Institute of Technology Jammu (IIT Jammu) at Jagti campus had the privilege of hosting esteemed members from the Bharatiya Janata Party's (BJP) Mahila Morcha.

Led by Priya Sethi, the former Minister of State in the Government of Jammu & Kashmir, and Dr Ashwariya Biswal, National Secretary of BJP Mahila Morcha, the team visited IIT Jammu's Jagti campus. Accompanying them were Savita Anand, Chakshu Kapoor, Chanda Kermi, Reema Padha, Anita Gandotra, Suman Raina, Geetanjali Mahajan, and Neeru Anand.

The visit commenced with a warm welcome extended by Prof Anurag Misra, Dean of Infrastructure Planning and Management (IPM) at IIT Jammu. Prof. Misra provided an overview of the institute and its journey thus far, highlighting significant achievements. It



has been a remarkable journey, and we are committed to making meaningful contributions to the nation's development," added Prof Misra.

Following a brief interaction, the Mahila Morcha team was presented with sustainably developed souvenirs and Basohli Paintings as tokens of appreciation. These artworks were created by women self-help groups from the Jammu region under the Unnat Bharat Abhiyan initiative at IIT Jammu. Subsequently, the team engaged in a productive dialogue with female students from IIT Jammu,

facilitated by Priya Sethi and Dr. Ashwariya Biswal. The team expressed delight in witnessing the diverse representation from across India. During the interaction, students shared their visions for India and their aspirations to promote India's ancient value system. Gurkeerat, a first-year student from Punjab, stated, "I want to inspire people to adopt the ancient value system of India." Dr Biswal motivated the students with personal and professional anecdotes, encouraging them to persevere and move forward.

The Mahila Morcha team then visited the Institute's

Workshop and Tinkering Lab, where they interacted with students and were briefed on the ongoing initiatives undertaken by students to find solutions to real-world problems. Dr Dhartri Rath, Dr Archana Rajput, Cdr Avinash Barthwal, Purvi Sarkar, Shrikarshan Pareek, Lt Cdr Mannu Virk, and Daksh Dev from IIT Jammu facilitated the campus tour for the entire Mahila Morcha team.

The interaction with the students and the comprehensive campus tour proved to be fruitful, fostering meaningful exchanges of ideas and insights.

Awareness Seminar on Women Centric Schemes held

J I NEWS SERVICE

JAMMU, MAY 25: District Hub for Empowerment of Women , Mission Shakti , Social Welfare Department Jammu in collaboration with Kitab Aur Kalam Foundation organised awareness seminar on the topic "Women centric schemes and services of Govt. for women empowerment and upliftment" under the patronage of the worthy Principal Bela Charak. The concept of organizing such aware-

ness seminar is to familiarize the students and the faculty members about various welfare schemes offered by the central Govt. of India particularly for women. Ms. Shagun Manchanda (District Mission Coordinator, DHEW, Mission Shakti, Jammu) deliberated about various schemes & services run by the Govt. departments. Gender specialist, Ms. Khusbookapthe stressed on the need of gender sensitivity to promote equality among genders. While delivering lecture she empha-

sised on the various women centric schemes like scholarship schemes, SMAS(State Marriage Assistance Scheme for poor and needy girls), Pension schemes for old age, widow and physically disabled women. She also explained Schemes like Ladli Yojana and Sukanya Yojana for providing Financial security to the girls. Emergency helpline numbers for women (181), child (1098), Elder line (14567) Drug De-addiction (14446) were also shared.

ABRSM Poonch announces Sanjeev Sharma as new President for Kanuyian Zone

J I NEWS SERVICE

POONCH, MAY 25: The Akhil Bharatiya Bhojriya Shaikshik Mahasang Poonch Unit has announced the new unit of Kanuyian Zone. Sanjeev Datta, District President of Akhil Bharatiya Kashtriya Shaikshik Mahasang (ABRSM) Poonch announced the new Office bearers of Kanuyian Unit in a meeting organised in Kanuyian Poonch here today. Jeevan Parkash, the

District General Secretary, ABRSM and many prominent workers of ABRSM were also present on the occasion. Sanjeev Sharma has been announced as the President; Deepak Sharma, General Secretary; Bahadur Singh and Jameel Ahmed as the Vice Presidents. Chhattarpal as Joint Secretary, and Shveta Bali and Gurpreet Singh have been designated as executive members. During his address, newly announced President Sanjeev Sharma assured the teachers'

community that he would advocate for their interests and raise their concerns on appropriate platforms when necessary.

The establishment of this new unit aims to provide a platform for teachers in the Kanuyian Zone to voice their concerns and work collectively toward their resolution. During his address, District President Sanjeev Datta emphasized the importance of the teachers' role in shaping society and nurturing young minds.

PIB Srinagar organizes Media Workshop 'Vartalap' at Bandipora

REFUGEE MESSAGE BUREAU BANDIPORA, MAY 25

To build a direct interface between the government and the journalists working at district and sub-district levels across Kashmir division, Press Information Bureau (PIB), Srinagar, Ministry of Information and Broadcasting, Government of India today organised Media Workshop "Vartalap" at district Bandipora. The Chief Guest of the workshop was District Development Commissioner Bandipora Dr Owais Ahmad and the Guest of Honour was Additional Director General, PIB Srinagar and Chandigarh Sh Rajinder Chaudhry.



Dr Ahmad encouraged the media to provide feedback to the administration so that it helps in better governance. He said that media has a lot of power and media persons should use that power wisely and judiciously and make sure that the power is not misused. He asserted that the relation between the government and the media should be an honest one as it is ultimately the public that gets to benefit from it.

In his keynote address, Sh Chaudhry thanked district administration Bandipora for their support in organising the workshop. He said Vartalap is a two way communication and the purpose of the workshop is to reach out to

media at far flung places. He added that the work of the government is greatly eased due to the efforts of the media as it acts like the eyes and ears of the government. Sh Chaudhry gave a detailed presentation on the structure and working of the Ministry of Information and Broadcasting and the various media units that come under it. He said journalists should make maximum use of the information provided by the media units as it will help them in seeing the complete picture. He further said that besides disseminating information from the government, PIB also takes notice of news that is reported at the local

and regional levels and conveys it to the higher authorities for redressal of grievances. In his welcome address, Joint Director (Media and Communication) PIB Srinagar Sh Qazi Salman thanked the journalists for their attendance at the workshop. Besides describing the role and responsibility of PIB, he expressed that media has undergone a tremendous change in the recent past and the mode of consumption of news has changed dramatically. This has led to hyper consumption of news and that makes the role of local journalists all the more important, he asserted. He said that the purpose of Vartalap is to

develop a connect with local journalists so that a healthy working relationship is formed between the media and the government. Sh Mohammad Muzaffar Shah, Assistant Commissioner Panchayats, Bandipora gave an overview on the achievements of Rural Development Department Bandipora. He said that the Swachh Bharat Mission has been a great success in the district and is among the top priorities of the administration. Sh Mehraj Wani, Project Manager DIC Bandipora spoke about achievements of health sector with special focus on PMJAY (Golden Cards) in Bandipora. He said that there are four hospitals that are running 24x7 and that private hospitals have also been established under Ayushman Bharat. He added that Golden Cards have acted as a savior for the citizens and shared some success stories regarding the same. He further said that only 8 per cent of the population is yet to be covered under the Golden Card scheme. District Information Officer Bandipora Sh Jahangir Akhoo said that media serves as a vibrant agent of change and it is doing a commendable job by bringing to light the issues of masses. He expressed happiness that the media fraternity of Bandipora is work-

importance of Aadhaar card in the present times. He said 90 per cent of the population of the district has Aadhaar cards and all efforts are being made to reach out to the remaining population. He added that 45 Aadhaar centres are currently operational in Bandipora district. In his concluding remarks, Sh Chaudhry said that journalists should come forward with their genuine demands and seek help from the government for redressal of their problems.

The proceedings of the workshop were conducted by Deputy Director (Media and Communication) PIB Srinagar Sh Tariq Ahmad Rafter. Media and Communication Officer, PIB Srinagar Sh Majid Pandit presented the Vote of Thanks. The technical sessions were followed by interactive question-answer sessions in which journalists talked to the experts and cleared their doubts regarding various schemes and programmes. The journalists also thanked PIB for organising the workshop and expressed hope that such workshops will be conducted in future.

FROM THE FRONT PAGE...

Lt Governor pays...

The Lt Governor appraised the preparations for the upcoming Mata Kheer Bhawani Mela and directed the officials and stakeholders to make all the necessary arrangements for the convenience of the visiting devotees. He directed the officials to ensure logistical arrangements, power, water supply, essential commodities, medical services & other necessary requirements for Kheer Bhawani Mela. The Lt Governor also interacted with the members of Kashmiri Pandit community and discussed their issues and concerns. He instructed the Divisional Commissioner, Kashmir to designate a Nodal Officer to receive and resolve concerns of members of Kashmiri Pandit community. Every year, on the auspicious occasion of Jyeshtha Ashtami, Kheer Bhawani Mela is organized at Mata Kheer Bhawani Temple at Tulumulla, Ganderbal.

4 members of nomadic...

A police team immediately rushed to the spot and started a rescue operation. Yadav said, adding that the bodies are being taken to a hospital for legal formalities. An immediate relief of Rs 50,000 was provided to the family from the Red Cross Society, the deputy commissioner said. The deceased are residents of Gathi-Barwal in Kathua district.

LG inaugurates key...

Faster & Inclusive growth and our sustained effort to boost tourism sector is attracting the attention of the entire world," he added. He said the three-day meeting of 57 delegates from 27 countries in Srinagar has infused new enthusiasm, new confidence among the people. The way every section of the society enthusiastically participated in the G20 event is a sign of the rise of new and emerging Jammu Kashmir, the Lt Governor observed. "The G20 meet was a joyous occasion for the people of UT and overwhelming response, participation and achievements have been possible because of hard work of our citizens and collectively they have brightened the J&K's image in the world," the Lt Governor said. G20 meeting is the beginning of a new era and has opened the door to immense possibilities of peace and progress. The festivity around the event was reflection of the transformation in Jammu Kashmir, he added. At the inaugural ceremony, the Lt Governor reiterated the commitment of the government of inclusive development. Tourism & Film sectors are gaining momentum with over more than 300 movies filmed last year and a record 1.88 crore tourists visited the UT, observed the Lt Governor. More than 9 lakh tourists visited tourist locations in Ganderbal last year, which is twice the number, as compared to 2021. Sonamarg has also become one of the favourite film shooting destinations for Film-makers from across the globe, he noted. The Lt Governor also spoke on the on-going development works in Ganderbal and saturation of government welfare schemes in the district. He also remembered the immense contribution of Late Sheikh Abdul Jabbar, a prominent political figure, in the development of J&K. The Lt Governor expressed gratitude to the people of Ganderbal for their contribution and continuous support during Mata Kheer Bhawani Mela and Shri Amarnathji Yatra. Ms Nuzhat Ishfaq, DDC Chairperson Ganderbal also spoke on the occasion and expressed gratitude to the Lt Governor-led UT administration for working for the welfare of the people. Dr Arun Kumar Mehta, Chief Secretary congratulated the people of Ganderbal on the inauguration of various

key infrastructure projects.

The Lt Governor also handed over sanction letters and financial assistance to the beneficiaries under various schemes. The projects inaugurated by Lt Governor include 110 mtr span Wayil Bridge; and other bridges and roads projects at Tangchar, Kangan, Gullibagh, Tulumulla, Waheedpora, Peerpora Shallalbagh, lower Wayil, Lar Town, Ghaniabad, Watlar Guzhama, Waskura and Srinagar-Leh National Highway to Bonizol road with links. The inaugurated projects also include WSS Baba Hanafudin and WSS Gullibagh. Sh Shalendra Kumar, Principal Secretary, Public Works (R&B); Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Kumar Bidhuri, Divisional Commissioner Kashmir; Sh Shyambrir, Deputy Commissioner Ganderbal; Sh Ishfaq Jabbar, former legislator; PRI members, senior officers and prominent citizens were present.

After peaceful G20...

"ADGP Kashmir Vijay Kumar-IPS congratulates officers and jawans of JKP, CRPF, Army, BSF, SSB, NSG, MARCOS, NDRF & intelligence agencies for conducting incident free & successful G20 Summit," a police tweet said.

AC approves establishment...

Data Centre at Jammu, however, the establishment of a Disaster Recovery Centre outside of J&K Seismic Zone, would protect the entire data of the ministry site against any natural or technical disaster with a backup up at the secondary site, in a different seismic zone. It is important to have a disaster recovery plan in place to mitigate disaster related interruptions, which makes the establishment of disaster recovery site an essential part of the system, especially when entire Government working is becoming digital. The goal of a disaster recovery plan is to maintain technical operations and quickly restore ability to operate the Government business in the face of disasters like floods, fires, earthquakes or other adverse conditions.

Intermittent Rains...

Pahalgam, he said, recorded a low of 6.1°C against 9.2°C on the previous night and it was 0.1°C below normal for the famous tourist resort in south Kashmir's Anantnag district. In Kupwara town, he said, the mercury settled at 11.4°C against 12.4°C on the previous night and it was 1.0°C above normal for the north Kashmir area. Kokernag recorded a low of 7.4°C against 11.4°C on the previous night and it was 2.7°C below normal for the place, the officials said. Gulmarg recorded a low of 5.0°C against 6.0°C on the previous night and it was below normal by 1.8°C for the world famous skiing resort in north Kashmir's Baramulla district, he said. Jammu recorded a low of 21.4°C against 21.1°C on the previous night and it was 3.0°C below normal for J&K's winter capital, he said. Banihal recorded a low of 8.7°C (below normal by 3.3°C), Batote 10.2°C (4.3°C below normal), Katra 18.6°C (2.4°C below normal) and Baderwah 9.9°C (below normal by 0.7°C). Ladakh's Leh recorded a low of 2.6°C, he said.

DGP Dilbag Singh...

of Police/CAPFs and other agencies involved in the duties for the G20 for the excellent work done by them over the last three days in ensuring a smooth and secure G20 event here in Kashmir," the statement said. (AGENCIES)

Used my time for...

Devender Gana said the event has left an indelible mark of hospitality on the participating delegates and lessons for the negligible few discarded elements, who

to have been so mesmerised and appreciative of India holding the G20 presidency so excellently. This is a matter of great pride for all Indians," Modi said. The prime minister had visited Japan's Hiroshima to attend the Group of Seven or G7 Summit. He then travelled to Papua New Guinea, which was his first tour, as well as the first-ever visit by any Indian prime minister to the Indo-Pacific country. Modi also travelled to Sydney at the invitation of Australian Prime Minister Anthony Albanese. He said that he used every available time in the best possible way for the good of the country. "Taking a swipe at critics, he said they questioned the decision to give away vaccines to other countries during the COVID-19 pandemic. "Remember, it is the land of Buddha, it is the land of Gandhi. We care even for our enemies, we are the people inspired by compassion," the prime minister underlined.

He also asserted that the world is keen to listen to India's story and said Indians should never suffer from "slave mentality" while speaking about their great culture and traditions and instead speak with courage. Modi added that the world agrees with him when he says any attack on the country's pilgrimage site is not acceptable. (Agencies)

Man injured in landmine...

along the Line of Control (LoC), they said. He was injured and taken to a hospital for treatment, the sources said.

J&K to install 'harmonious...

is recurring cost per annum on account of rent to passive infrastructure providers @Rs 26000 per telecom service provider(TSP) per month per tower(HCBS) and Rs 0.56 crore on account of annual maintenance charge @ Rs 1 lakh per TSP per annum. The installation of towers of a harmonious call blocking system would block incoming/outgoing calls, SMS and data services in prison premises. (KNO)

G20 Event: Kashmir's...

Narendra Modi, Mr Rana said while interacting with the people at Kanyala in Block Damsal of Nagrota Assembly Constituency this afternoon. He said successful hosting of G20 event in Kashmir and participation of Member Nations barring China besides enthusiastic response of the people of Jammu and Kashmir is a big rebuff to crumbling Pakistan and her stooges on this side of the fence. Acknowledging the steadfast resolve of the people to give peace a big chance and their time tested hospitality, Mr Rana expressed confidence that Jammu and Kashmir is poised for achieving significant milestones in the tourism sector post mega international event. He said the entire world was looking towards this event with rapt attention, keeping in view its geo-political importance and potential to bring cheer in the lives of the people in terms of economy and investment. "Holding of such a mega International conclave in Kashmir reflects the desire and commitment of Prime Minister Mr Narendra Modi in bringing Jammu and Kashmir at the centre stage". Rana said it was a watershed moment for J&K when Home Minister, Mr Amit Shah presented the reorganization bill in the Parliament on 5th August 2019. The effective measures thereafter to destroy terrorism and its ecosystem and impetus to development and economic resurgence has brought a historic change, he added. Rana complimented Lt. Governor, J&K, Manoj Sinha under whose stewardship and personal supervision the J&K Government and its officials put in tireless efforts to make the G20 event a success. Devender Gana said the event has left an indelible mark of hospitality on the participating delegates and lessons for the negligible few discarded elements, who

unsuccessfully attempted to generate passions against the conclave well ahead of the meet. However, sensing the popular mood in favour of the Working Group meeting, they were left with no option but to scratch their heads in desperation. These political chameleons stand exposed for playing dubious roles of fair-weather nationalists and seasonal separatists as per their political exigencies, he added. Rana also referred to the initiatives taken by the Centre and the UT governments for putting Jammu and Kashmir on the path of inclusive and holistic development during the past nearly four years. This is in consonance with Prime Minister's Sabka Saath, Sabka Viskas, Sabka Vishwas, Sabka Paryas agenda. He exhorted the Karyakartas to generate awareness among the people during their public outreach programmes on the initiatives being taken for the faster development, job generation, implementation of welfare schemes in both the regions and their sub-regions of the Union Territory.

Positive situation...

The G20 working group meeting on tourism held in Srinagar, said no international seminar was held there since last 40 years. He recalled that even unfurling the tricolour was not easy when the then BJP president Murlidhar Manohar Joshi and the party's then national secretary Narendra Modi planned to hoist it at Lal Chowk in Srinagar as part of the party's 'Ekta Yatra'.

The presence of national flags and the successful conduct of the tourism event in Jammu with international delegates being welcomed is an example of the change that occurred in the country under Prime Minister Modi, he said. Incidents of stone pelting at security personnel used to take place in J&K earlier (it is not so now), he said. When the G20 meeting was proposed to be held in Srinagar, Pakistan's leaders questioned as to how an international event can be held in the city saying it is a disputed region. China and others also gave statements against the event. But, finally representatives of 28 countries participated. "This shows the confidence that they had on the Modi government, the Union Minister said. Earlier, foreign countries used to issue advisories to their tourists not to visit Jammu and Kashmir during their India visit. But, large number of tourists visited Jammu and Kashmir in 2022. This was made possible under the Modi regime, Reddy said.

He also said bomb blasts, communal riots, ISI activities used to take place in the country earlier, but such activities have been put down with an iron hand by the Centre. Terror activities, communal incidents and others are not taking place in the country now, he said and added that surgical strikes were conducted when our security personnel were attacked. Referring to the criticism against Modi government by the opposition parties, he said the Centre has been working with honesty in contrast to allegations of corruption during the previous UPA regime.

He highlighted the Union government's welfare and development measures, including free ration and bank accounts for poor and digital revolution. "Hitting out at Congress in Karnataka, he alleged that supporters of MLAs were protesting seeking ministerial berths to their leaders even after the party got absolute majority in the recently held assembly elections. He said Congress or other parties cannot give a stable government and only BJP and Modi can ensure it and address the country's problems. Talking about ruling BRS in Telangana seeking to expand its presence in Maharashtra, he said, Chief Minister K Chandra Shekar Rao does not have time to meet flood-hit people in the state or attend development events being inaugurated by Modi in the state. But, he visits neighbouring Maharashtra, he said. (Agencies)

Need to preserve cultural identity of ST community: President Murmu

KHUNTI, MAY 25: President Droupadi Murmu, who is on a three-day visit to Jharkhand, on Thursday said there is a need to preserve the cultural identity of the Scheduled Tribe community.

The tribal society presents ideal examples in many fields, and "one of these is the non-prevalence of the dowry system", she said. Murmu urged tribal women to come forward and reap the benefits of government schemes. "Come forward and take the benefits of government schemes which are run for your welfare. Tribal women of Jharkhand are ahead of those in other states when it comes to women empowerment," Murmu said, while addressing self-help groups at an event in Khunti.

The President stressed on the need for preserving the distinct cultural identity of tribals and said their society is "free of evil practices such as dowry".

"There is a need to preserve the cultural identity of the Scheduled Tribe community," Murmu said.

"She pointed out that many people in society, even the well-educated ones, have not been able to give up the dowry system to date."

Jharkhand tribal women have shown "exemplary performance in sports", she said, adding that women in the state are also contributing to the economic



growth. "Hardworking sisters and daughters of Jharkhand are capable of making a significant contribution to the economy of the state as well as the economic development of the country," she said.

Murmu urged them to recognise their talent and move ahead with confidence.

"The President said that the power of women provides energy to the rural economy of the state."

"Therefore, it is very important to connect more and more women with self-help groups in Jharkhand and provide employment through skill development," she said. The President interacted with women members of self-help groups in Khunti, the birthplace of tribal icon Birsu Munda.

The programme - Mahila SHGs Sammelan - was organised by the Tribal Cooperative Marketing Development Federation of

India and the National Scheduled Tribes Finance and Development Corporation.

Around 25,000 tribal women participated in the programme at the Birsu Munda College stadium here.

She expressed confidence that through this conference, women would be more aware of their rights and various schemes run by the government for their interests. During the programme, Murmu also visited stalls showcasing diverse tribal crafts, and live demonstrations of tribal arts were also organised there.

Various tribal products were displayed in 20 stalls for which several suppliers and Van Dhan Vikas Kendras of Jharkhand and Bihar had been invited to participate in the exhibition. Being a woman or being born in a tribal society is not a disadvantage, she said. "There are countless examples of

women's contribution in the country and they have made invaluable contributions to social reforms, politics, economy, education, science and research, business, sports and military force, and many other fields," she said.

To become successful in any field, it is very important that they recognise their talent and do not judge themselves on the scale of others, Murmu said. According to her, both the social and economic aspects of women's empowerment are equally important. Later in the day, the President will attend the second convocation of the Indian Institute of Information Technology, Ranchi. Murmu on Wednesday paid obeisance at the Baba Baidyanath temple in Deoghar district. She also inaugurated the new building of the Jharkhand High Court in Ranchi, built at a cost of around Rs 50 crore.

"Amul Infringing On Aavin": MK Stalin Writes To Amit Shah In New Milk Row

CHENNAI: Tamil Nadu Chief Minister MK Stalin on Thursday urged Union Home Minister Amit Shah to direct Gujarat-based dairy giant Amul to desist from milk procurement in the southern state with immediate effect.

Writing to Mr Shah, Mr Stalin drew the Centre's attention to the issues arising out of milk procurement by the Kaira District Cooperative Milk Producers Union (Amul) in the Tamil Nadu milk shed area. Recently, it has come to the state government's notice that Amul has utilised its multi-state cooperative license to install chilling centres and a processing plant in Krishnagiri district, Mr Stalin said.

Also, Amul has planned to procure milk through FPOs and SHGs in and around Krishnagiri, Dharmapuri, Vellore, Ranipet, Tirupathur, Kancheepuram and Tiruvallur districts in Tamil Nadu. "It has been a norm



in India to let cooperatives thrive without infringing on each other's milk-shed area. Such a cross-procurement goes against the spirit of 'Operation White Flood' and will exacerbate problems for the consumers given the prevailing milk shortage scenario in the country. This act of AMUL infringes on Aavin's (Tamil Nadu Milk Producers Federation) milk shed area which has been nurtured in true cooperative spirit over decades.

"This move by AMUL will create unhealthy competition between cooperatives engaged in procuring

and marketing milk and milk products."

"Regional cooperatives have been the backbone of dairy development in the states and they are better placed to engage and nurture producers and to cushion consumers from arbitrary price hikes.

Therefore, I request your urgent intervention to direct Amul to desist from milk procurement from the milk shed area of Aavin in Tamil Nadu with immediate effect," the Chief Minister said. Providing a background to the matter, Mr Stalin said till now, Amul was only selling their

products in Tamil Nadu through their outlets. In Tamil Nadu, like in other States with strong dairy cooperatives, a three-tier dairy cooperative system is functioning effectively since 1981 for the benefit of the rural milk producers and consumers, Mr Stalin said.

"Aavin is our apex cooperative marketing federation. Under the ambit of Aavin co-operative, 9,673 Milk Producers Co-operative Societies are functioning in rural areas. They procure 35 LLPD of milk from about 4.5 lakh pouring members. Under this current arrangement, milk producers are assured of remunerative and uniform prices throughout the year by the cooperative societies."

In order to increase and sustain milk production in Tamil Nadu, Aavin also provides various inputs such as cattle feed, fodder, mineral mixture, animal health care and breeding services for animals of milk producers.

Historic Sceptre, 'Sengol', To Be Placed In New Parliament Building

NEW DELHI: New Delhi: The inauguration of the new parliament building this Sunday will also see Prime Minister Narendra Modi install a historic golden sceptre near the Speaker's seat, Union Home Minister Amit Shah said today. This sceptre, Mr Shah said, was handed over to the country's first Prime Minister Jawaharlal Nehru to mark the transfer of power from British to Indians. The Home Minister said this sceptre is called 'sengol' - which derives from the Tamil word 'sennai', meaning 'righteousness'.

The History

The Sengol came into being after a chain of events that started with a simple question by Lord Mountbatten, the last Viceroy of British India, to Prime Minister Nehru. According to historical accounts and news reports, Mountbatten had asked the soon-to-be-PM what would mark the transfer of power when India attains Independence. Prime Minister Nehru then turned to C Rajagopalachari, the country's last Governor General, for advice. Mr Rajagopalachari, commonly known as Rajaji, told Prime Minister Nehru about the Tamil tradition of the high priest handing over a sceptre to a new king when he comes to power. Rajaji, reports said, said this tradition was followed during the reign of the Cholas and suggested this could mark India's freedom from the Raj. It then fell upon Rajaji to arrange a sceptre for



the historic moment.

The Making of Sengol

Faced with the daunting task of arranging the sceptre that will mark India's Independence, Rajaji contacted Thiruvadhurai Athanem, a prominent mutt in present-day Tamil Nadu. The then seer of the mutt accepted the responsibility. The Sengol was made by Vummidi Bangaru Chetty, a jeweller in then Madras. It is five feet in length and has a 'nandi' bull on top, symbolising justice. The Handover. According to reports, a senior priest of the mutt first handed over the sceptre to Mountbatten and then took it back. It was then sprinkled with gangajal, taken in a procession to Prime Minister Nehru and handed over to him, reportedly 15 minutes before midnight, when India attained Independence. A special song was composed and rendered as Prime Minister Nehru received the sceptre.

Sengol's Place In New Parliament

The history and significance of the 'sengol', the Home Minister said, was not known to many. Its installation in the new parliament, he said, was an attempt to link our cultural traditions with our modernity. The plan to install the sengol in the new parliament also reflects the far-sightedness of Prime Minister Modi, Mr Shah said. The sengol is now at a museum in Allahabad from where it will now be brought to its new address - the parliament.

Responding to media queries, Mr Shah stressed that the Sengol should not be linked to politics. "We want the administration to run by the rule of law and this will always remind us of that," he said. The installation of the sengol, now at a museum in Allahabad, in parliament puts the spotlight on a forgotten episode of history.

Delhi ex-minister Satyendar Jain hospitalised after falling in Tihar Jail bathroom

New Delhi, May 25: Former Delhi Minister Satyendar Jain has been hospitalised after he slipped and fell in the bathroom at Delhi's Tihar Jail, officials said on Thursday.

Jain, who has been detained in Tihar Jail since last year, has been admitted to the Deen Dayal Upadhyay Hospital with minor injuries.

"This morning around 6 am, under trial prisoner (UTP) Dr Satendra Jain slipped and fell in the bathroom of the Medical Inspection (MI) room of the hospital of Central Jail (CJ-7), where he was kept under observation for general weakness," as per an official statement from the prison officials.

According to officials, Jain was examined by doctors and his vital organs were found to be normal. "He was further referred to DDU Hospital as he complained about back, left leg and shoulder pain," said an official statement from prison officials.

On Monday, the former AAP minister Jain was taken to Safdarjung Hospital after he complained of health issues. AAP has claimed that Jain suffers from acute lumbar pain, causing vertigo and chronic lower back pain due to a slipped disc. The pain radiates throughout his lower limbs, leaving him with a constant tingling sensation and



decreased mobility, the party said.

A recent MRI conducted on May 3 demonstrated degeneration in all intervertebral discs of Satyendar Jain leading the doctors to advise urgent spinal/vertebral surgery and proper post-operative care, read the AAP statement.

However, the AAP said, Jain has been placed as No 416 on a waiting list by jail authorities and is expected to be able to undergo the surgery only after a further

five months.

Earlier this month, on May 15, Jain had moved a plea in the Supreme Court, seeking bail in the alleged money laundering case against him. He has challenged the Delhi High Court's order dismissing his bail plea in the alleged case.

Jain was arrested on May 30, 2022, under sections of the Prevention of Money Laundering Act (PMLA) by Enforcement Directorate and is presently in Judicial Custody in the case.

The ED case is based on a Central Bureau of Investigation (CBI) complaint registered on the allegation that Satyendar Jain had acquired movable properties in the name of various persons from February 14, 2015, to May 31, 2017, which he could not satisfactorily account for.

Another 2 cheetah cubs born in Kuno die from "apparent dehydration and weakness"

SHEOPUR, May 25

Two cheetah cubs born in Madhya Pradesh's Kuno National Park nearly two months ago died on Thursday due to "sweltering heat and weakness", the official said.

As per the officials, the cubs which were born to a Namibian cheetah on March 24, died from apparent dehydration and weakness within the fenced area housing the mother and cubs. A female cheetah named Jwala brought from Namibia at Kuno

National Park in Madhya Pradesh's Sheopur district, gave birth to four cubs in March this year.

After the death of the cubs, the total number of cubs has now been reduced to one at Kuno Park.

"After the death of one cub, the remaining three cubs and the female cheetah Jwala were monitored continuously throughout the day by wildlife doctors posted in Pampur. Supplemental food was given to the Cheetah Jwala during the day.

During monitoring, the condition of the remaining 3 cubs did not seem normal," the official statement said on Thursday. It further said that the cubs could not be saved despite all medical efforts due to their critical condition. "It is also worth noting here that the date 23/05/2023 was also the hottest day of this summer season. The day's maximum temperature was around 46-47 degree Celsius. Extremely hot winds and heat waves continued throughout the day.

I tried Beats Studio Buds Plus and they confirmed my love for AirPods Pro 2

NEW YORK: My impression of the Beats Studio Buds Plus when I first saw them online was they were unusually cool-looking earbuds - an impression that intensified when I later held the actual Beats Studio Buds Plus case in my hands.

As a regular AirPods Pro 2 user, I'm used to having ridiculous white stems sticking out of my ears. But given the AirPods' ubiquity, such a look has become commonplace and so there's no need for me to feel self-conscious when wearing the AirPods Pro 2, the best wireless earbuds for iPhone owners.

The Beats Studio Buds Plus, on the other hand, look positively metal, and I mean that in the best possible way. They may be available in black/gold, ivory, and transparent options, but for me, transparent, with its H.R. Giger

vibe, is the only possible Beats Studio Buds Plus choice. Taking them out of their matching case and putting them in my ears, I feel like a cyborg, which is very much the opposite of the feeling I get from AirPods Pro 2.

At \$169 / £179 / AU\$269, the Beats Studio Buds Plus are priced midway between premium noise-cancelling wireless earbuds like the AirPods Pro 2 and the original Beats Studio Buds, which sell for \$149.99 / £129.99 / AU\$199.95. What is it about the new model that earns it a Plus designation?

For one, it has up to 1.6x higher noise-cancelling capability than the original, according to the company. It also has a rated battery life of 9 hours and up to 36 hours with the charging case. That's a big battery boost over the Beats Studio Buds, which

maxed out at 5 hours for the buds, and 15 hours with the case. Unfortunately, similar to its predecessor, the Plus doesn't support wireless charging - a feature that, as an AirPods Pro 2 owner, I've come to depend upon. (A USB-C to USB-C charging cable is included.)

Beats Studio Buds Plus case against gray and green background One AirPods Pro 2 feature that Beats does have is Find My in iOS (and there's also Find My Device in Android), which is great because the buds themselves are small, more so than any other wireless earbuds I've handled. There's also Spatial Audio support, though you don't get the same head-tracking capability found on Apple's buds.

The Plus buds use a custom two-layer transducer and there are three acoustic vents on each that

Beats says help to improve both audio quality and comfort. Mics on each bud are also three times larger than the ones on the previous Beats Studio Buds, a factor that's said to improve both noise cancelling and call quality.

Beats Studio Buds Plus buds are IPX4 sweat and water-resistant, making them a good option for working out, and they come with small, medium, large, and extra-large ear tips. Using the medium ear tips the buds shipped with, I found them to be a comfortable and secure fit, with multiple gym workouts, including sweaty spin cycle sessions, failing to dislodge them.

Convenient Beats Studio Buds Plus features include one-touch pairing, a native Apple tech that lets them instantly connect with all devices in your iCloud account, and there's also Google

Fast Pair for Android devices. Always-on Siri support gives you hands-free control over streaming and phone calls, and multifunction buttons on each bud provide user-configurable controls for music playback, calls, and Siri voice assistant.

Beats Studio Buds Plus buds in listener's ear On with the Beats Studio Buds Plus, I started things out casual, mostly listening to podcasts and internet radio news stations.

I also tested out noise cancellation at the gym, a place where I find good noise-cancelling headphones to be a necessity. The Beats Studio Buds Plus immediately struck me as having a crisp sound, though a bit too treble-forward. I could easily hear this with news announcers on radio

programs, where sibilants were emphasized. Listening to a few podcasts I subscribe to, there was also a mid-range leanness, something that was especially evident with the male voices I'm used to hearing regularly.

Noise cancellation was good for the most part. Midrange sounds, like the voice of a dude on a stationary bike near me who was having an annoyingly loud and extended phone conversation - tended to cut through more than I would have liked, but higher-frequency sounds were mostly eliminated. Back home, I switched over to music listening and had mostly similar impressions of the Beats Studio Buds Plus.

Streaming PJ Harvey's Water via Tidal, the snare drum had a crisp but somewhat papery sound, and the kick drum, while

deep, lacked definition. The Beats seemed to have a scooped-out "smiley face" EQ, one that emphasized the highest and lowest frequency ranges with the consequence that mid-range sounds such as Harvey's voice "float" in the mix in a somewhat disembodied way.

Playing a Spatial Audio mix of Beck's Thinking About You on Apple Music next, the edge treble I had heard with both podcasts and the PJ Harvey track was in evidence, and so was the good bass extension, but less good bass definition. This track has several layers of acoustic instruments like guitars, mandolin, and harmonica happening, and the natural quality of those sounds were obscured to a good degree by the somewhat aggressive sonic signature of the Beats Studio Buds Plus.



THOUGHT OF THE DAY

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

JINDRAH IMAGES

Ladakhi groups go flexible

After getting no response from the Central government, the Kargil Democratic Alliance (KDA) and the Leh Apex Body (LAB), two groups spearheading struggle for constitutional safeguards for Ladakh, have shown flexibility as they are now ready to hold unconditional talks with the Centre on their four-point agenda, including the demand for full-fledged statehood status and extension of the Sixth Schedule of the Constitution to the arid region. On Tuesday, KDA and LAB, comprising members of all major social, religious and political groups, except the BJP, of two districts in Kargil town, had a joint meeting wherein they resolved that they have never shied away from dialogue and were ready for talks, whether at the level of Union Home Minister or his deputy (MoS), on the four-point agenda for Ladakh safeguards. The meeting also decided to extend full support to the 10-day fast announced by the engineer-turned-educational reformer, Sonam Wangchuk, starting from May 26, on their four-point agenda. Wangchuk had earlier a five-day protest fast in January early this year. The joint meeting did not press for any agitational mode of their struggle for fulfillment of their major demands. All members including 13 of KDA and 15 members of LAB held discussions over the response of the Central government to the demands included in the four-point agenda. It has been decided that the core committee of two groups after having dialogue with the Union Home Minister or his deputy, decide to hold a meeting with the High Powered Committee (HPC) set by the MHA. The HPC was constituted by the Ministry of Home Affairs to ensure the protection of land and employment for the people of Ladakh. According to an MHA order, the 17-member committee would discuss measures to protect the region's unique culture and language taking into consideration its geographical location and its strategic importance. The order, however, was silent on the key demands of the LAB and the KDA, which include statehood for the Union territory of Ladakh, constitutional safeguard under the Sixth Schedule of the Constitution of India, formation of Public Service Commission and reservation of jobs for youth of Ladakh, and creation of two separate parliamentary constituencies for Leh and Kargil. Ladakhi groups have made it clear that if the central government extends an invitation, the core committee of the KDA and LAB would select a joint delegation for the dialogue. On January 15 this year, prominent leaders belonging to KDA and LAB had staged a strong protest here in Jammu as part of a campaign to press for their four demands. They had decided to stay away from the HPC constituted by the Ministry of Home Affairs as the government, what they alleged, ignored their four-point agenda and also paid no heed to their suggestion about the composition of the panel, despite having separate meetings with the Union Home Minister. Later, they had also held demonstrations at Jantar Mantar in New Delhi. The UT administration of Ladakh had virtually recently conceded to one of the four major demands raised by Ladakhi groups agitating for "constitutional safeguards for protection of land and employment" for locals and made Ladakh Resident Certificate mandatory while initiating the process for recruitment to 559 Gazetted posts in the school education department. It would be interesting as to how the Centre would respond to the olive branch extended by warring groups in Ladakh.

AT CORE OF PAK SAGA IS ARMY CHIEF & IMRAN'S EGO

THE VICTIMISATION OF IMRAN AND HIS MEN IS A REPLAY OF HOW HE DEALT WITH THE OPPN AND HIS CRITICS WHEN HE WAS THE PM

LUV PURI

HAMARI Fauj Hamara Fakr (our army, our pride) is the slogan on one of the banners hanging in the busy streets of Karachi, Pakistan's prime financial city, as the Pakistani establishment - a term colloquially used to refer to the Pakistani army - carries out its damage-control exercise after the embarrassing scenes of May 9. Ever since that episode, marked by rioting, including violence on the premises of army installations, the establishment has struck back, with thousands of political activists arrested. As instability continues in the nuclear-armed Pakistan, it is important for the world to make sense of the prevailing complexity by shunning binary frameworks and self-serving propositions.

First, it will be wrong to see the developments over the last few weeks as something of a revolt against the Pakistani army and a cry for civilian control. It is inherently a power struggle in which a former protégé of the Pakistani army, his former Prime Minister Imran Khan, has become a Frankenstein's monster. The victimisation of Imran and his supporters is a replay of how he as the PM dealt with the then Opposition and critics. In view of the vicious verbal attacks by Imran against the Pakistani army leadership, the reaction of the deep state has been ruthless.

At the core of this saga is the ego tussle between current army chief Gen Asim Munir and Imran. It goes back to Gen Munir's tenure as the ISI Director General (DG) when he had appraised the then PM Imran about the alleged corrupt dealings of his wife, which had resulted in his (DG's) transfer.

Second, the power struggle comes in the background of a perceived politicisation of the judiciary. The 18th Amendment to the Pakistan Constitution, passed by the National Assembly on April 8, 2010, aimed to plug the structural anomalies that had arisen because of repeated military coups. It gave a semblance of federal autonomy to the provinces and the Eighth Amendment to the Constitution of Pakistan that gave the power to the President to dismiss any elected government was removed. The then ruling Pakistan People's Party (PPP) leadership agreed to the passing of the 19th Amendment in



December 2010, which diluted the power of the parliament to consider the conduct of judges and their appointments.

Recently, Pakistan's Foreign Minister Bilawal Bhutto Zardari informed the parliament that they had had to compromise in passing this provision. This was a hint to the fact that otherwise, the then Chief Justice Iftikhar Chaudhry may have declared the 18th Amendment as a negation of the basic structure of the constitution. In the ratifying body of the appointment of judges - the Judicial Commission of Pakistan - there is a six-judge majority in the nine-member commission. In this connection, Pakistan Muslim League-Nawaz (PML-N) leader Mariam Nawaz's recent public utterances against Chief Justice Umar Ata Bandial after he allowed bail to Imran are not a surprise. Interestingly, the judge next in line to the post of chief justice is considered to be not to Imran's liking.

Three, going by the social media metric, it may seem that Imran is invincible electorally. This may be true in a given context as apart from people being smitten by his celebrity appeal and the establishment of a premier cancer charitable hospital by him, a considerable percentage of the urban and semi-urban population is tired of baradari (caste-based) politics.

However, the PML-N's control

over Punjab, which is the most populous and electorally decisive province in Pakistan, cannot be underestimated. The prevalent structure of baradari politics in rural areas with a population of 70 million against 40 million in the urban areas of Punjab is a factor that cannot be ignored. In many contexts, across the world, we have seen that the social media metric and street power are not the same as the electoral strength on the ground. In this regard, the PML-N, founded in 1988, has considerable political capital as also skills to influence the verdict in Punjab. This was manifested in its recent political engagements with local actors such as the Chaudharies of the PML-Q (Quaid-e-Azam) in the Gujrat area of Punjab. The case of the PPP's cadre in the non-Karachi area of Sindh is no different. Four, like in other parts of the Global South where the army is the predominant institution, the Pakistani army has mastered the art of machination required to thwart internal critics questioning its supremacy. It has launched a campaign to bring the "arsonists who attacked the civil and military installations to justice through trial under relevant laws, including the Pakistan Army Act and Official Secrets Act." The resignation of some senior leaders of the Pakistan Tehreek-e-Insaf (PTI) and the toning down of Imran's tirade against the army leadership in the past few days indicate that these

actions have had an effect. Overall, the fundamentals of Pakistan's internal polity remain as they were before May 9. This is also true of the external factors that possibly influence its polity. After he lost the no-confidence motion in parliament, Imran accused the Joe Biden administration of being instrumental in the 'regime change' as he had refused to give Pakistani airbases or airspace to the US for its counter-terrorism operations. There is no such grandstanding now. In fact, through various interviews and reported hiring of lobbyists in the US, efforts have been made to improve his ties with the Biden administration.

India-bashing and Kashmir-related rhetoric are potent tools for politicians to increase their popularity in Pakistan.

Imran is no different. In contrast to Imran's allies, the current alliance partners - the PPP and PML-N - are experienced entities. They know that political will is not the only vector in the conciliation efforts with India as they involve heavy lifting on many fronts. On the whole, the international community should be careful about perceiving the current power struggle in Pakistan as a fight for civilian supremacy.

It is innately a classic tussle between powerful individuals and institutions that have become adept at selectively using the lexicon of democracy, rule of law and the Constitution to their advantage.

India needs to prioritise aerial war against terrorism

HAVING SUFFERED CROSS-BORDER TERRORISM FOR SO LONG, INDIA OUGHT TO HAVE AN ACTIONABLE 'TERROR TARGET' LIST

GP CAPT MURLI MENON (RETD)

THE 'Global War on Terrorism', launched by the US after the 9/11 attacks, has run out of steam following its chaotic withdrawal from Afghanistan in 2021. American priorities regarding terrorism have traditionally centred around its own interests, leading to ambivalence towards entities such as Pakistan-based Lashkar-e-Taiba chief Hafiz Saeed and fugitive underworld don Dawood Ibrahim. Almost 15 years after the Mumbai terror attacks, a US court recently consented to India's request, submitted through the US government, for the extradition of Pakistani-origin Canadian businessman Tahawwur Rana, who is a 26/11 accused along with Hafiz and others. It was in 2019 that India had declared Hafiz, Dawood and Jaish-e-Mohammed chief Masood Azhar as terrorists under the amended Unlawful Activities (Prevention) Act.

Recent incidents in Syria have strengthened the case of terror-hit nations such as India to undertake remedial action. Late last month, the Turkish intelligence forces claimed to have neutralised ISIS leader Abu al-Hussein al-Husseini al-Qurashi. Earlier, US forces, along with the Syrian Democratic Army in one case and by the Central Command in another, took over two prominent ISIS leaders in northern Syria - Hamza al-Homs and Ayyad Ahmad al-Jabouri. All three were killed apparently in airstrikes.

Having suffered cross-border terrorism for over three decades, India ought to have an actionable, prioritised 'terror target' list. Freedom from terror would be a mandatory



prerequisite for the nation to fulfil its economic and strategic aspirations. Accurate intelligence and precision strike capabilities would be the bulwark of any effective aerial counter-terror campaign. It's also time to look at 'grey zone' operations, such as special forces and intelligence-based hard kills. The advent of military jet packs and body suits for paratroopers offers interesting possibilities to augment

the surprise element of the special forces. To achieve force multiplication, the integration of the Garud Commando Force and MARCOS (Marine Commandos) with the counter-terror campaign would be well advised. The April 20 Poonch ambush makes it clear that there will be no let-up in terror attacks. Even as former Pakistan army chief Gen Qamar Javed Bajwa has admitted in an interview that his country's

army is ill-equipped to wage a conventional war against India, a desperate Pakistani establishment could opt for more terror strikes along the LoC. Air power has been the preferred option - virtually the silver bullet - for nations to deal with international and cross-border terrorism. India's reluctance to take recourse to this vital element of military firepower against terrorist elements could, perhaps, be on account of the government's fear of aggravation of the existing conflict. Deniability, therefore, becomes an important aspect of any modern air-launched anti-terror campaign, pushing the case for India to have special forces and UAV capabilities built into the force framework. A parallel strategy would be political and military signalling. The 2019 Balakot airstrikes, executed days after the Pulwama terror attack, were an example of conveying a stern message effectively.

Military Operations Other Than War (OOTW) such as PsyOps and cyber warfare are other doctrinally exploitable options to achieve results in a counter-terror campaign. Improvements in hard-kill capabilities of UAVs (both in terms of potency of warheads and secure, unjammable means of guidance), along with improved electronic intelligence-gathering techniques, would weigh in favour of the attacker. Circumstances would dictate whether fighter aircraft, attack helicopter or drone-based neutralisation of terrorist entities is optimal. Besides, these have the advantage of limiting collateral damage, especially in hair-trigger situations. Advancements in night vision optics and improved stand-off ranges further facilitate the execution of an air war on terror targets. Aggressive and continuous

training would be important, too, to form a competent team of combat pilots and support teams specially picked for the role. Needless to say, given the timely decision-making and political will to push for results, punitive airstrikes would be the best option to make a statement against a terror-mongering neighbour. An all-out war may not be a strategically viable option.

Notwithstanding the perception that India would desist from taking strong action against terror elements operating from Pakistan during its current presidency of the G20 and the Shanghai Cooperation Organisation, there is a need to prepare the armed forces for any eventuality. The latest drone attack on Russian President Vladimir Putin's Moscow palace, regardless of the controversy over who actually carried it out, would bolster the viability of drones to neutralise major targets. Despite limitations in range and effective hardware, the Ukrainians managed to send a strong message to the Russian leadership. Accurate intelligence and more capable drone guidance technologies would enable enhanced anti-terror airstrikes in various parts of the globe.

India's indigenous drone programme needs to deliver expeditiously in this area, more so since cutting-edge technology for such targeting would not be readily available in the international market. We have the wherewithal in terms of indigenous space-based assets to facilitate remote UAV targeting. It is little wonder that even the proposed sixth-generation US Next Generation Air Dominance platforms would have integral drones, indicating the inevitable shift towards unmanned aerial warfare.

Kiara Advani wants to go back to vacation, shares unseen pic with Sidharth Malhotra

Kiara Advani and Sidharth Malhotra recently returned back to Mumbai after their vacation in Japan. But it seems that Kiara is still not in the mood to get back to work as she shared an unseen throwback picture from the trip on her Instagram Stories.

Kiara shared a beautiful picture with Sidharth Malhotra from her vacation on her Instagram Stories. They are seen walking hand-in-hand in a lane that was covered with bright orange poles of some sort, making the background look straight out of a fairytale. Kiara captioned the Instagram Story with, "Take me back already (orange heart emoticon)." Although neither of their faces were visible, Kiara was seen in a pink jumpsuit while Sidharth wore an all-blue combo of jacket and pants. Kiara and Sidharth's return

On Tuesday, the Shershaah couple were spotted together as they returned from their Japan vacation at the Mumbai airport. In the video captured by a paparazzo account that was soon posted on Instagram, Sidharth and Kiara were spotted arriving at the airport holding hands.

Sidharth and Kiara's love story Kiara and Sidharth fell in love during the shooting of their 2021 film Shershaah, which was a biopic that told the real-life story of late Kargil war hero and Param Vir Chakra-awardee Captain Vikram Batra.

Kiara and Sidharth married in a private ceremony earlier this year in Rajasthan.

Kiara wore a pink Manish Malhotra lehenga, while Sidharth opted for an ivory sherwani by the same designer for their wedding.



Neha Sharma Is A Fabulous Actor, I Think She's Been Underutilised: 'Jogira Sara Ra Ra' Director Kushan



Kushan Nandy's next directorial 'Jogira Sara Ra Ra' is all set to hit the theatres today. The film stars Nawazuddin Siddiqui and Neha Sharma playing the lead actors. Speaking about Neha Sharma, director Kushan has an interesting story about her casting. He says, "I had seen a music video of Neha, and I thought she was goofy, funky and I could see a lot of pep in her. I called her over and then I found her to be a very intelligent person. While shooting for 'Jogira Sara Ra Ra', I realised she is a fabulous actor. I think she's been underutilised. She has this penchant for surprising you. I am sure that in the coming years, she is going to become something big. I definitely think 'Jogira Sara Ra Ra' is one of her best performances."

Very few people are aware that while shooting for 'Jogira Sara Ra Ra', Kushan Nandy was also infected with Covid-19 and was also hospitalised. It was during the second walk in the country and Mumbai was badly affected.

Talking about that Kushan Nandy says, "Shooting of 'Jogira Sara Ra Ra' was difficult, it was tough to travel to different places at a time when the world was battling Covid-19."

Rocky Aur Rani Kii Prem Kahaani first look posters: Ranveer shows ripped chest, Alia Bhatt hypnotises with her dark eyes

Earlier this year, filmmaker Karan Johar completed the shoot of his upcoming directorial venture Rocky Aur Rani Kii Prem Kahaani. The family drama features Ranveer Singh and Alia Bhatt in lead roles. On Thursday, the cast and makers released Rocky Aur Rani Kii Prem Kahaani's first look. This is Karan's first film as a director since 2016's Ae Dil Hai Mushkil, which had featured Anushka Sharma and Ranbir Kapoor. Karan Johar also turned 51 on Thursday.

Taking to Instagram, Karan Johar wrote, "An absolute



'heartthrob', who wears his own heart on his sleeve - meet Rocky! Rocky Aur Rani Kii Prem Kahaani in cinemas 28th July, 2023..." In the poster, Ranveer wore funky sunglasses and a gold chain around his

neck. He also showed his ripped body in the almost bare-chested image as he wore an animal printed shirt and gave a goofy expression. In another poster, Ranveer Singh wore a studded leather jacket. Alia Bhatt sported

kohl-rimmed eyes, black bindi and a huge nose ring in the first look posters of her Aur Rani Kii Prem Kahaani avatar. Sharing her images on Instagram, Karan wrote, "Ladies and gentlemen, the queen is here to steal your hearts - meet Rani!" One said, "Uhhhhhh (heart eyes emojis)." Another praised Alia, and said, "Gorgeous as always." Earlier on Wednesday, Karan had shared a behind-the-scenes video from Rocky Aur Rani Kii Prem Kahaani. It featured Alia Bhatt, Ranveer Singh, Dharmendra, Shabana Azmi

and Jaya Bachchan. The clip also had several glimpses from Karan's movies over the years including his debut film Kuch Kuch Hota Hai (1998), Kabhi Khushi Kabhie Gham (2001), My Name Is Khan (2010) and Ae Dil Hai Mushkil (2016). In the clip, Karan had said, "Love comes with its conflicts and challenges but it's the most beautiful feeling in the world. As I look back on my journey of 25 years as a filmmaker, I'm filled with immense gratitude. What began as a small attempt to share stories of love friendship and family that resonated within me."

'RRR' actor Ray Stevenson dies, Rajamouli says working with him was 'pure joy'

Director SS Rajamouli on Tuesday remembered actor Ray Stevenson, who played the villainous British governor in RRR, as someone who brought "infectious" energy to the film's sets.

Stevenson died in Italy on Sunday, four days before his 59th birthday, his publicist confirmed with entertainment website Variety. No cause of death was available. In a Twitter post, Rajamouli said he was shocked to know about the Irish actor's death.

"... Just can't believe this news. Ray brought in so much energy and vibrancy with him to the sets. It was infectious. Working with him was pure joy. My prayers are with his family. May his soul rest in peace," the filmmaker captioned a throwback picture with Stevenson from RRR sets. The official Twitter page of RRR shared a behind-the-scenes photo of the late actor filming a crucial action scene in the movie.

"He was 56 years old when we were shooting this difficult scene but he did not hesitate while performing this stunt. We will forever cherish having you on the sets of #RRR, Ray Stevenson. Gone too soon," the tweet read. In his career spanning 25 years, Stevenson also played Volstag, an Asgardian warrior in the Thor films and a member of the 13th Legion in the BBC/HBO drama series Rome.

Filmmaker James Gunn said while he didn't work extensively with Stevenson, he has fond memories of collaborating with the actor while shooting post-credits scenes of Thor: The Dark World (2013). "Damn. So sorry to hear about the passing, far too young, of Ray Stevenson."

ADITI RAO HYDARI dazzles in blue gown on return to Cannes, says 'Nice to meet you again'



Aditi Rao Hydari returned to the Cannes Film Festival on Wednesday, dazzling in a cool blue gown on the French Riviera. She shared the pictures of her latest photoshoot on Instagram where colleagues and fans commented that she looked stunning in the Oscar de la Renta gown. The actor was making her second trip to Cannes, after making her debut last year with L'Oréal Paris. First look from Cannes

On Instagram, Aditi posted four photographs from

the first shoot at Cannes this year. She wrote, "Nice to meet you again Cannes (blue heart emoji) #walkyourworth #cannes2023 @lorealparis." In the first picture, Aditi is sitting on the cobble street in the 'duck egg' blue flared strapless Oscar de la Renta gown. She did not wear shoes for this photo. In the second photo, the actor shows off her cuffed diamond earrings by Tuula Jewellery. In the next two photos, the actor can be seen walking along the small quaint streets of the French seaside town.

Friends and fans dropped heart eyes and red heart emojis on Aditi's post. Stylist Anaita Shroff Adajania commented, 'Beauty' and added a blue diamond, while Shweta Tripathi Sharma wrote, "Stunninggggg." Sophie Choudry added, "Lovely adu." One fan shared blue heart emojis and wrote, "Killed it!" While another said, "best look at Cannes."

Memories of last year Last year, when she walked the red carpet for the first time, Aditi had spoken about the pressure of making her debut at Cannes. She told Film Companion in an interview, "[Sabyasachi] was chatting with me and I was like... You know I am a tiny person, now I cannot compete with like all the giraffes around me," clarifying that she means giraffe in a good way. She had added, "I am an actor and I am a tiny person and it's fine. I am okay with it you know. So I have to be comfortable with who I am and how I present myself. Yeah so I am going to attempt it."

Aditi was recently seen as Anarkali in the Zee5 series 'Taj: Divided by Blood'. She also appeared as Sumitra Kumari in the Prime Video series Jubilee. Later this year, she will be a part of the ensemble cast in Sanjay Leela Bhansali's series Heeramandi.

Siri Ek Bandaa Kaafi Hai, Bhediya, City of Dreams S3, Pachuvum Athutha Vilakkum: OTT releases this week



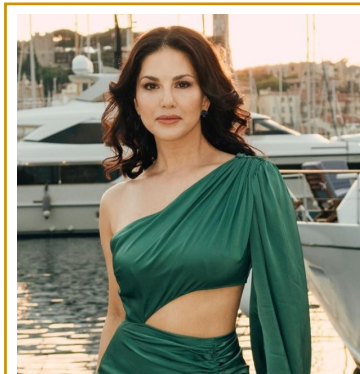
Streaming platforms are back with a fresh lineup of movies and shows. Here is a quick look at what's arriving on Netflix, Amazon Prime Video, Disney plus Hotstar, ZEE5, JoCinema and other platforms this week.

Starring Manoj Bajpayee, the Hindi court-room drama is based on the true story of a lawyer's long battle against a self-styled godman who was accused of sexually assaulting a minor girl. The film written by Deepak Kingrani is directed by Apoorv Singh Karki. The true-crime documentary sheds light on the cracks in the social justice system and the struggles of sexual assault survivors. The documentary is centred around the work of investigative journalist Rachel (Rae) de Leon who notices a pattern in which sexual assault survivors are being arrested for 'falsely' reporting a rape. In the upcoming action-comedy drama series starring Arnold Schwarzenegger, a father and daughter discover they both secretly work for the CIA. Created by Nick Santora, the series also features Monica Barbaro.

The Varun Dhawan and Kriti Sanon-starrer horror-comedy will have its digital premiere after its theatrical release in April. Directed by Amar Kaushik, the film is part of the producer's horror-comedy universe comprising Street and Roohi.

The third season of the popular series will continue to track the feuds within the Gaikwad family. Directed by Nagesh Kukunoor, the series features an ensemble cast of Atul Kulkarni, Priya Bapat, Sachin Pilgaonkar, Sushant Singh, Eijaz Khan and Ranvijay Singh.

The Malayalam comedy drama starring Fahadh Faasil tells the story of a Mumbai-based middle-class businessman who travels to Kerala to run an errand. The film written and directed by Akhil Sathyam also features Anjana Jayaprakash and Indrans in key roles.



Internet loves Sunny Leone's bold satin gown look for Kennedy premiere at Cannes Film Festival 2023

Sunny Leone recently made her Cannes red carpet debut in a red velvet outfit, and also walked the red carpet for the second time in a beautiful satin gown during the premiere of her film Kennedy. The actor along with the filmmaker Anurag Kashyap and co-star Rahul Bhat walked the red carpet ahead of the sold-out midnight screening of their movie Kennedy. Photos and videos of Sunny smiling and posing on the red carpet premiere from the prestigious festival are all over social media. Sunny wore a one-shoulder

pale pink gown for the premiere. The former Bigg Boss contestant finished off her look with glamorous makeup to make her glow. She had her hair tied in a sleek bun to up the oomph factor, and paired her look with just the right accessories: stunning diamond earrings. Twitter calls Sunny Leone 'India's real deal at Cannes 2023'. Sharing her red carpet video on Twitter, a fan wrote, "Goddess Sunny Leone." Another said, "Love her look, elegant and fuss-free." A

Twitter user also said, "I like how she's flowing on the red carpet in that pink dress." One Twitter user also praised the actor for her Cannes feat, and said, "What an incredible achievement for Sunny Leone. It is a tight slap on whoever belittled her. When she walks the red carpet at Cannes (heart eyes emojis)..." One more tweet, 'Sunny Leone: India's only real deal at Cannes 2023'. Kennedy was showcased during a midnight screening at Cannes Film Festival 2023. Helmed by Anurag, Kennedy features actors Rahul Bhat,

Sunny Leone and Abhilash Thapliyal in the lead roles. The film revolves around an insomniac ex-cop, long thought to be dead, but still looking for redemption. Sunny also shared photos of herself from the premiere on Instagram, and wrote, "The world premiere of Kennedy and I could not be more proud to represent Indian cinema. Such an amazing moment for myself and the entire team!" Also sharing images with Anurag and Rahul, she wrote, "The proudest moment of my career so far! Thank you

@anuragkashyap10 for this moment! And @itsrahulbhat for letting me to share the screen with you in this amazing performance! Love you both!" Sunny Leone felt 'nervous' during Kennedy audition. Last month, Sunny had revealed how she got to be part of Anurag's Kennedy after undergoing a stressful audition. She compared the experience to the worst exam she had taken in her life. Speaking to Galatta Plus, Sunny had said in April, "I went in expecting maybe it was going to be him and a producer."

'Exercise, avoid bangs and invent fairy stories': Henry Marsh's guide to keeping brains healthy



As a neurosurgeon, Henry Marsh has spent several decades making people's brains better (and occasionally, as his memoirs document with breathtaking honesty, making them worse). But that job involved removing tumours and patching up the aftermath of serious head traumas. Keeping a brain in perfect health is an altogether different matter, not least because we understand so little about it. A couple of years ago, the now 73-year-old Marsh agreed to have his own brain scanned. He was not overly worried about what it might show. He exercised well, stayed mentally active and was not displaying any significant signs of cognitive decline. "But it was slight-

ly shocking, because my brain looked rather elderly," he says. "I shouldn't have been surprised because I was 70 years old! But it was rather scary." The more active a brain you have, the longer it takes for the batteries to run down. Still, there are some things that Marsh says we can all do to lessen the probability of problems in the future. "First of all, you want to avoid banging your head," he says. "There's convincing evidence that even minor head injuries cumulatively cause damage. You know, rugby players and football players heading the ball. So I think you should avoid sports which involve repetitive head trauma. It's the idea of the cerebral

reserve: that the more active a brain you have, the longer it takes for the batteries to run down." This theory can be extended to education too. "We know that the older you are when you finish higher education, the lower the risk of dementia," says Marsh. "It's multifactorial, of course, but the theory is that the more connections in your brain, which presumably being educated involves, the longer it takes for the brain to wear out." One way Marsh keeps mentally active is inventing fairy stories for his grandchildren, which he hopes to start writing up properly. "It should be my last book," he says, before adding, grimly: "As with most people I'm horri-

fied by the prospects that face my grandchildren in 30 or 40 years' time. God knows where the world will be." I wonder if this kind of existential dread is damaging for all

tia and depression. The one area that Marsh does think offers fairly conclusive evidence is exercise. "That's verging on a universal panacea," he says. "The people who exercise

THE NEUROSURGEON SPENT DECADES MAKING PEOPLE'S BRAINS BETTER, BUT A SCAN LED HIM TO FOCUS ON THE FACTORS THAT STAVE OFF COGNITIVE DECLINE AND BOOST QUALITY OF LIFE

of our brains but he says the evidence on that is contradictory. Some of it suggests that a certain amount of stress is good for you. "On the other hand, there is some evidence that high blood pressure does cause white matter damage. When I was operating, I would have had episodes of extremely high blood pressure due to the stress, but whether that was responsible for the changes on my scan or not, I don't know." Marsh has worked for periods in Ukraine since the 1990s and was recently in Kyiv, arriving "at exactly the same time as the Russian cruise missiles". That can't have been good for the stress levels. "I wasn't exactly frightened, but I was living very intensely. To say it was enjoyable would be a bit naïf as people were being killed. But I can see why certain journalists and even some doctors become war junkies." It's verging on a universal panacea. The people who exercise regularly have lower rates of demen-

regularly have lower rates of dementia and depression. Although you can't prove causation. Then, of course, there is luck. Marsh has removed countless tumours from brains and says there's never been any obvious reason why some people develop them and others don't. "Every so often you'd see a brain scan of somebody in their 80s that shows relatively little shrinkage or atrophy. We still don't know why that's the case. It could be genetic." For Marsh, it's not his brain he is most concerned about right now but the prostate cancer he revealed he'd been diagnosed with in 2021. The diagnosis has given him a clearer perspective on life, and that applies to our conversation about brain health. "The point I would like to emphasise is that it's about trying to live well," he says. "And a better life is really about helping other people or helping the natural world."

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



Returning to exercise after having a baby has many health benefits, including reducing symptoms of postpartum depression and improving fitness. But many women aren't sure how to return to exercise safely after having a baby. You can start preparing for your return to exercise during pregnancy. By exercising as long as it's safe to do so, you can limit the amount of "deconditioning" (loss of fitness as a result of inactivity) the body undergoes – making it easier to get back to exercise after having a baby. But even if you didn't exercise very much during your pregnancy, it's still possible to transition safely back into exercise after having your baby. The key is to progress gradually and listen to your body every step of the way. Quarter life, a series by The Conversation. This article is part of Quarter Life, a series about issues affecting those of us in our twenties and thirties. From the challenges of beginning a career and taking care of our mental health, to the excitement of starting a family, adopting a pet or just making friends as an adult. The articles in this series explore the questions and bring answers as we navigate this turbulent period of life. One of the first exercises you should do after having a baby is pelvic floor exercises. The pelvic floor helps maintain bowel and bladder function, supports the pelvic organs (bladder, bowel and uterus), and is important in facilitating sexual function and pleasure. During exercise, these muscles also tolerate the forces produced during exercise – those from the ground, transferred up the legs, and those produced internally in your abdomen. Pelvic floor exercises can help prevent urinary incontinence, which affects around one in three women after having a baby. To strengthen the pelvic floor, tighten your muscles by imagining you're trying to stop gas or the flow of urine. Release your muscles again after a second or two. That's one repetition. Aim to do eight to 12 reps, with the goal of eventually holding each rep for ten seconds. Core exercises, such as pelvic tilts or glute bridges, can also be reintroduced in the weeks after delivery. These help to recondition the abdominal wall muscles that have been stretched during pregnancy. Start with just a few repetitions of each exercise at first. You can also try doing body weight exercises such as squats and lunges. Walking also has many health benefits, even in small doses, and is easy to get back into after giving birth. It's safe to walk daily, just be sure not to do too much too soon. And avoid unnecessary strenuous activities in the weeks after giving birth, such as pushing a buggy up a steep hill. This is especially important if you've had a caesarean section, as your recovering muscles may not be ready for this strain yet. After a few weeks of pelvic floor and core training, you'll probably want to progress to low-impact exercises – such as cycling on a static bike or power walking – in order to exert yourself more and reap even more health benefits of exercise. You'll know you're ready to progress if you haven't experienced any issues with your pelvic floor (such as incontinence and vaginal heaviness) or had setbacks such as pain or infections. If lochia – the normal loss of blood following childbirth – has ceased you could also try swimming or water aerobics, which are known to offer many health benefits. If you've already been doing body-weight exercises, consider adding light weights to progress your strength.

The golden rules of strength training for beginners

New to lifting? Let these tips guide you towards a successful workout and better performance on the run

When it comes to making strides, runners are, more often than not, laser-focused on adding mileage. That's not a bad approach – more miles are one way of becoming a better runner. But there's more you can do: strength training. In general, strength exercises help with maintaining or increasing muscle tissue and improving bone density over time, as well as helping to reduce injuries and body fat," says Yusuf Jeffers, a strength, conditioning and running coach. "When applied to a runner, strength training will help with increasing speed, power, and neural adaptations."

If you're not used to lifting, getting started can feel intimidating. So, some strength and running pros let us in on the golden rules of weight training – tips that build the foundation of an effective and efficient strength running programme, particularly for runners.

"Novice lifters should start without weight, and with the guidance of a professional, to learn proper technique and emphasise correct movement charac-



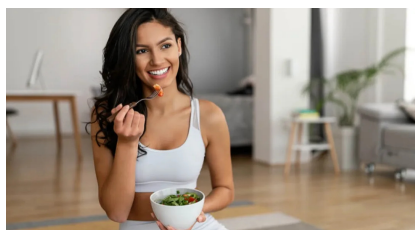
teristics," says Natalie Niemczyk, a physiotherapist and owner of Revolution Running Physical Therapy in New York. You want to allow the body to go through an adjustment period, in which you may feel increased fatigue and need more recovery – similar to when you begin. Once you've mastered body-weight programme, step it up to light weights. The stimulus you'll get, even with light-

weights, will be plenty at the beginning of your strength journey, says Andy Speer, a Peloton tread and strength instructor. He notes that technique, balance and range of motion are all more important initially. "Isometrics are a powerful training tool, especially for runners," says Speer. "Holding positions for 30 to 60 seconds, such as lunges and single-leg balances, helps strengthen muscles, connective tis-

sue and your core." Also, it may be the best way to help fortify the body against internal and external forces, which will help you to maintain a stable posture during activities such as running. This is an important factor, as good running posture can make you more efficient, as well as help ward off overuse injuries, such as knee and IT band pain. Glutes, or the group of muscles in your backside, are your powerhouse as a runner. And when it comes to sprinting performance, research has found that strong glutes are key. The quads and hamstrings also play a crucial role. What about the rest of the leg, though? People often neglect everything below the knee – but you shouldn't. "Your calves and tibialis anterior (the muscle in the front of your shin) are very important in running," says Speer. The former lift your heel and provide a lot of the power required for running, while the latter helps with dorsiflexion (the action of toes pulling up to the shin). Speer's advice: using a wall to balance, perform bodyweight calf raises and toe

11 Simple Tips To Lose Weight That You Probably Haven't Thought Of

According to Times of India, the winter is the most common season to pack on the pounds and the summer is the most likely one to shed them. This could be due to the fact that the colder temperatures inhibit production of growth, which ultimately impacts our diets, or because the shorter days cause us to be less active. Regardless, if your clothes feel a bit tighter right now than normal, you're not alone. If you're aiming to lose a few pounds, then read the not-so-groundbreaking (but also not-so-obvious) tips below.



1. Toss the Junk Food Don't make your goals harder than they need to be. Instead, be your own ally and get rid of tempting sugary snacks or junk food around the house. Out of sight, out of mind! throwing away food 2. Cut out Creamer or Sugar From Your Daily Coffee If you're an avid coffee drinker, altering your go-to morning brew could help you shed a few pounds. Consider swapping out sugar and flavored creamers for milk or other unsweetened dairy-free alternatives. Or drink it black!

3. Eat Breakfast Within 30 Minutes of Waking Up The "breakfast is the most important meal of the day" mantra is more than just a saying, it's a fact. According to WebMD, eating breakfast within 30 minutes of waking up will help kickstart your metabolism, which will help you burn calories throughout the day. It's important to choose high-protein breakfast options like Greek yogurt, overnight oats, or steak and eggs to provide your body with the energy and nutrients that it needs.

4. Say "No" to the Breakroom Treat Snacking, or eating between meals, is known to cause weight gain because it's added calories that will throw off your appetite and eating schedule. Sometimes a snack is necessary, but oftentimes, we reach for snacks out of boredom, stress, or some other motive aside from hunger. 5. Stop Eating After 7pm According to Harvard Medical School, late-night eating can lead to weight gain because our bodies produce less leptin, a hormone that con-

trols satiety, in the later hours of the day. Research also found that our bodies cannot burn calories as quickly at night and will store extra calories as fat instead of as usable energy. 6. Plan and Prep Your Meals Planning what to eat for each meal will help you combat cravings and avoid overeating. 7. Swap out a Bun for a Lettuce Wrap Everything is okay in moderation, but bread and buns are high-carb foods that offer very little nutritional value. Reducing your intake of these types of foods will help you lose weight. Replace your bun with a lettuce wrap the next time you're mak-

ing a sandwich, taco, or burger, or try a whole grain option instead. 8. Trade in Wine for Tequila/Tonic While delicious, wine is not the best alcoholic drink option if you're trying to lose weight. This is because it's high in sugar and calories. According to the Cleveland Clinic, a 5-ounce glass of wine is 125 calories. Try a tequila and tonic instead, and you may just see a lower number on your scale. 9. Reduce Your Serving Size It may not be what you're eating, but how much you're eating. Consider cutting your portions down, especially when you go out to restaurants. If you find yourself asking for a to-go box more often than not, that's a sign that you're eating the proper amount. You could even ask for the to-go box when you first get your food and

set some aside for later so you're not tempted to overindulge. 10. Find a Social Activity That Doesn't Revolve Around Eating This could be a challenging one, especially if you have food-loving friends. But it is possible to have a date night or girls' night without having food be the main event. Some ideas include watching a movie, going to a workout class, shopping, listening to live music, or taking a walk. 11. Get Plenty of Sleep This may come as a shock, but research has shown that a lack of sleep can cause increased appetite in many individuals, and those who get less sleep are more likely to eat high-carb and high-sugar foods. Staying awake later or longer than your body can handle may lead to an imbalance in your circadian rhythm which can affect metabolism as well. Make sure you're getting proper sleep so that your appetite and metabolism stay unharmed.



DC Anantnag presides over Orientation programme of DAKSH KISAN

J1 NEWS SERVICE

ANANTNAG, MAY 25: The Deputy Commissioner (DC) Anantnag, Dr. Syed Fakhruddin Hamid today presided over the orientation programme regarding awareness of DAKSH KISAN under Holistic Agriculture Development Programme (HADP) at Govt. Degree College for Women, here. The programme was organized by District Nodal Officer (HADP) in collaboration with Principal Degree College for Women.

Speaking on the occasion, the DC urged students to ensure maximum enrollment in "Daksh Kisan" to avail orientation and skilling courses for all interventions, latest techniques, explore new possibilities and make farming more accessible and profitable.

It is important to mention



that the approach is in line with the policy of doubling farmers income that is based on four important pillars viz., sustainability of production, value for farm output, strengthening of extension services for outreach

and building & enabling agriculture to operate as an enterprise.

The DC further exhorted upon the trainers/officers of Agriculture and Allied sectors to educate students about the

programme in detail and ensure the increased participation of students in the district.

He said that the Government is promoting Agriculture in a big way to boost farmer's income and encouraged farmers for participating in the programme and adopting the novel programme in the District. He felicitated some progressive farmers of the district.

Principal GDC women on the occasion said that the institute has progressed in leaps and bounds and the products of this institute are serving across the country and women folk have proved themselves as good farmers and entrusted upon the students to take a positive role in farming.

He also said that the aim of this awareness programme is to acquaint the students about farming sectors and adopt Agriculture and allied sectors as

startups and Entrepreneurship avenues. Earlier, Chief Agriculture Officer Anantnag, Alijuz Hussain Dar appraised the DC about the DAKSH KISAN an online learning management study programme aimed at providing online trainings about 121 online courses of 5-7 days duration to the interested sections of the society with main focus on the 29 Projects earmarked under Holistic Agriculture Development Programme. The programme is also supported by physical training on the opted courses for 5-7 days at Krishi Vigyan Kendras of the district.

Through DAKSH KISAN portal, participants will have the opportunity to learn about new and innovative farming techniques, technologies and can help them to avail the benefits under the HADP.

DC Kulgam reviews functioning of Registration of Births & Deaths



KULGAM, MAY 25: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi ud din Bhat today chaired a meeting with Registrars of Births and Deaths.

At the outset, the District Statistics and Evaluation Officer (Addl. District Registrar) briefed the chair regarding the functioning of the online portal viz. crsng.gov.in and also presented a structural form of Registrars.

CMO Kulgam briefed that 99% cases are institutional deliveries and are being registered by the concerned registrars.

During the deliberations, the DC added that concerned Registrar (Registrar Rural/Urban) shall seek NOC from CMO before issuing birth certificates in those cases of births which are not institutional. Directions were passed to CMO to maintain a complete database of institutional deliveries so as to check for the frivolous cases.

Dr. Bilal further instructed that a proper mechanism be put in place in close coordination for hassle free issuance of Birth Certificates; lacunae if any, be sorted out immediately.

The meeting was attended by ADC, Vihar Ahmad Giri, ACR, Mir Imtiaz ul Aziz, CPO, Zahid Sajad, CMO, DSEO, Tehsilars, BDOs, District Manager CSC and other officers.

BLOCK DIWAS HELD AT NEWA, PULWAMA

Prompt Redressal of Grievances Priority of district Admin: ADC Awantipora



J1 NEWS SERVICE

PULWAMA, MAY 24: The Additional Deputy Commissioner (ADC) Awantipora, Zafar Ahmed Shawk today presided over Weekly Block Diwas at Block Development Office, Newla Pulwama.

People from various areas of Newla flagged-off developmental issues, demands and projected grievances pertaining to their areas including availability of drinking water, uninterrupted power supply, road connectivity, flood protection works and other rural development works and public welfare measures. The ADC listened to all issues and demands raised by people and PRIs, and resolved some of the demands on spot. He also issued directions to the concerned officers for resolving and meeting the demands on a priority basis.

He appreciated the PDD, RDO and other departments for resolving the issues of public importance within stipulated time frame and expressed hope that all other line departments will also come to the forefront and leave no stone unturned in fulfilling the demands of the common masses. The ADC said that the outreach camp leads to a better connection between the Administration and people and ensure effective planning and implementation of developmental goals through vibrant participation of stakeholders.

He stressed upon the officers to prioritize the demands and redress them within the stipulated timelines.

ADC appealed to the people to come forward in giving a helping hand to the District Administration in eradicating the menace of drugs from the society.

Among others, Officers from line Departments, BMO Pulwama, BDO and other concerned officials were present in the programme.

GDC Ramgarh conducts plantation drive under Mission LiFE

J1 NEWS SERVICE

SAMBA, MAY 25: Government Degree College Ramgarh today conducted a tree sapling plantation drive in Baba Sidh Govt temple under 'Mission LIFE' as a part of series of activities to be organized by Eco Club of the college to mark the celebrations of World Environment Day.

The drive was conducted under able guidance and coordination of Prof. (Dr.) Geetanjali Andotra, Principal of the College. The event was organized by Eco Club under the aegis of G20 cell to commemorate India's Presidency in G20 in 2023 and MY COLLEGE MY PRIDE.

The tree plantation drive was conducted with an aim to control global warming, make environment pollution free and spread awareness on the importance of keeping a clean environment. A large number of students as well as



all the faculty members of the college participated in the event. As a part of the initiative, saplings were planted by the Principal, Faculty members and students of the college as well.

On the occasion, Dr. Geetanjali Andotra, Principal of the College, said that the tree plantation drives combat many environmental issues like deforestation, erosion of soil, desertification in semi-arid areas, global warming and hence enhancing the beauty and balance of the environment. Tree Plantation does not only make the surrounding

beautiful but also provides various other benefits and helps in beating the heat.

At the outset, Dr. Sandeep Kumar motivated the students to plant more and more tree saplings for environment conservation and sustainability. Further he encouraged the students to take part in such plantation drives.

Prof. Risha Kumari, Convener, Eco Club said that Many species of wildlife depend on trees for their habitat. Trees provide food, protection, and homes for many birds and mammals.

Cleanliness Drive conducted in GDC Vijaypur under Mission-LIFE, G20

J1 NEWS SERVICE

SAMBA, MAY 25: The importance of cleanliness in our lives cannot be denied. Maintaining a clean environment is for the health of all humans, as their health completely depends on the atmosphere. To promote habits of cleanliness, Eco Club and NSS Unit (KHIDMAT) of Government Degree College Vijaypur, under the banner of Mission-LiFE and G20, organised a Cleanliness Drive on the College campus.

The program was organized under the guidance of Prof. Vandana Gupta, Principal GDC Vijaypur.

She exhorted that Cleanliness is a habit not an act. Effective cleaning should be an important part of a greater plan to create healthier indoor environments by eliminating the contaminants that can make people sick.

Lack of hygiene and cleanliness is an open invitation to infectious disease. She further added that maintaining a clean environment is

for the health of all humans, as their health completely depends on the atmosphere.

All the students participated with great zeal and enthusiasm to make the event a success.

The event was coordinated by Dr. Shital Sharma (Convener NSS) and Prof. Poonam Kundan (Convener Eco Club) and co-coordinated by Dr. Gunjeet Mahiwal, Sonia Devi, Dr. Priyanka Ganjoo, Amanpreet Kour, Yograj Singh, Adeeti Anthel, Sandhya Bhagat, and Dr. Bandana Khajuria.

Kupwara residents reap benefits of Vegetable & Seed Multiplication Farms

429800 SEEDLINGS OF HYBRID, EXOTIC VEGETABLES & 7000 CUCURBIT POLY-BAGS DISTRIBUTED AMONG FARMERS DURING CFY

J1 NEWS SERVICE

KUPWARA, MAY 25: Farmers in Kupwara district are reaping benefits and improving their organic vegetable production due to seedlings acquired from different Organic and high quality Hybrid Vegetable Farms and Seed Multiplication Farms (SMFs) run by the Agriculture Department.

The Agriculture Department, Kupwara under the directions of Deputy Commissioner (DC) Kupwara Dr. Doidode Sagar Dattarya has set a mandate for Technology transfer from Lab to Land through training, demonstrations, distribution of Quality seeds and planting material.

The Agriculture department is at present running six vegetable Farms across the district including Seed Multiplication Farm Dringla, Organic Multiplication Farm (Tangdar), Organic Vegetable Farm Kupwara, Model Agriculture Farm Khahipora (Zachaldara), Vegetable Farm Zanchaldara, (Langate), and Potato Farm Machil. The aim behind the establishment of farms is to demonstrate latest technologies and innovations among the farming community through training and Farm Visits.



Regular visit of farmers, students, Agri-pruners is conducted for mass dissemination of information. Besides this, the farmers are given seedlings of High Quality, organic, Hybrid and Exotic vegetables on nominal charges produced from hi-tech

poly houses. During the current Financial year 2023-24, a total of 429800 seedlings of hybrid and Exotic vegetables and 7000 cucurbit cones (cucumber, bottle gourd, squash poly bags) were distributed among 8460 farmers from these Departmental vegetable

farms on subsidized minimal rates. Bashir Ahmad from Kupwara said that he has been taking seedlings of different vegetables from the organic Farm Helpal Kupwara which has helped him to improve his vegetable produce. These seedlings are organic, high quality and are hybrid and yield good results.

"The seedlings taken from this farm produce a double crop than the traditional type of seedlings which we would prepare at home.

The crop of hybrid seedlings has good shelf life," he said. "We give farmers high quality seedlings and ensure that the seedlings are hybrid and organic. Once there is good seed, the farmer's production increases and it increases their income, the main aim of farms is to motivate and inspire farmers through the productive and modern techniques that are being applied for better farming and for better results," said Gurdeep Singh, Chief Agriculture Officer Kupwara. During the current financial year, the department is planning to start vegetable gardening courses for interested farmers including Commercial Nursery raising, Protected Cultivation under

Aspirational Panchayats Program as farmers interested in training will be selected from Aspiring Panchayats of the district and they will get theoretical training at Agriculture complex Kupwara with the help of visual aids and practical training at nearby vegetable farm.

With the timely hand holding and out-reach of farmers by the Agriculture Department, many farmers have now started cultivation of vegetables and seedlings under Greenhouse Structures on a commercial basis under the recently launched Holistic Agriculture Development Plan (HADP) of the Government of Jammu and Kashmir UT.

Under the HADP maximum area is being brought under commercial and hi-tech cultivation to generate more employment in the Agriculture sector.

The Department of Agriculture with the support of District Administration Kupwara is intending to start more farms for propagation, training and multiplication of Medicinal and Aromatic plants, and development of Seed Multiplication for the benefit of the farming community in Kupwara district.

NYK organises Yuva Utsav in GDC Udhampur

J1 NEWS SERVICE

UDHAMPUR, MAY 25 Vice Chairperson District Development Council, Udhampur, Juhu Manhas Pathania today underscored the need for appreciating and putting into practice the true value of 'Panch Pran' as delineated by Prime Minister in his address on 15th of August, 2022.

She was addressing a grand function organised by Nehru Yuva Kendra in the precincts of Govt. Degree College, Udhampur. It is in line with the declared precepts of this golden principle that J&K is marching towards new heights in fields including sports and youth development, she said.

She said the Yuva Utsav is being celebrated to mark the Azadi Ka Amrit Mahotsav in the spirit of Yuva Shakti. "It aims to spread the ideals and values of India's Freedom Struggle and to generate appreciation about the diverse spiritual and cultural heritage of the country among the masses," she added. She said these Youth festivals offer a platform to the young achievers and talent holders to showcase their talent, hone their skills and sensitise them to achieve great heights in the times to come. The property of India remains that India has a greater number of younger people which means it has greater number of prospects and scope for economic expansion and human resource development.

She asked the youth to get inspired by the charismatic leader Prime Minister of India.

She encouraged the students to nurture their cultural roots and make a strong connection with their cultural and national identity.

Various events such as Art competition, poetry writing competition, photography, declamation, cultural competition were organised in which the students from various schools and colleges of Udhampur enthusiastically took part.

The Vice Chairperson, who was Chief Guest of the function, distributed the prizes and trophies among the winners.

Dy. SP Dar DPL Udhampur, District Coordinator, Nehru Yuva Kendra, a galaxy of other officers and sangane participants remained present throughout the function.

DE&CC organises Career Counselling workshop in ITI Ramban

J1 NEWS SERVICE

RAMBAN, MAY 25: District Employment and Counselling Centre Cum Model Career Centre Ramban today organized a workshop in the Government Industrial Training Institute Ramban to educate ITI trainees about skill up-gradation and Self-Employment schemes.

Organised under the supervision of Assistant Director Employment, Dr. Sushant Mahajan and Principal ITI Parvez Bhat, a detailed demonstration regarding the registration of Job seekers on the JK Employment Portal was given to the trainees during the session. A description on Skill gap training by NCS portal was also discussed and the Final Year Students of different trades were facilitated with on the support Registration facility. The guest speaker Er Lovepreet Singh, an Official from the Ministry of Labour and Employment Government of India, explained the benefits of registration and Job Seekers recognition by employers as per their skills and competencies.

J&K athletes shine in National Championship

J1 NEWS SERVICE

SRINAGAR, MAY 25: In the ongoing 45th National Arm Wrestling Championship 2022-23, Shagun Agasta and Saad Mushtaq secured first place in 75 Kg and 60 Kg categories respectively while Innayat Ullah Khan and Jaitiner Pal Singh (JP) earned second place in 80 Kg and 110 + Kg category from J&K Police Team.

The 45th National Arm Wrestling championship has been organised by J&K Arm Wrestling Association in collaboration with J&K Sports Council in Srinagar.

Social Welfare department Budgam, DHEW organise Awareness programme on Welfare schemes

J1 NEWS SERVICE

BUDGAM, MAY 25: Social Welfare department Budgam and District Hub for Empowerment of Women (Mission Shakti) Single Window Support System for Women in collaboration with Sakiti One Stop Centre Budgam today organized a day-long awareness camp at Govt Girls Higher Secondary School Atina Beerwah.

The camp was organized to generate awareness among students about schemes offered by various departments including Social Welfare, ICDS, Education, JKSWC, JKEDI, Handicrafts,



Handloom and financial institution operation in the district for women empowerment.

The team also raised awareness on One Stop Centre and Women

Help Line (181) which have been set up at the centre for women in distress including victims of domestic violence and harassment at home as well as at work-

place. The centre also provided temporary shelter to the victims, besides legal services to the women through National, State and district level services authorities.

The Speakers raised awareness on Women Empowerment and laid emphasis on gender equality and Gender Discrimination.

The team further stressed on Beti Bachao Beti Padhao (BBBP) Scheme which aims to address declining Child Sex ratio (CSR) and related issues of empowerment of girls and women over a life cycle continuum. The participants also took pledged that they

shall act in all possible ways individually and collectively to eliminate gender biased discrimination and Sex Selection that threatens the birth and survival of Girl Child.

Continuing the programme, the team also stressed on Drug Abuse, its ill effects and treatment.

The team also stressed on drug de addiction centres with multiple therapeutic interventions to combat drug addiction.

The programme was attended by Principal, Vice Principal, Lecturer Govt Girls Higher Secondary School Atina Beerwah, DHEW and OSC Staff.

Poster Making Competition 'Choose Life Not Drugs' organised in GDC Ukhral

J1 NEWS SERVICE

RAMBAN, MAY 25: As part of activities being conducted under "Mission Life Campaign 2023" NSS Unit of Government Degree College Ukhral today organized a Poster Making Competition on the theme "Choose Life Not Drugs."

The event was organized under the guidance and patronage of Dr. Shailu Sanjal, Principal of the College. In all, 15 students and NSS volunteers from different semesters participated enthusiastically in this event and prepared beautiful posters on the theme. The posters were evaluated on the basis of originality of content and presentation skills. The merit certificates were provided to the three toppers and the certificates of participation were provided to all the students on the occasion. The competition was adjudged by Prof. Itikhar Hussain Lone, Dr. Shafiq Ahmed Katoch and Prof Suresh Chander.

The event was coordinated by Prof Zakir Hussain Naik, NSS Programme Officer of the College.

Those who were present on the occasion included Prof Akash Verma and Mr. R.K Thakur.

Mission LIFE campaign: GDC Doda hosts mega awareness event

J1 NEWS SERVICE

DODA, MAY 25: Government Degree College Doda on Thursday organised a massive event to promote the Mission LiFe campaign.

Chief Conservator of Forests Jammu, BM Sharma was the chief guest. At the event different plant saplings were planted on the college campus, which was followed by a guest lecture on the aims and objectives of the Mission LiFe.

The Mission LiFe is a month-long program which will culminate on June 5 on the occasion of World Environment Day. Mission LiFe seeks to translate the vision of LiFE into measurable impact. It is designed with the objective to mobilise at least one billion Indians and other global citizens to take individual and collective action for protecting and conserving the environment in the period 2022-27.

The programme was also attended by Deputy Commissioner Vishesh Mahajan, Dr. Jitendra Singh Conservator of Forest Chenab Circle; Principal of the Host College, Athar Singh Kotwal; SFS DFO Doda Ravinder Singh; BFD Social Forestry Doda Shafeer Shah among others, besides college students, faculty members, forest staff, and others.

AZADI KA AMRIT MAHOTSAV

Disability assessment camp held in Community Health Centre Gandoh

J1 NEWS SERVICE

DODA, MAY 25: To provide door step services to the people, the health department, on the directions of Deputy Commissioner Doda organised a day long disability assessment camp here in the Community Health Centre Gandoh under the aegis of Azadi Ka Amrit Mahotsav.

The camp was organised under the supervision of Chief Medical Officer, Dr A H Zargar and guidance of BMO Gandoh Dr Ghansham Singh.

People from different parts of the Gandoh Sub-Division attended the camp. A team of consultants provided consultation to the visiting people.

The team of board of doctors comprising Dr Fayaz ul Haq (Consultant Physician), Dr. Bishen Singh (Consultant Orthopedic) & Dr Abdul Gafour (MO MS Ophthalmology) examined around 100 patients who turned up to the hospital for check up & assessment of percentage of medical disabilities.

Arun Singh (Jr Assistant) and Mohammad Umar (DEO) from CMO Office Doda provided their services & support in making the camp successful, along with the staff of CHC Gandoh.

CMO Doda Dr A H Zargar, while giving details about the camp, said that the objective of the camp was to provide multiple services to the people at their door steps, adding that the department will organize such more camps in other Medical Blocks of the District in the coming days.

Meri Life Mera Swachh Shehar campaign

SERIES OF AWARENESS ACTIVITIES HELD ACROSS TOWNS OF RAMBAN DISTRICT

J1 NEWS SERVICE

RAMBAN, May 25: As the part of ongoing 'Meri Life Mera Swachh Shehar' campaign, the Municipal Council Ramban, Municipal Committees of Batole and Banihal conducted a series of activities in the schools and wards of the towns.

The Municipal Council Ramban conducted awareness programmes in Government ITI Ramban where students and teachers participated in the campaign.

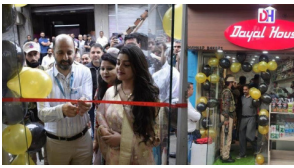
The aim of the campaign is to conduct door to door waste collection drives.

'Meri Life. Mera Swachh Shehar' is a concept to reduce the production of items that can be recycled and reused and thereby protect the environment.

During the fortnight Programme an extensive drive has been launched to collect plastic items, old books, used clothes and footwear from the households of Ramban town.

A swachhta pledge was also taken by the officers, officials, teachers besides a large number of students.

DC Ramban encourages youth to establish startups by availing self-employment schemes



J1 NEWS SERVICE

RAMBAN, MAY 25: Deputy Commissioner, Musarrat Islam today inaugurated a startup-Dayal House Bakery, established by a young entrepreneur in the main market of Ramban town by availing benefit of government's self-employment scheme.

The Deputy Commissioner congratulated the owner for opening the Bakery shop with all varieties of bakery. He wished him best of luck for his future endeavours.

He advised the start up owner to maintain high standards of quality, hygiene, punctuality and discipline for achieving greater success in the business.

Prominent civil society members and a large number of the general public attended the function.

The Deputy Commissioner highlighted the success of the centrally sponsored schemes and urged the unemployed youth to avail the benefit of these schemes to establish start up in potential sectors and live with dignity.

"The Government is very keen to solve the unemployment problem by offering a range of employment generation schemes to tap the available potential in different sectors," he said.

Training Programme on Poshan Tracker App held in Ramban

J1 NEWS SERVICE

RAMBAN, MAY 25: A one day Training Programme on Poshan Tracker App for Anganwadi workers of ICDS (Poshan) Project Gool and Ramban was organized today by ICDS Ramban here in the Conference hall in DC Office Complex.

Over 200 Anganwadi Workers and Supervisors of ICDS (Poshan) Project Gool and ICDS (Poshan) Project Ramban attended the day-long training session.

The Resource Person, Ankush Sharma from National E-governance Division (NeGD), Ministry of Electronic & Information Technology gave a detailed presentation, along with Hands-on training on how to use the updated version of the Poshan Tracker App.

Informative videos and other IEC materials were shared with the participants to keep them updated with the technological intervention for better and effective monitoring of AWCs in ICDS projects of Ramban and Gool.

Poshan Tracker App is a platform to monitor and track the identified activities of Anganwadi Centers, Anganwadi Workers, Anganwadi Helpers and beneficiaries under Poshan Abhiyan on a real time basis.

The App offers a complete beneficiary management system for Pregnant Women, Lactating Mothers and Children.

Speaking at the inaugural session, PO ICDS Ramban Jahangir Hashmi sensitised the Anganwadi workers and Supervisors about the importance of Poshan tracker.

He said that on the direction of the Deputy Commissioner, the month of May has been dedicated as the capacity building month for field functionaries of ICDS Ramban for effective and successful implementation of various components of Poshan Abhiyan scheme.

He said that the Capacity building of Anganwadi Supervisors and Workers of Ramban District will enable them to develop competencies and skills that can make them more effective and sustainable together with effective and transparent implementation of Poshan



Deputy Commissioner, Ramban, addressing the participants during the training session.

Abhiyan schemes in Ramban district. He requested the training resource person to give more focus on practical sessions and demos during the ratings.

It is informed that a number of training programmes have been organised by ICDS Ramban during the past 25 days. This includes the training of Anganwadi workers and Supervisors on Early Childhood Care (ECC) and learning modules to transform the rural childcare centres across the district for children aged 3 to 6 in collaboration with CII.

Last week around 20 Anganwadi workers from across the Ramban district were trained for Adhaar enrolment at Ramban in collaboration with UID.

Child Development Project Officer, Ramban Ravinder Kaur and other officers and officials from ICDS attended the programme.

DC reviews Tobacco Control measures in Kathua District

ENFORCEMENT SQUADS INSPECT HOTSPOTS, BOOK ERRING SHOPKEEPERS

J1 NEWS SERVICE

KATHUA, MAY 25: A meeting of District Level Coordination Committee (DLCC) on National Tobacco Control Programme was held today under the Chairmanship of Deputy Commissioner, Rakesh Minhas here in the DC Office complex.

The meeting held detailed deliberations to get a better understanding regarding the enforcement of the provisions of

The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 or COTPA-2003 and to implement National Tobacco Control Programme (NTCP).

At the outset, Chief Medical Officer Dr Rakesh Magotra informed the meeting about the agenda, roles and responsibilities of the members of DLCC under NTCP.

The Divisional Coordinator NTCP, Shiveta Raina threw light on the prevailing tobacco usage scenario of the Jammu and Kashmir UT besides gave details of the penal and enforcement provisions of COTPA-2003. She also gave an overview of WHO Framework Convention on Tobacco Control (FCTC) and strategies on effective implementation of COTPA-2003. During the meeting, key provisions of COTPA-2003 were discussed, including the prohi-

bition of smoking in public places, advertisement restrictions, sale restrictions to minors, and regulation of trade and commerce related to tobacco products. The Deputy Commissioner emphasized on the active participation of all stakeholders in enforcing COTPA-2003 and raising awareness among the general public, particularly the youth, about the hazardous effects of tobacco use. To curtail tobacco usage, the DC called for stringent measures and regular enforcement activities.

He also called upon Chief Education Officer Kathua to incorporate awareness messages on tobacco's ill effects during morning assemblies by organising Poster Making and other such competitions. He further asked the HoIs to exercise strict vigil to ensure that no tobacco products are sold within 100 yards of any educational institution. The DC further instructed all government offices/establishments to be declared as No Smoking Zones and enforce the same strictly.

Kisan Sampark Abhiyan: 1.5 lakh farmers participate across J&K; 1367 panchayats covered in five weeks

3000 FARMERS ENROLLED IN ONLINE HYBRID SKILLING COURSES UNDER DAKSH KISAN

J1 NEWS SERVICE

SRINAGAR, MAY 25: Achieving a significant milestone in an online skill development programme, the Jammu and Kashmir government has recorded enthusiastic registration of farmers across all districts of the UT under 'Daksh Kisan', a first of its kind hybrid skilling programme designed exclusively for farming community. "Over 12000 farmers have registered themselves in the Daksh Kisan Portal till now and around 3000 farmers have been enrolled in skilling course of their choice. Besides, a substantial number of farmers have already progressed to advance level of completion of the online skilling course", an official spokesperson informed while giving details about ongoing Kisan Sampark Abhiyan.

"Daksh Kisan- is a Learning

Management System (LMS) for skill development of farmers. A first of its kind in the country, DAKSH KISAN, has been developed by Agriculture Production Department, where 121 skilling courses as per the agro-climatic zones of J&K are available for free to the farmers. A simple scan of the QR code at the back of pamphlet is being provided to farmers during Kisan Sampark abhiyan which takes them to Daksh Kisan Portal where he can register for free and undertake any skilling course of his/her liking", he added. Attributing the credit of this rare accomplishment to ambitious 'Kisan Sampark Abhiyan', the official said that the initiative launched on 24th April 2023 has completed five rounds till this week with coverage of about 1367 panchayats. Nearly, 1.5 lakh farmers across

all districts of J&K have attended the orientation programme during these five rounds of orientation programmes.

This massive farmer's orientation exercise is being undertaken by Agriculture Production department in J&K whereby ambitious targets of reaching out to farmers in each and every Panchayat has been envisaged under the Kisan Sampark Abhiyan in next 4 months. The farmers outreach exercise has been planned under the recently launched Holistic Agriculture Development Programme (HADP). The orientation programme is being organised simultaneously across all the districts of the UT. The programme has been designed to be conducted on first three days of every week. An exhaustive district specific calendar has

been issued by the Government.

The Resource persons for the orientations are Officers and Officials drawn from the Agriculture, Animal/Sheep Husbandry, Horticulture, Sericulture and Fisheries Departments. An innovative tool of describing different schemes/ programmes using short films has been put in place. A total of 49 videos of schemes under HADP and other Centrally Sponsored Schemes is being shown to the farmers across the venues in J&K. Under LMS, video lectures and textual material is being made available in Kashmiri, Urdu, Dogri and Hindi. Besides, specialised modules on business development and financial management have also been included to ensure that the farmers are not merely

trained but become a skillful entrepreneur.

After completion of online courses, the farmers shall be sent for 5-7 days to Krishi Vigyan Kendras in their respective districts for practical hands-on training in their chosen skilling course.

On successful completion of the skilling course, the farmers shall be provided certificates by SKUAST J/K. Additionally, a question answer session after each screening session of videos is being held to clear the doubts of farmers. The farmers are also being provided with pamphlets of all the schemes in the three languages (Hindi, Urdu and English) in the shape of a booklet, which also contains the information about the contact details of all the departments under the agriculture production department of the UT.

DC Jammu chairs SPCA meeting

CALLS FOR DUE CARE TO ANIMALS AFTER RESCUE, POST OPERATIVE STAGE

JI NEWS SERVICE

JAMMU, MAY 25: To review the issues related to animal welfare, Deputy Commissioner Jammu Avny Lavasa today chaired a meeting of District Society for Prevention of Cruelty to Animals (SPCA) here in the Conference Hall of the DC Office.



A threadbare discussion was held on the agenda points which included Funds availability for the construction of cattle shed and other infrastructure, including SPCA veterinary hospital cum shelter at Chowadi, MOU with JMC for taking care of Bovine after seizure/confiscation, issue regarding permission for the Bovine transportation status report regarding registra-

tion of Gausshala, sharing of information of FIRs regarding Bovine smuggling cases to SPCA.

The Deputy Commissioner took a detailed appraisal about the establishment of Animal Shelter to provide due care to the animals after rescue and post operative stage.

The DC stressed upon all the concerned departments to work in tandem to ensure that sick or injured Animals are given better and timely treatment.

The DC said the purpose of District SPCA is to promote welfare of the animals and to protect and address animal cruelty matters.

She stressed on strengthening the Committee and formulating a holistic action plan for checking the menace of cruelty to animals.

The DC emphasized on ensuring round the clock veterinary assistance for the sick and injured animals.

The members and representatives of various NGOs brought various animal cruelty matters into the notice of Chairman SPCA and put forth their suggestions to address these issues.

The DC also appreciated the work of NGOs and urged them to carry forward the work with added zeal and dedication for Welfare of animal

DC Rajouri reviews progress achieving under Holistic Agriculture Dev Plan

JI NEWS SERVICE



RAJOURI, MAY 25: The Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to review the progress made under the Holistic Agriculture Development Plan in the district.

During the meeting, the progress made in the issuance of Kissan Credit Cards (KCC) and the banks were urged to expedite the process and be liberal in sanctioning loans to the farmers.

The DC also emphasized the importance of speedy sanctioning of loans under agriculture and other allied departmental schemes.

The DC said that the HADP initiative is a major step towards creating a sustainable and profitable agricultural ecosystem. The programme aims to empower farmers with knowledge and tools that can help them enhance their productivity and profitability while also contributing to the overall growth of the agriculture sector.

The programme also provides a platform to the farmers to interact with experts from the Agriculture Department and seek their advice on various aspects of farming, such as crop selection, soil management, pest control, and irrigation methods.

He also said that the district administration is committed to supporting farmers and ensuring their success. The Deputy Commissioner also urged the banks to ensure that the loans are sanctioned and disbursed in a timely manner to facilitate the farmers in their agricultural activities.

The Deputy Commissioner also reviewed the number of participants attending the Kissan Sampark Abhiyan in the district, and directed the Nodal Officer to ensure that maximum farmers should attend the program.

Women College Udhampur hosts awareness lecturer on cyber law; Conducts Cleanliness drive under mission life

JI NEWS SERVICE

UDHAMPUR, MAY 25: Government College for Women Udhampur today organized two major awareness-cum-promotional events, here on the College Campus. The Cyber Jaagrootka Club of the College organized an awareness lecture under the aegis of G-20 and Azadi Ka Amrit Mahotsav. The topic of the lecture was Cyber law: Need and importance. The event was organized under the guidance

and support of the College principal Prof. Anjali Mahajan. Aim of the activity was to create awareness among the students regarding the need and importance of Cyber law that can be useful to them while encountering various types of cyber threats when working online.

The resource person of the lecture was Sandeep Kumar, member Child Welfare Committee Udhampur. She explained in detail the concept and importance of Cyber law. She briefed

the students about various practices that were required to be adopted while working online. She also discussed various cyber laws that are helpful to prevent the distress caused from various types of cyber threats like online financial frauds, spamming, email hacking, online abusing, stalking, data protection and privacy etc. About 84 students attended the lecture and acquired knowledge about various cyber laws. The principal of the college appreciated and

encouraged the organizers to conduct more such awareness lectures in future.

The senior faculty members who attended the lecture were Dr. Seema Sharma (HOD Music), Dr. Mool Raj (HOD Urdu). Meanwhile, To aware the students about the importance of cleanliness in their community, neighbourhood, streets and public spaces, Swachhata Action Plan (SAP) Club, ECO Club and NSS unit of the College, in collaboration with

Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Govt. of India organized a cleanliness drive on the college campus in continuation with the ongoing activities under Mission Life for environment and World Environment Day, 2023 under the presidency of G20 and Azadi Ka Amrit Mahotsav.

About 80 volunteers participated enthusiastically in the cleanliness drive.

DM Kishtwar asks stakeholders to launch mass awareness campaign against drug menace

JI NEWS SERVICE

KISHTWAR, MAY 25: District Magistrate Kishtwar, Dr. Devansh Yadav today chaired a meeting of the Narcotic Coordination (NCORD) Committee here in his Office to review the progress towards eradication of drug trafficking and rehabilitation of drug addicts.

He sought Action Taken Report on the implementation of the directives issued in previous meetings and formulation of future course of action to contain the menace.

In-depth discussions were held regarding the incidence of drug addiction, areas of concern, age groups affected by addiction, and the identification of hotspots for drug use and illicit cultivation of substances such as poppy and cannabis within the district, identification of Nasha Mukta Panchayats in the district and strategies to intensify the awareness activities.

During the meeting, the Committee members presented the latest report on

the control of drug addiction and trafficking in the district.

SSP Kishtwar, Khalil Ahmed Paswal, provided an update on the stringent actions taken against drug peddlers, resulting in the apprehension of 20 individuals under the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

The Law enforcement authorities were directed to intensify their efforts to contain drug-related activities.

Emphasizing the need for strict enforcement of drug control regulations, District magistrate Kishtwar instructed the Drug Inspector to ensure the mandatory maintenance of records for the sale of psychotropic drugs by medical stores, along with the installation of CCTV cameras in all medical shops.

Furthermore, Dr. Devansh Yadav-IAS called for a comprehensive campaign to combat poppy cultivation in the district.

Recognizing the importance of awareness, he urged stakeholders to intensify a mass awareness

campaign across the entire district, involving individuals from all segments of society, including school children, youth, Panchayati Raj Institutions (PRIs), and the general public.

The Nodal Officer of the Addiction Treatment Facility at District Hospital Kishtwar reported that 107 individuals have been registered for de-addiction treatment. DM Kishtwar stressed the need for appropriate care and treatment of the patients.

Additionally, He also emphasized the importance of training for Magistrates besides the Drug Inspector were directed to conduct a two-day training session in the first week of June 2023 for Self-Help Groups (SHGs), Accredited Social Health Activists (ASHAs), Anganwadi Workers (AWWs), Nodal Officers of educational institutions, including Government Degree Colleges (GDCs).

The DM also proposed a series of measures and urged all concerned departments and institutions to work in close coordination at different levels to combat drug trafficking effectively.

DM announced that the District Social Welfare Officer (DSWO) Kishtwar will produce a special short film on de-addiction, engaging local artists.

Recognizing the significance of artistic expression and its impact on society, Dr. Devansh Yadav encouraged the involvement of local artists in this initiative. The short film aims to connect with the community on a deeper level, conveying the message of hope, resilience, and the importance of seeking help for those struggling with addiction.

Dr. Devansh Yadav reaffirmed the commitment of the district administration to address the drug menace comprehensively and pledged continuous efforts to ensure a drug-free environment in Kishtwar.

The meeting was attended by SSP Kishtwar, ADC Kishtwar, PO ICDS, ACD Kishtwar, Tehsilidar HQ, DSWO, Nodal Officer AT, besides other members of Committee.

During the meeting, the concerned field functionaries were urged to work collaboratively and ensure timely resolution of pending inheritance mutations of PM-KISAN beneficiaries.

Emphasis was placed on addressing the backlog and streamlining the process to expedite the clearance of pending cases. ADDC instructed the officials to reach out to the eligible legal heirs and encourage them to apply online on the portal for the Mutations so that the benefit of PM Kisan is extended to eligible beneficiaries.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD
(R&B) ELECTRIC DIVISION JAMMU

NOTICE INVITING TENDER
xenpwd@elecdiv.jammu@gmail.com
e-NIT No.EDJ/58 of 2023-2024 Dated 23-05-2023

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

S. No	Name of Work	Name of Division	Estimated Cost (in lacs)	Cost of document (in ₹)	Earnest Money (in ₹)	Time Allowed for completion	Time and date of opening of tender	Class of Contract or
1.	Creation Upgradation of Rehabilitation Centre of Psychiatric Diseases Hospital Jammu under Nasha Mukta Abhiyan (Electrical Part).	PWD(R&B) Electric Division Jammu	5.21	600/-	10420/-	Lined with Civil works.	02-06-2023 At or after (12:00 A.N)	'A' Class Electrical Contractor

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, 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	23-05-2023
2	Period of downloading of bidding documents	From 24-05-2023 to 01-06-2023, 4:00 P.M
3	Bid submission Start Date	24-05-2023
4	Bid Submission End Date	01-06-2023 up to 4:00 P.M
5	Date & time of opening of Technical Bids (Online)	02-06-2023 at or after 12:00 A.N in the Office of the Executive Engineer PWD (R&B) Electric Division Jammu
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date and also indicating the name of work and NIT No. duly crediting to 0059 (Revenue) favouring Executive Engineer PWD (R&B) Electric Division Jammu. **uploading a copy of treasury challan/receipt.** The original instruments in respect of cost of documents, and relevant documents of **11** be submitted to the Executive Engineer PWD (R&B) Electric Division Jammu, at the time of allotment.
- Bid Security Declaration should be kept in the Bid documents as per tendered.
- The date and time of opening of Financial-Bids shall be notified on Web Site www.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 the Executive Engineer PWD (R&B) Electric Division Jammu.** The date for same shall be intimated separately.
- The bids for the work shall remain **valid for a period of 120 days from the date of opening of Technical bids.**
- The **earnest money shall be forfeited, If :-**
 - Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
 - Failure of Successful bidder to furnish the required performance security within specified time period after issue of letter of acceptance.
- Failure of successful bidder to execute the agreement on same day of allotment of work contract as per Chief Engineer PW (R&B) Department Jammu's Circular No. CEJ/G/12660-87 dated 07-10-2021.
- Instruction to bidders regarding e-tendering process.**
 - Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
 - To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.
 - The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in physical form.
 - Bids will be opened online as per time schedule mentioned above.
 - Bidders must ensure to upload scanned copy of all necessary documents mentioned in NIT and SBD with technical bid online.

Kisan Sampark Abhiyan: ADDC presides over orientation camp; Reviews eKYC, Mutation of PM-KISAN Beneficiaries, legal Heirs of Kishtwar Tehsil

JI NEWS SERVICE

KISHTWAR, MAY 25: Additional District Development Commissioner (ADDC), Sham Lal today presided over Kissan Sampark Abhiyan Training camp held at Panchayat Lachdayaram B.

The training camp was organised as part of the Holistic Agriculture Development Programme to promote effective communication and awareness among farmers about the agriculture and allied sector schemes of the government. The Kissan Sampark Abhiyan Training camp aimed to equip farmers with essential skills and knowledge to enhance their agricultural practices for enhanced income.

The camp featured comprehensive sessions delivered by the District

Agriculture Officer (DAO) Kishtwar and a team of Agriculture and Allied sector resource persons. Various aspects of modern farming techniques, crop management and allied activities were covered during the training sessions. The event received an enthusiastic response from the farmers, who actively participated in interactive discussions, sharing their experiences, and exchanging ideas. The training camp served as a platform for farmers to enhance their knowledge, learn from experts, and explore new opportunities to improve their agricultural productivity.

In addition to the training camp, ADDC Kishtwar chaired a joint meeting of officers and field functionaries from the Revenue Department and the Department of

Agriculture and Farmers Welfare of Kishtwar Tehsil. The purpose of the meeting was to review the progress under eKYC and Mutation of legal heirs of PM-KISAN beneficiaries (Deceased one).

During the meeting, the concerned field functionaries were urged to work collaboratively and ensure timely resolution of pending inheritance mutations of PM-KISAN beneficiaries.

Emphasis was placed on addressing the backlog and streamlining the process to expedite the clearance of pending cases. ADDC instructed the officials to reach out to the eligible legal heirs and encourage them to apply online on the portal for the Mutations so that the benefit of PM Kisan is extended to eligible beneficiaries.

Atal Dulloo reviews Cluster Development Project Procurements

'CSCS TO EXTEND AGRICULTURE SERVICES TO FARMERS'

J I NEWS SERVICE

SRINAGAR, MAY 25: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today chaired a meeting to review Cluster Development Project Procurements in Jammu and Kashmir at Civil Secretariat, Srinagar.

The meeting had detailed discussion on various aspects of the project procurements for the districts of Kupwara and Kishtwar. Besides, various issues including pre-production and production, post harvest management and value addition besides logistics marketing and branding were also deliberated upon.

While addressing the meeting, ACS asked the officers to identify the gaps and take appropriate interventions for effective implementation of Cluster development project in Kishtwar and Kupwara districts. He said that requirements of small and marginal farmers are different from those of large farmers and



interventions have to be taken accordingly. He said that a proper plan has to be framed for fulfilling the gaps in a coordinated manner.

He also called for constituting a committee for every cluster to be headed by MD HPMC which would be responsible for cluster gap assessment report, defining of interventions and terms of reference that should clearly reflect outcome and outputs.

Among others the meeting was

attended by Secretary in Agriculture Production Department; Director General, Sheep Husbandry, Kashmir; Special Secretary (Horti), Agriculture Production Department; Director Finance (Agri/ASHIF), AP; Director Animal Husbandry, Jammu/Kashmir; Director Sheep Husbandry, Jammu; Director Horticulture Jammu/Kashmir; Director Horticulture, P&M; MD JKHPMC, Mission Director HADP, Director Agriculture Jammu/Kashmir, FA/CAO

(Horti), APD; Deputy Director, National Horticulture Board, representatives from SKUAST-K/J, Technical Officers (S) and other members of Grounding/Monitoring Committee for Cluster Development Project.

Meanwhile in a separate meeting, Atal Dulloo reviewed progress on integration of Kisan Sahi and Daksh Kisan with Digital Sewa Portal of CSC-SPV to extend the Agriculture services through CSC network of J&K.

ACS was given a brief account about the working of CSCs while explaining how the integration will be helpful for the farming community. It was informed that through this integration, the department will get more applications benefiting a large number of farmers.

Also, CSC-SPV proposed to establish the CSCs in all agriculture field offices to extend the services to the farmers. Mission farmers visit offices to avail the Agriculture online services, CSC-SPV will ensure to extend the services then and there.

Mandeep Kaur e-inaugurates first Plastic Waste Management Unit at Bathuni panchayat



J I NEWS SERVICE

RAJOURI, MAY 25: As a sequel towards ensuring sustainable waste management, Commissioner Secretary, Rural Development Department and Panchayati Raj, Mandeep Kaur today e-inaugurated Rajouri's first plastic waste management unit at Bathuni Panchayat.

Commissioner Secretary appreciated the district administration for successful completion and inauguration of this state-of-the-art unit.

Emphasizing the need

for plastic-free panchayats, Mandeep Kaur issued specific directions to the concerned officers for incorporating certain guidelines in the existing system, aiming to create a cleaner and greener environment.

"Inauguration of this maiden plastic waste management unit in the district marks a significant milestone in the district's efforts towards effective waste management and environmental sustainability", maintained the Commissioner Secretary. She said that imple-

utilization.

He informed that three Gobardhan projects are currently in progress within the district, with two of them expected to be completed in the coming days.

These projects aim to harness the potential of organic waste management and promote sustainable agricultural practices, aligning with the vision of a Swasth Bharat.

"With such progressive initiatives and collaborative efforts, Rajouri is paving the way for sustainable development, and strides are being made to make Rajouri a clean and green district. The district remains committed to its vision of achieving environmental harmony and fostering a cleaner and greener society for generations to come," reiterated the DDC.

NHM releases ranking of Public Health facilities on JK e Sahaj for April, 2023

J I NEWS SERVICE

SRINAGAR, MAY 25: Jammu and Kashmir National Health Mission today released ranking of Public Health facilities on Hospital Management Information System (JK e Sahaj) for the month of April 2023. In first phase of implementation, 578 facilities have been covered under this initiative and will be further extended to other services in a phased manner. In the category of Associated Hospitals of Government Medical Colleges, Chest Disease Hospital Jammu clinched the first rank followed by Psychiatric Disease Hospital, Jammu, AH GMC Rajouri, Psychiatric Disease Hospital, Srinagar and Chest Disease Hospital, Srinagar. The bottom five in this category included GMC Handwara, Kashmir Nursing Home, Srinagar, GMC Kathua, Government Hospital Lal Ded, Srinagar and Super Speciality, Jammu. In the category of District Hospitals, the first rank has been secured by DH Poonch followed by DH JLN, Srinagar, DH Bandipora, DH Kulgam and DH Reasi. The bottom five in this category included DH Ganderbal, DH Ramban, DH Shopian, DH Baramulla and MCCH Anantnag. In the category of Community Health Centres (CHCs), CHC Seer got the first place followed by CHC Shangus, CHC Doora, SDH Bijbehara and CHC Uri. The bottom five in this category included CHC Nowshera, CHC Taryath, CHC Yaripora, CHC Tangmarg and CHC Kangan. In the category of Primary Health Centres (PHCs) and UPHCs, the first rank has been clinched by PHC Mattan followed by PHCs Kakapora, Sallar, Achabal and Srigwara.

Amit vows for zero tolerance against illegal mining; cautions violators of stringent action

J I NEWS SERVICE

JAMMU, MAY 25: Secretary Mining, Amit Sharma, today vowed for zero tolerance against illegal mining while cautioning violators of stringent measures against them for indulging in any such unlawful illegal activity.

Amit Sharma, while chairing a review meeting held with the Mining Department in this regard, issued explicit directions towards imposing heavy penalty against illegal mining besides holding a Zero Tolerance policy against such violations. Secretary cautioned the public against encouraging such illegal practices and rather requested them to become whistle blowers while pin-pointing such wrong doings in the mining sector. He asked them to completely desist from taking mining materials without issuance of proper e-Challan and making maximum utilisation of e-Marketplace created by the department for sale and purchase of minor minerals across the UT of J&K.

While reviewing overall performance of the department over the last few months, Secretary assessed the current status of e-auctioning of mining blocks in all districts and issued directions towards maximising revenue targets through royalty, fees, penalties, etc. He asked the concerned officers to step up efforts towards creation of new mining blocks in all districts which should be put at e-auction through Single Window Clearance. He mentioned that DMOs are the Nodal Officers for their respective districts towards creation of annual plans for taking up multiplicity of works under District Mineral Fund Trust.

JAKEDAs' 7 day Solar Expo concludes at "Kashmir Haat"

FIRMS FROM ACROSS INDIA, LOCAL ENTREPRENEURS, DISPLAY LATEST SOLAR PRODUCTS, TECHNOLOGIES



J I NEWS SERVICE

SRINAGAR, MAY 25: The weeklong Solar Expo 2023, thrown open by Jammu and Kashmir Energy Development Agency (JAKEDA), Science & Technology Department from 17th of this month, at Exhibition Ground "Kashmir Haat" Srinagar, concluded here today. The initiative was aimed to popularize the Solar Technology and create awareness among the masses in J&K.

During the expo, firms involved in solar businesses from all over the country, including local entrepreneurs, had set their stalls for displaying latest solar products and technologies with application in domestic as well as commercial sectors. The expo received an encouraging response from the public at large, with people from all walks of life visiting the venue.

Among others, the expo was also visited by Secretary Health & Medical Education, Bipinder Kumar, Director General Budget, Finance Department, M Y Yattoo, members from Chamber of Commerce & Industries, Kashmir Traders and Manufacturers Association, Hoteliers Association, Transport Association, Kashmir Private School Association and students from various colleges and schools. The main focus of the Solar Expo was to boost implementation of Grid Connected Rooftop Solar Power Plant Scheme of Union Ministry of New and Renewable Energy (MNRE), wherein a target of 20 MW has been allocated for UT of J&K. The scheme has been incentivized by the Central and UT governments to create viability for Domestic Customers of the DISCOMs in J&K. During the valedictory session of the Expo, all the participating firms were presented with a participation certificate and memento.

The awards for highest capacity achievement under 20 MW RTS scheme, were presented to M/s Kashmir Renewable Energy Private Limited, Natipora M/s Kiroso Power Private Limited, Hyderabad and M/s Global Traders, Raibagh in descending order of achievement.

Lastly, an award for the best stall during the Kashmir Solar Expo 2023 was also presented to M/s Kashmir Renewable Energy Private Limited Natipora.

DC Srinagar holds meeting with Traders/Transporter Unions of Batamaloo

J I NEWS SERVICE

SRINAGAR, MAY 25: In order to ensure smooth plying of traffic in Batamaloo area and facilitate the passengers, a meeting was held today under the Chairmanship of Deputy Commissioner (DC) Srinagar, Mohammad Ajaz Asad here at Conference Hall of the DC Office Complex. Vice Chairman, DC Office Development

Authority, Haris Ahmad Handoo, Additional Deputy Commissioner, Srinagar, Shabar Ahmad, Regional Transport Officer, Kashmir, Syed Shah Nawaz Bukhari, SP Traffic Tariq Ahmad, Chief Planning officer, Mohammad Ayaseen Lone, Superintending Engineer R&B, Sajad Nageeb, Assistant Commissioner Revenue, Raies Ahmad Bhat,

SDM, West, Primroze Bashir, Telsidar Headquarter, and other officers. The meeting was held in light of the High Court directions regarding the representations of the various Unions of the Batamaloo Bus Stand.

At the outset, a detailed discussion was held related to the concerns raised by the

Traders Association Batamaloo including problems being faced by wholesalers/distributors in supplying goods to dealers and intervention required for smooth movement of vehicles for supply of essential goods in the local markets, besides decongest the area and ensure smooth flow of traffic movement of pedestrians.

CONSTITUTES ADC HEADED TASK FORCE TO FORMULATE THE ACTION PLAN

Div Com Kashmir reviews arrangements for departure of Hajj Pilgrims

J I NEWS SERVICE

SRINAGAR, MAY 25: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting of officers to review the arrangements for the departure of Hajj Pilgrims on the Holy Journey. The meeting was attended by Deputy Commissioners and SSPs of J&K besides officers of District Administration Leh & Kargil, Chairman J&K Hajj Committee, HoDs of various departments including PHE, KPDC, Health, Sanitation, SRIC, RIO and Hospitality & Protocol.

Addressing the meeting, Div Com stated that after the success of G20 Summit, smooth and flawless arrangements shall also be made for the departure of Hajj Pilgrims. He issued a slew of directions to concerned officers for ensuring

all the required arrangements to facilitate pilgrims.

He directed for making adequate facilities of drinking water, uninterrupted power supply at Hajj House Binnina besides conducting regular sanitation and cleanliness drive there. Div Com directed SRIC to provide buses for transportation of pilgrims from Hajj House to Airport. The meeting was informed that the departure schedule of flights will be published within two days.

However, all pilgrims were asked to report to Hajj House four hours earlier before departure time.

Besides, the meeting was informed that an adequate quantity of foreign exchange has been ensured in all districts besides more counters will be set up at Hajj House.

Div Com also gave directions for hassle-free and

smooth clearance of pilgrims at immigration service counter at Airport besides distribution of boarding passes at the earliest. The traffic police was

asked to identify parking space for vehicles of pilgrims accompanying pilgrims near Hajj House.

Pilgrims of Jammu Division, U.T of Ladakh and

far off areas of Kashmir, Valley who happen to stay facility at Hajj House, at Hajj House shall be provided boarding/lodging facilities.

Shooting competition held at Inter-District UT level Tournament

J I NEWS SERVICE

JAMMU, MAY 25: Inter-District UT level tournament on Thursday witnessed a shooting competition here in the Shooting Hall Gandhi Nagar.

Joint Director Youth Services and Sports Jammu, Suram Chand Sharma inaugurated the sports event in presence of Assistant Director Youth Services and Sports, Mool Raj Uttar, DYSSO Jammu, Sukhdev Sharma, Shooting Coach and other officials were present. Sharma interacted with the players and the officials and wished good luck to the participating players for their best performance in the National Level Competition scheduled to be held at New Delhi in 2nd week of June 2023.

Worth mentioning here that the UT Level Under 19 teams in nearly 20 Disciplines are participating in National School Games at New Delhi and Bhopal in 2nd week of June.

DC Kupwara directs officials to take stock of hailstorm losses

J I NEWS SERVICE

KUPWARA, MAY 25: After hail storms were experienced in several parts of north Kashmir's Kupwara district over this afternoon, Deputy Commissioner (DC) Kupwara Dittofde Sagar Dattatray directed all the Tehsildars, revenue officials and field functionaries to visit their respective areas and assess the losses occurred to agriculture and horticulture fields and other properties.

He directed the respective offices to furnish the report within three days for further process.

The concerned were directed to remain punctual at their respective postings. The losses due to hailstorms have been reported



from different areas of the district including Trehgam, Gugloosa, Shumrag Awora, Haven, Laderwan, Kaware, Halmatpora, Payeppora, Sogam, Hyhama, Gazziyal, warson,reshidgan, Dardson, kralpora, Rasha-npora, Meelyaal, Dard harie, Lone harie, Wogbal, Bumhama, Nagri, Hatmulla, Mugalpora Mawar, Shahnagri, Drungso, Khudi and other areas.