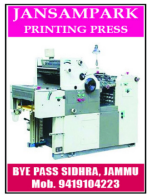




# JINDRAH IMAGES



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## Small and marginal farmers should be top priority in implementation of HADP: LG Sinha to officers

JNEWS SERVICE  
SRINAGAR, MAY 26

Lieutenant Governor Manoj Sinha chaired a high-level meeting to review the implementation of Agriculture credit schemes of banking and financial institutions for Holistic Agriculture Development Program (HADP). The Lt Governor directed the bank officials and administrative officers for seamless coordination at district level for effective implementation of Holistic Agriculture Development Program and 100% saturation of benefits under Kisan Credit Card



and other Central and UT Schemes of Agriculture and Allied Sector. He also directed the bank officials to appoint Nodal Officer for both Jammu and Kashmir Divisions to monitor the cases received by banks under

HADP and other Schemes of Agriculture and Allied Sector. Small and Marginal Farmers should be top priority in implementation of HADP. Deputy Commissioners must ensure FPOs are transformed

into engines of growth and districts must compete to script success stories of such organisations, said the Lt Governor. The Lt Governor said the 29 projects worth Rs.5013 crore under

CONTINUED ON PAGE 4

## New parliament building will make every Indian proud: PM Modi

AGENCIES  
NEW DELHI, MAY 26

Prime Minister Narendra Modi on Friday said the new Parliament building will make every Indian proud, and shared a video of the newly-constructed complex. Posting the video on Twitter, Modi also urged people to share the video with their voiceover, using the hashtag 'My Parliament My Pride'.



"The New Parliament building will make every Indian proud. This video offers a glimpse of this iconic building. I have a special request - share this video with your own voice-over, which

conveys your thoughts. I will re-Tweet some of them. Don't forget to use #MyParliament-MyPride," the Prime Minister said on Twitter. The ceremony to inaugurate the new

Parliament building on Sunday will begin with an early morning havan and a multi-religion prayer followed by a formal opening in the Lok Sabha by Prime Minister Modi.

As many as 25 parties are expected to attend the inauguration of the new Parliament building on Sunday even as 20 opposition parties have decided to boycott the event.

## J&K Admin preserving Dogra kings' heritage through digitisation

JNEWS SERVICE  
JAMMU, MAY 25

The archives department here is abuzz with activity as several teams work diligently to digitise precious manuscripts, books, and historic records of the erstwhile Dogra dynasty's kings to preserve the "invaluable heritage" for future generations. "We are focusing on the digitisation of the archival records (containing manuscripts, books, journals, newspapers and historic records of

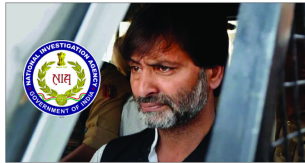
erstwhile kings). We have a total archival record of 55,88,000 and we have already digitised 38,88,000 records," Director, Archives, Archaeology and Museums, Jammu and Kashmir, Pradeep Kumar said here. The department has laid focus on digitisation of the archival records of rare and precious documents and files concerning the armies of the erstwhile 'maharajas' of Jammu and Kashmir. "These are files

CONTINUED ON PAGE 4

## NIA moves Delhi HC seeking death penalty for Yasin Malik in terror funding case

AGENCIES  
NEW DELHI, MAY 26

The National Investigation Agency (NIA) Friday approached the Delhi High Court seeking death penalty for separatist leader Yasin Malik, who was awarded life term by a trial court here in a terror funding case. The plea by the agency has been listed for hearing on May 29 before a bench of Justices Siddharth Mridul and Talwant Singh. On May 24, 2022, a trial court here had awarded life imprisonment to Malik, Jammu Kashmir Liberation Front (JKLF)



chief, after holding him guilty for various offences under the stringent Unlawful Activities (Prevention) Act (UAPA) and the IPC. The trial court, which had rejected the NIA's plea for capital punishment, had said the crimes committed by Malik struck at

the "heart of the idea of India" and were intended to forcefully secede Jammu and Kashmir from Union of India. "These crimes were intended to strike at the heart of the idea of India and intended to

CONTINUED ON PAGE 4

## Government clears liabilities, brings relief to citizens

JNEWS SERVICE  
SRINAGAR, MAY 26

In a significant development that brings relief to the people of Jammu and Kashmir, the government has released over Rs 62 crore to clear liabilities accumulated from completed works under the 14th Financial Commission Award (FCA) and Back to Village (B2V) program. The decision has been met with great enthusiasm by the public, who expressed their happiness and appreciation for the government's proactive step.

Assistant Commissioners of Panchayats in 14 districts of J&K have been directed to expedite the clearance of these liabilities, ensuring that the released funds reach the respective accounts of the Halqa Panchayats. The move aims to settle outstanding dues related to completed civil works and other projects under the 14th FCA/B2V initiative. According to the details available, the government's order authorizes the release of 62.84,49,100 rupees to the Assistant Commissioners (Panchayats) of the following districts: Kulgam, Anantnag, Budgam, Pulwama, Ganderbal, Srinagar, Shopian, Ramban, Reasi, Samba, Udhampur, Poonch, and Kathua. The allocation of funds will enable the concerned districts to settle the liabilities accrued from completed civil works effectively. This financial support aims to enhance the overall development and functioning of these districts, leading to improved infrastructure, increased job opportunities, and

CONTINUED ON PAGE 4

## MeT predicts more rains as mercury drops below normal in J&K

JNEWS SERVICE  
JAMMU, MAY 26

The weather department on Friday predicted widespread intermittent light to moderate rain, thunder and lightning with possibility of hailstorm and gusty winds during next 24 hours in Jammu and Kashmir.



Quoting a meteorological department official, that intermittent light rain, thunder and lightning was expected at a few places during May 27-28. From May 29-30t, the MeT department forecast "fairly widespread intermittent light to moderate

rain, thunder and lightning with possibility of hailstorm and gusty winds at a few places." The MeT department also urged farmers to suspend all farm operations during May 29 and 30.

Regarding temperature, he said, Srinagar recorded a low of 9.4°C against 10.8°C on the previous night and it was 2.6°C below normal for the summer capital.

CONTINUED ON PAGE 4

## India traversed unlimited 'space' in 9 years: Dr Jitendra Singh

AGENCIES  
NEW DELHI, MAY 26

Union Minister of State (Independent Charge) Ministry of Science and Technology, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space , Dr Jitendra Singh today said that under Prime Minister Narendra Modi, India has traversed unlimited "space" in the last 9 years.

Addressing the India Defence Conclave 2023 organised by The Economic Times here, Dr Jitendra Singh said, Prime Minister Modi has taken several



policy initiatives in the past nine years to encourage indigenous design, development and manufacture of defence equipment, thereby promoting Atmanirbharta in defence sector. As a result, there is a quantum jump in Space sector in the last 9 years which surpasses the progress made in the preceding nearly six decades before that, he said. It is pertinent to mention that India's defence industry is now capable of manufacturing wide variety of high-end requirements e.g., Tanks, Armoured vehicles, Fighter aircrafts, Helicopters, warships,

making nearly six decades before that, he said. It is pertinent to mention that India's defence industry is now capable of manufacturing wide variety of high-end requirements e.g., Tanks, Armoured vehicles, Fighter aircrafts, Helicopters, warships,

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## Govt posts IPS officer Vikramjit Singh as com secy I&C department

JNEWS SERVICE  
JAMMU, MAY 26

The Jammu and Kashmir Government on Friday ordered transfer of IAS and IPS officers in the interest of administration. According to a government order, Prashant Goyal, IAS (AGMUT:1993), Principal Secretary to the Government, Industries and Commerce Department, holding additional charge of Managing Director, JKIDFC, has been transferred and posted as Principal

Secretary to the Government, Housing and Urban Development Department, relieving, H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secretary to the Government, Power Development Department of the additional charge of the post. Vikramjit Singh, IPS (RR:2004), Inspector General of Police, Traffic, J&K, has been transferred and posted as Commissioner/Secretary to the Government, Industries and Commerce Department, the order, added.

## About 4,500 devotees leave for annual Kheer Bhawani Mela in Kashmir

JNEWS SERVICE  
JAMMU, MAY 26

Amid tight security, nearly 4,500 devotees, including members of the Kashmiri Pandit community, on Friday left from Nagrota area here to attend the annual Kheer Bhawani mela in Kashmir, officials said.



The annual Kheer Bhawani Mela, celebrated on Zeisht Ashtami, will take place on May 28 at the shrines of Tulmulla (Ganderbal), Tikker (Kupwara), Laktipora Aishmuqam

(Anantnag), Mata Tripursundri Devsar (Kulgam), and Mata Kheerbhawani Manzang (Kulgam) in the Valley. The four-day pilgrim-

age commenced today as Divisional Commissioner (Jammu) Ramesh Kumar, Relief Commissioner K K Sikha and prominent Kashmiri Pandit lead-

ers jointly flagged off the yatra from Nagrota area, ensuring the safety and well-being of the devotees. "The relief department, administration, and security forces have made comprehensive arrangements to ensure the success of this pilgrimage," DC Kumar told PTI here. This year, an estimated 60,000 to 70,000 migrant Kashmiri Pandits from various parts of India and abroad are expected to visit the five renowned temples in the

CONTINUED ON PAGE 4

## India poised to become Vishwa Guru under PM Modi: Devender Rana

JNEWS SERVICE  
JAMMU, MAY 26

Senior BJP leader Mr Devender Singh Rana today said India is poised to become the Vishwa Guru under the visionary leadership of Prime Minister Narendra Modi and the Union Territory of Jammu and Kashmir, like other parts of the country, will contribute in this national odyssey in a big way.



"The stature of the Prime Minister in the comity of nations is reflective of India's standing on the global scenario and mere thought of this

makes every compatriot proud", Mr Devender Rana said while interacting with delegations and individuals during the weekly Grievances Camp

at the BJP Headquarters here alongwith Mrs. Priya Sethi, former Minister & BJP National Executive Member, Prof. Kulbhushan Mohtra, Incharge Nanaji Deshmukh Library & Documentation Department, Mr. Munish Sharma, Prabhari BJYM and Smt. Anju Dogra, BJP State Secretary. Rana referred to the dominant role of India during the just concluded

CONTINUED ON PAGE 4

# Delegations of CCI, Sr. Members from Trade & Industry call on Nirmala Sitharaman



J I NEWS SERVICE

JAMMU, MAY 26: A delegation of Office Bearers of Chamber of Commerce & Industry and Sr. Members from Trade and Industry called on Nirmala Sitharaman, Hon'ble Union Finance Minister at New Delhi.

At the outset Arun Gupta thanked the Union Finance Minister for giving an opportunity to interact also put before her the problems being faced by Trade, Commerce and Industry.

While speaking on the occasion Arun Gupta pleaded with Finance Minister that keeping in view the climatic, demographic conditions and security reasons the limit of e-way bill should be enhanced from Rs. 5000/- to Rs. 1 lakhs and the period of e-way bills should also be suitably enhanced in the smaller cities like Jammu.

Arun Gupta also requested the Hon'ble Finance Minister to enhance the date for filling of GST-3B and setup GST tribunal at Jammu.

Further the delayed payment Act which at present is applicable to MSME Registered Industrial Units

only may please made available for MSME registered firms also as they are not getting the benefit of delayed payment act.

Arun Gupta apprised the Union Finance Minister that GST applicable on Dhabas and small traders should be withdrawn as they are not getting the input facility.

We also request that the smaller traders should not be penalized for meager technical mistakes. We also request that one time GST amnesty for those who have not filed their proper returns or have not applied for GST refunds due to ignorance may kindly be given one time chance to file their returns and apply for GST refund. We also request that one time VAT amnesty in our state be given for giving relief to the assesses.

Arun Gupta also briefed the Finance Minister that Jammu has lot of tourists potential, but has been neglected so far. He requested the Finance Minister that steps should be taken to develop the untapped tourist places of Jammu. Further the Suctehgarh Retreat ceremony be made a regular feature for all the days

of week. President CCI also requested the Hon'ble Finance Minister that in order to generate employment opportunities and flourish the ancillary units, the mother industry like Rail Coach Factory, Defence Equipment manufacturing Factory and Rail Container manufacturing factory be established in Jammu.

Arun Gupta thanked the Union Government for providing the Central Scheme Package of Rs. 28400/- crore for New Industries. This package is purely for New Industrial units only including the benefit of GST are to be given only to the new Industrial undertakings as a result of which it will be very difficult / impossible for the existing Industrial Units of Jammu region to survive and become viable, he said and requested that all the concessions which are being extended to the new Industrial Units may also be given to the existing Industrial Units to survive.

Further he requested that the freight subsidy upto National Capital, besides CCI President Arun Gupta other delegation members comprises of Senior Vice President CCI Anil Gupta, Junior Vice President CCI Rajiv Gupta, General Secretary CCI Manish Gupta, Secretary CCI Rajesh Gupta, Treasurer CCI Rajesh Gupta, and President Traders Federation Ware House, Deepak Gupta, President Retailers Federation, Yashpaul Gupta, President JPDCI, Rajan Gupta, Ravinder Sawhney, Jagdish Langer, CA Pardeep Gandotra, Suraj Singh, Neeraj Gupta, Raveensh Gulati and Pragya Gandotra.

# Progress and promising Governance are Enigmas of BJP's popularity in J&K

J I NEWS SERVICE

JAMMU, MAY 26:

Progress and promising governance are enigmas of BJP's popularity across the region as the party has made a superiority in the political arena by making the population realize the importance of good governance in the real sense. This was expressed by BJP District President Jammu South Rekha Mahajan during the Pravas of BJP Mahila Morcha National Vice President Pooja Kapil Mishra in the City of Temples Jammu and visited Anganwadi center in Jammu under the National Migration program in Trikuta Nagar, Bahu Constituency falls under District Jammu South.

During the interactive session with Anganwadi workers, BJP National Mahila Morcha Vice President Pooja Kapil Mishra said the outbreak of the pandemic, the nation's 2.7 million Anganwadi workers became frontline responders in their communities. She remarked Anganwadi workers are a resilient workforce and can adapt very quickly to difficult circumstances. She said the contribution of passionate women who work as Anganwadi workers must be recognized by the formal governance systems in J&K. Pooja Kapil



Mishra shared her experience and interaction with Anganwadi workers and what India must do to enhance the systems.

They deserve a better deal as they are committed and dedicated despite being grossly underpaid. She added that Anganwadis are the primary units of the Integrated Child Development Services (ICDS), the world's largest State-promoted social program. ICDS was launched on October 2, 1975, with about 5000 Anganwadis to deliver high-quality health-care, nutrition, community education, pre-school non-formal education, immunization, as well as referral services. The aim is to reduce infant mortality and child malnutrition, Pooja Kapil Mishra said. Rekha Mahajan admired the work done by

Anganwadi workers in Jammu and paid special homage, and gratitude was expressed to Anganwadi workers who were at the frontline of helping the nation during Covid-19. She said the Prime Minister pronounced in association with the Ministry of Health that the Pradhan Mantri Garib Kalyan Insurance Package for those Anganwadi workers who are designated by district and state authorities to work in Covid times will also cover such workers up to Rs 50 lakh. Rekha said the government has increased the honorarium of Anganwadi workers to Rs 4,500 per month from Rs 1,400 in 2008. The honorarium of mini Anganwadi has increased from Rs 750 per month to Rs 3,500 per month, She said. In the meantime, National MM Vice

President Pooja Kapil Mishra and Rekha Mahajan along with other team members also attended the exhibition on the G20 Painting in the Govt Higher Secondary School at Sattary Cantt Jammu South and also chaired a Booth meeting in Rameela Ground, Kunjwani after that also takes part in holy occasion of Arti in Halki Pawdi, sound and light show in Bagh E Bahu.

Pooja Kapil Mishra said it's for the first time in the past 70 years that J&K would be hosting an international event like G-20, and the occasion offers UT a chance to rise to the occasion of exhibiting its market prospects, and ecotourism ventures. She said 'G20 Summit in Kashmir is set to boost tourism in J&K, providing a platform for the state to showcase its beauty to the world.

# Yoga Session organises at GDCW Kathua



J I NEWS SERVICE

KATHUA, MAY 26: A Yoga Session was organized by NSS, RRC, NCC, Sports of Govt. Degree College for women, Kathua in collaboration with Department of Ayush Health unit of district Kathua on 26-05-2023. The entire Programme was organized under the patronage of Dr Savi Behl worthy Principal of the college. Dr Rekha Medical Officer and Mr Ankush, Mrs. Aditi Yoga expert and Rajeev Kumar official represented from Ayush Department Kathua. The Programme was started by welcome speech by Dr Arun Dev Singh NSS Programme Officer. Dr Savi Behl, esteemed Principal Govt Degree College for Women Kathua spoke on this occasion, she appreciated the effort of Dr. Arun Dev Singh, NSS Programme officer, Dr. Vaishno Devi ANO, NCC, Mr. Roshan Lal PII and Prof Satish Khajuria in charge ABHA unit for organizing such a wonderful yoga session with the benign help of Department of Ayush in which all the NSS, RRC Volunteers and NCC Cadets participated with great zeal

and enthuze. She encouraged and supported the volunteers by saying that Yoga is beneficial for our health and day to day routine work which will definitely reduce the tension, stress and work pressure. She also added that yoga practices shall develop positive atmosphere among the masses which will also pave the way of society for improving of health standard. Dr Arun Dev Singh also spoke and motivated the Volunteers and NCC cadets to carry out the message of International Yoga Day which we celebrate every year for spreading yoga awareness among the people. Dr Rekha also conveyed among the participants that by doing yoga we can minimize our mental, physical and emotional stress and we must follow it as routine habit if we want to be hale and hearty. Mr Ankush and Aditi displayed different Yoga asana's which would be helpful for all the participants in their life and gave valuable tips to them so that they will have healthy , congenial and disease free life, they motivated them and said that volunteers and NCC cadets may also play a vital role in the socie-

ty to inculcate the spirit of fitness, prosperity and happiness after getting Knowledge from this session. Both of them also emphasized upon that these days most of the people are suffering of many diseases and escalate tensions due to over work in the society and hoping that Yoga would definitely de-escalate these tensions of all the people and make them free from all the diseases and conveyed that there is only hope in Yoga which help us to eliminate many diseases and reduce our routine tension related to health of the people and day to day life. Yoga can curb many severe diseases like sugar, blood pressure, hyper tension and many more. Dr. Arun Dev Singh also displayed some of the tips related to Yoga of pranajam and stressed upon that these asana's would make all the people of society healthier and happy in case they follow these tips in their daily life. He also conveyed among the volunteers that they should carry the message related to health issues to every nook and corner of the society and aware them regarding Yoga mantra. On this occasion the herbal medicine was distributed among the students and teachers. Dr Vaishno Devi also spoke on the occasion and presented vote of thanks to all the invited Guest, and she also extended her special gratitude to the entire team of Department of Ayush and Dr Rekha who guided the NSS Volunteers, NCC cadets and the students how to register on ABHA portal and get their ABHA card downloaded. She specially thanked the media persons who spared their valuable time for covering the wide programme. The staff members were present : Prof Ashwani Khajuria , Dr Vijay, Dr Rajni Khajuria, Dr Mukesh, Dr Varchaskam, Dr Ajay Sanotra, Dr Ritu Raj, Dr Usha Kiran, Roshan Lal PII and non teaching Staff as well.

# Damra East JJM Scheme to provide tap water to 1000 households: Col Mahan



J I NEWS SERVICE

MAHANPUR, MAY 26: Col Mahan Singh (Retd.) Chairman District Development Council (DDC) Kathua alongwith Tajinder Singh Goldy DDC Member Mahanpur inaugurated Damra East JJM Scheme worth Rs. 6.95 crore.

The project comprises of three Bore-wells, Two OHT of 5000 and 30000 gallons capacity respectively, one

Sump Tank of 20000 gallons capacity and laying pipes of varying size. This significant project will cater to the needs of safe drinking water by supplying it to more than 1000 households in this remote Panchayat of District Kathua.

While addressing the gathering on the occasion DDC Chairman Col Mahan Singh (Retd.) expressed his gratitude to the Prime Minister Narendra Modi, MoS PMO Dr Jitendra

Singh and J&K UT Administration led by Lt Governor Mandi Sinha for launching JJM Flagship programme to solve drinking water problems across the entire nation. He said that the PM took personal interest in finding out remedies to the problems which people faced in different regions especially the far flung areas including J&K which had remained neglected due to the indifference of succes-

sive governments that ruled specially the erst-while State of J&K. He said that it is the PM's extraordinary vision that led to the launching of JJM that is aimed at resolving the problem of drinking water in Kandi regions of Kathua District.

Col Mahan Singh congratulated the people of this remote belt for the JJM project saying that very soon Har Ghar Nal Se Jal will be a reality in this belt now. He said that the UT Administration has been able to address the issues of people which they were confronting since ages only because of visionary insight of PM Narendra Modi.

Sarpanch Sher Singh, Shanti Bhushan, Dwarka Nath, Dharam Chand, Bansu Balalia, Subash Abrol, Ashok Verma, AEE PHE Billawar Surinder Sambhal besides others were present on the occasion.

# Central govt should deploy 40 companies to make the Amarnath Yatra a success: Chandel

J I NEWS SERVICE

JAMMU, MAY 26: Hindustani BJP leader Mr. Raju Chandel while talking to reporters in Jammu today said that the successful holding of G20 countries meeting in Kashmir has left Pakistan government and terrorist organizations in utter panic.

Due to this frenzy of terrorists in Pakistan, terrorists do not want to allow Baba Amarnath ji's visit to be held in Jammu and Kashmir to be successful in any case and are in the process of taking some major action. Terrorists want to kill all the candi-

dates and former panch sarpanch while targeting them Chandel said that the central government should provide security to all Sanatan Hindu leaders working in Jammu and Kashmir without any delay and provide security to former panch sarpanch or candidates standing in the election field. Chandel said that after the successful organization of G-20, the biggest challenge before the Government of India is to successfully conduct the elections of Panch Sarpanch and to make Baba Amarnath Yatra successful in a peaceful manner, stating that it is a big responsibility

and to face the challenge of terrorism. Said that our three forces are giving a befitting reply to terrorism, but we should not trust anything of this cowardly terrorism and terrorist country Pakistan, at this time the terrorists are completely furious before any major terrorist action. Terrorists in Pakistan should be executed by a surgical strike as soon as possible and the training camps running in Pakistan should be destroyed and the security system should be strengthened so that the elections of Panch Sarpanch of Baba Amarnath ji can be held peacefully in Jammu and Kashmir.

# GCOE Jammu Organizes Workshop on Communication and soft Skills



J I NEWS SERVICE

JAMMU, MAY 26: IQAC, Placement Cell, Alumni Relations and Mentor-Mentee of GCOE, Jammu organizes, "One Day Workshop on Communication Skills and Leadership Development," under the patronage of Prof. Aekta Gupta,

Communication and Leadership Skills and the 3rd Session was carried out by Ms. Aakriti, TOESOL Expert Trainer on Communication and Interview Skills.

In the inaugural session, Prof. Aekta Gupta, Principal, Govt. College of Education, Jammu emphasized that communication and soft skills are crucial for creating good career opportunities. It helps in honing one's overall personality. She urged the Resource Persons to make these events a regular feature and provide periodic personal mentoring to students of GCOE, Jammu. The mentors of today's event shared their experiences in a very prolific manner. The students interacted with the Resource Persons and resolved their queries. They also understood the importance of successful communication for improving relations in personal life or professional life. The college presidium hosted the event. All the faculty members were present during the program

Principal, GCOE. Students and faculty members of the college participated in the program. The first session was conducted by Ms Nirmal Mhana, Former Principal, Delhi Public School on How to Face Interviews. The 2nd session was taken by Mr. Mehra Khan, Founder, CEO ELFA International on Effective

## BLSKS presents 361th musical play " Nashecha Bacho"at GGHS Toph Sherkhania



J1 NEWS SERVICE

**SRINAGAR, MAY 24:** To continuation the NashaMukt Bharat Abhiyan, BhartiyaLokSangeetKala Sanshan, in coordination with Ministry of Social Justice and Empowerment, Government of India, Social Welfare Deptt. J&K Govt. and Sangam Tru Art Production, mounts three days special campaign presented its 361th Friday Series. Dugri Musical Play "NASHECHA BACHO" atGovt. Girls High School, Toph Sherkhania, Jammu on today under the overall Direction of Dr.M.L.Dogra. A pledge was also taken more than 200 students and teachers which was recited by Mr. M.C.Kotwaland the certificate honored by the Ministry of Social Justice was felicitated to the Principal of the Host School. The program was inaugurated by the Chief Guest Mrs.Rita Rani, Headmaster, Govt. Girls High School, Toph Sherkhania, Jammu. Among the Guest of Honors present on the occasion were Smt. Veena Raina, Sunita Gupta, Senior Teachers of the host school. The day commemorated as well with sole aim of rejuvenating the traditional, Primitive Folk, Art, Culture of J&K Region. The Specialty items prepared on the theme "NashaNaikarna Man lo KehnaPayare Bhai Bhena", "Swatch Bharat Ho", "BhalaspDoga", "Kali Mata Bawe - Bajan", "SavdhanSavdhan", "BhaartVasiSavdhan", " Dum-e-Dum kalander", Nukkad, Skits, Songs and Dances were presented to aware the masses. The Chief Guest Mrs. Rani

appreciated the efforts of Bhartiya Lok sanget kala sansthan for drug addiction program for students and said in his speech the NashaMukt Bharat Abhiyan was launched by Ministry of Social Justice & Empowerment which is the Nodal Ministry for Drug Demand Reduction has formulated and it was launched NashaMukt Bharat Abhiyan on 15th August 2020, in 272 Districts across 32 State/Union Territories identified as most vulnerable in terms of usage of drugs in the country. These vulnerable districts were identified on the basis of findings from the Comprehensive National Survey and the inputs provided by the Narcotics Control Bureau and also said the yoga help to aware about addiction of drugs & Yoga is a well-known term these days, it is called a spiritual discipline that is based on a subtle science that aims at attaining harmony between body and mind. This is also referred to as science and art for achieving healthy living. The derivation of the word yoga is considered from the Sanskrit word Yuj. The meaning of Yuj is to join or yoke is to unite. Yoga is safe and is practiced even by kids and older people. There is no use of hard equipment, but only movements of the body for the extension. Yoga gives relaxation not only to the mind but also flexibility to the body. The efforts of the organizers in making such awareness programmes colorful and effective. The artists of BLSKS presented theme based songs which were written by Dr.M.L.Dogra& the music was the

composed by Mr.RajuBajgal, Music Instructor, BLSks. Yoga class was also organized before the cultural program for benefits of the students & staff. The program was also recorded & uploaded online on Social Media for benefit of the peoples. Welcome speech was given by Dr. M.L.Dogra, Chairman, BhartiyaLokSangeetKala Sanshan said drugs withdrawal symptoms are a combination of physical and mental side effects a person experiences while trying to either stop or reduce the use of the substance they have been using or are addicted to. These are usually unpleasant experiences which make it difficult to reduce or quit the substance. Some of the common withdrawal symptoms are nausea, vomiting, restlessness, tremors, disturbance in mood (irritability, depression, anxiety), lack of sleep, body pains, craving for the substance, running nose etc. Dr. Dogra also highlighted the need and importance of yoga in education also follows from the fact that it helps in improving concentration and attention span. With yoga helping to improve memory function, its direct impact can also be seen in the child's academic performance. Yoga is a generic term for physical, mental and spiritual disciplines, originated from ancient India. It is a spiritual and ascetic discipline including breath control, simple meditation and adoption of specific body postures, practiced for health and relaxation. Yoga offers flexibility to the body and relaxation to the mind. There are different asanas practised by people, and each asana has its benefits on the mind and body. Yoga is designed to sharpen our minds and to improve our intelligence. Regular practice of yoga can help in controlling our emotions and promote well-being. This BLSKS campaign main motive is to make our J&K UT, Drugs free. The singers, musician and actors who performed were Usha Raina, M.C.Kotwal, Raju Bajgal, Rajni Gupta, Chahat Chadha, BindiaOkheda, Sanjeev Kumar Sodhi, Vandana Gupta, Rahul Kumar, M. Deepak Kumar Dogra, ProgramIncharge, presented vote of thanks for successful conduction of the program.

## BMO, Team Bani meet DC Kathua, seek adequate infrastructure for SDH Bani



J1 NEWS SERVICE

**JAMMU, MAY 26:** BMO Bani, Dr Dev Raj along with the members of Team Bani Cooperative Ltd met the Deputy Commissioner Kathua and highlighted various issues regarding the lack of infrastructure in Sub District Hospital (SDH) Bani including the shortage of staff and ambu-

lance here today. The Team Bani Members also highlighted various other pressing issues and informed the Deputy Commissioner that the team has been providing various services to the patients and their attendants at the aforesaid hospital. They emphasized that the team has also been providing free of cost food facility to the patients and attendants on a limited scale and are aiming to make this service a 24x7 facility at the Sub District Hospital Bani very soon. The Team Bani members said that provision of the above mentioned services has been possible after about 40 years now and that too after BMO Bani, Dr Dev Raj took this noble initiative not only to improve

the infrastructure at SDH Bani but also by preparing a project worth approximately Rs. 20 crore to include all facilities that were lacking for decades. They told the Deputy Commissioner that if this proposed project gets approval, it will be a great achievement for Medical Department and the public of Bani. The team asserted that Bani which is remote, far flung and hilly area having no facility of any specialists or other necessary facilities in hospital and the administration must initiate measures to provide the lacking facilities at the Sub District Hospital (SDH) Bani. After giving a patient hearing to the team Bani members Deputy Commissioner Kathua assured all possible help to improve the facilities at this Sub District Hospital in remote and far flung area.

## Dharun Kesar inaugurates KiyAar Makeover by Binakashi Sharma

J1 NEWS SERVICE

**JAMMU, MAY 26:** Dharun Kesar (DK), actor of Dugri fame movie Aun Aan Shinda, today inaugurated KiyAar Makeover by Binakashi Sharma at Katra Kadmal near Honda showroom in the presence of prominent people of the Katra town. Speaking on the occasion, Dharun Kesar complimented the owner Rohit Kumar Sharma on opening of the new saloon in the city area. He asserted that government has initiated several schemes aiming to foster entrepreneurship in the country.



He asserted that Jammu and Kashmir is becoming self-sufficient Union Territory in all respects. He wished for the success of the new venture and asked the proprietor to provide good service to the customers. He said that quality service has always attracts potential customers and will make good business. He said

that quality is very important in the business and the owner of the showroom should surely utilize quality products for the customers. DK asked youth to explore the entrepreneurial avenues as both the J&K and Central Government have

launched number of schemes for the welfare of people as well as youth of the nation. He exhorted upon youth to avail the benefits of the central sponsored scheme to become job creators instead of job seekers.

## Health & Medicare sector of J&K in shambles: Rattan Lal

Seeks Centre's intervention to address this sensitive issue of the people

J1 NEWS SERVICE

**JAMMU, MAY 26:** Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC) Jammu while accusing the Jammu and Kashmir Union Territory Administration of misleading the Centre regarding the deplorable condition of Health, and Medicare including Ayush sector of J&K has sought Centre's intervention so that adequate measures are taken to address this significant and most sensitive issue of people.



commitment to provide benefits of Govt schemes to the last man standing in line, the ground realities in this Union Territory especially viza-viz Health and Medicare sector are quite contrary. He said that the deplorable condition of this sector can be well gauged from the fact that this Union Territory is facing a huge shortage of doctors and paramedical staff as a result of which the people continue to suffer badly.

In a statement issued to media here today, the senior National Conference leader said that it is an irony of the people of Jammu and Kashmir that while the Prime Minister keeps on reiterating the

Elaborately divulging the details, Rattan Lal

Gupta said that presently in J&K there are 269 Public Health Centres out of which 165 centres are running completely at the mercy of God. These 165 centres have no qualified doctors and are being solely run by paramedical staff. The condition of the rest of 84 Health Centres is no good too as these are having no sanctioned strength of doctors available for the patients visiting these centres. The condition of village dispensaries are more in worse conditions and many are closed.

The senior NC leader further informed that 1000 posts of doctors and 5000 posts of para medical staff are lying vacant in J&K due to which the people are facing huge deficit in medical services. He claimed that during the National

Conference regime in the erstwhile State of J&K led by Omar Abdullah J&K Health Deptt bagged 2nd position across the nation for providing best health services and the Department's performance but today health and medicare is totally in shambles and people have to go out of J&K for availing medical services incurring huge costs. Rattan Lal Gupta appealed to the centre administration to look into the most urgent and sensitive matter of the people and direct the LG Administration to take adequate steps for filling all the vacant posts in Health and Medical Department at the earliest so that people of J&K get the optimum health services specially far flung areas of J&K which are totally ignored.

## Industrialization process delayed due to non availability of developed land to prospective investors: FOJ

J1 NEWS SERVICE

**JAMMU, MAY 26:** Federation of Industries Jammu draw the kind attention of Sh. Manoj Sinha, Hon'ble Lt. Governor of J & K UT towards the non-availability of Developed Industrial Land to the prospective Investors resulting flight of Industrial Investment to other States where ready to use Developed Industrial land and Fiscal Incentives available to the Prospective Investors.

While highlighting the issue Sh. Lalit Mahajan Chairman Federation of Industries Jammu draw the kind attention of Hon'ble Lt. Governor that the New Central Sector Scheme 2021 notified by Govt. of India on 18th Feb 2021 and of Scheme has been imple-

mented w.e.f. 01-04-2021 on the basis of which massive response for the Investment in Industrial Sector as well as in Service Sector has been received from the Prospective Investors for their requirement of thousands of Kanal of Land but till date only few Units got the Registration to avail the benefits of around approximate Rs.7000 Crores against total allocation of Rs. 28400 Crores as per the NCSS 2021 under which is registration to avail the benefit shall be valid till 31-03-2025.

It is pertinent to mention here that Investment Proposals amounting to thousands of Crores pending with the Industries Department but due to non-availability of Developed Industrial

Estates with the requisite Infrastructure for Industrial use the Registration of Prospective Investors on the Portal of Industries Department not possible due to pending Lease Deed Documents for the allotment of Land in the Notified Industrial Areas under Development.

It is also worthwhile to mention here the Existing working Industrial Units facing hardship due to non-availability of Fiscal Incentives at par with the New Investors under the NESS-2021 resulting nos. of units may opt for the closure of their units in near future due to which mass scale retrenchment of Industrial Workers may take place and on the other hand due to non-availability of Developed Land the question mark put on the

employment to local youths as the Prospective Investors may take a decision to shift to other states to avoid the Price Escalation in their Project Cost due to delay in the allotment of Industrial Land.

We request Hon'ble Lt. Governor Sh. Manoj Sinha to consider the request for the grant of Fiscal Incentives at par with the New Central Sector Scheme 2021 to the Existing working Industrial Units and units under Substantial Expansion with the allocation of requisite funds and also issue necessary directions for the completion of Proposed industrial Estates on War Footing basis to provide the Land to prospective Investors in time bound manner.

## Ghulam Nabi Azad will be the next CM of J&K predicts Rajesh Gupta

J1 NEWS SERVICE

**JAMMU MAY 26:** National Democratic Party Indian (NDPI) J&K UT Chief Rajesh Gupta while briefing media on Friday said all the political parties in Jammu and Kashmir in a large scale and senior leaders of different parties busy in addressing public meetings. He said if we put a glance on all parties Ghulam Nabi Azad seems to form next government in J&K eminently. I predict



that Ghulam Nabi Azad will be the next CM of J&K Gupta said. NDPI leader said many see Azad's new party would be dividing party as Azad has the capacity to

attract a large number of leaders from different parties. And everyone liked his style of functioning and J&K people has seen his working. Azad's frequent public meetings across the J&K UT shows how is concerned about the J&K UT. NDPI president maintained while Azad has dispassionately spoken against the dismantling of the J&K state and turning it into two Union Territories, he has been silent on the abrogation of Article 370. He was the first J&K top

politician who normalized the abrogation of Article 370 insisting that the government should restore statehood to Jammu and Kashmir. Azad has been demanding protection for jobs and land, which has resonance all across Jammu and Kashmir. Azad's alleviation as CM or as an ally of the BJP, many here believe, will close the chapter of Article 370 but open restoration of statehood to J&K, which the BJP is not averse to added, Gupta.

## Apni Party leaders stage protest seeking construction of culvert over Nallah

J1 NEWS SERVICE

**JAMMU, MAY 26:** Apni Party leaders and workers today staged a protest demanding construction of Nallah culvert and small bridge as pathway for the residents of ward number 61 and 67.

The protest was led by District President Janu Raza 'A. Pushap Dev Kumar Uppal in which Hoshiyar Singh, a local resident along with others participated in the demon-

stration. Pushap Dev Kumar Uppal and Hoshiyar Singh while addressing the protesters highlighted hardships being faced by the residents that a tender has already been floated by the UEED Department in the month of November 2022 yet nothing has been done. They said that the land mafia with support allegedly from the Revenue and Municipal Corporation authorities is bent upon encroaching the nallah

land for their commercial deeds. The residents also raised their voice that they have an apprehension that the land mafia may target and manhandle them as done earlier so many times. "It was also reported on spot that the Corporators are hand in glove to encroach the nallah land and appealed the authorities to come into rescue before the rainy season so that the culvert and pulley for pathway is constructed

and the residents are protected from the water of the nallah during rainy season and their children avoid the facility of the pulley for going to school and markets for daily needs." A later demonstration was also held on the spot raising slogans against the Authority for not meeting their demands at the earliest otherwise the people of the concerned area shall be forced to come on streets and bringing the cats for their wellings.

# Union Health Minister Dr Mansukh Mandaviya inaugurates 8th International Conference on Pharma and Medical Device Sector

NEW DELHI, MAY 26

"India's pharmaceutical industry is robust, resilient and responsive. It is due to this that we could not only meet our own demand during the pandemic, but also be in a position to supply medicines to 150 countries." This was stated by Union Minister of Health and Family Welfare Dr Mansukh Mandaviya as he inaugurated the 8th International Conference on Pharma and Medical Device Sector in the presence of Shri Bhagwanth Khuba, Minister of State for Chemicals and Fertilisers, Ms. S Aparna, Secretary, Department of Pharmaceuticals, and Shri Ajay Kumar Sood, Principal Scientific Advisor to the Government of India. This conference is organized by the Department of Pharmaceuticals in association with Federation of Indian Chambers of Commerce and Industry (FICCI) for two days to promote India as a manufacturing hub of quality medical products in the pharmaceutical and Medical Device Sector.

Recalling and reiterating the Prime Minister's vision of Atmanirbhar Bharat and the ethos of Vasudhaiva Kutumbakam, Dr Mandaviya stated "India played a phenomenal role in meeting the requirements of not just its domestic but needs of many others



under unprecedented circumstances." Dr. Mandaviya unveiled the National Medical Devices Policy, 2023, and launched the Export Promotion Council for Medical Devices. Additionally, the Union Minister also launched a scheme titled "Assistance for Medical Devices clusters for Common Facilities (AMD-CF)". This scheme aims to establish and strengthen common infrastructure facilities in the medical devices clusters and fortify testing facilities for medical devices.

Highlighting the immense potential of this sector, Dr. Mandaviya stated "India's pharmaceutical sector, called as the Pharmacy of the World, will be contributing more in the coming years for the domestic needs and to cater to global demand too." Declared as a sunrise sector, the Health Minister

emphasized that this is an emerging manufacturing hub that has seen phenomenal progress with the implementation of production linked incentive schemes and investments for medical drug parks. Our competitive advantages over other nations is price competitiveness and quality. He further added "if we are to continue being 'Pharmacy of the World', there can be no laxity with the quality of our pharmaceutical products, our products should also be affordable and competitive in the global market."

Emphasizing that the Government is committed to supporting the sector with industry friendly policies and investor promoting ecosystem, he added that "the government advocates a holistic approach for growth taking into account deep stakeholder consultations

enabling a comprehensive, long-term policy ecosystem." Dr. Mandaviya also focused on the investments in research and development, building efficient manufacturing capacities along with creating ample opportunities for innovation that support a vibrant ecosystem for this sector.

Highlighting the role of Government in supporting the medical device industry, the Minister of State noted "various initiatives in the form of Production Linked Scheme for Pharmaceuticals and Medical Devices have served to catalyze growth and development in this sector and enable the industry to evolve in value chain from being manufacturers of generics to high value patented drugs, new technologies like cell and gene therapy, precision medicine amongst others." He reiterated that the poten-

tial must be channeled and supported with substantial resources to achieve the potential this sector holds."

Shri Ajay Kumar Sood, Principal Scientific Advisor to the Government of India emphasized on the fact that the Medical Device sector is undergoing a metamorphosis phase, underscoring that innovation is the key to success."

Following the inaugural session, a CEO roundtable was chaired by Dr. Mandaviya that facilitated stakeholders in deliberating on the existing issues as well as discussing avenues for growth of the sector on a national as well international forum. The Union Health Minister engaged with the stakeholders holding an in-depth consultation with them and urged the participants to brainstorm the ideas on various fronts - policy, economic, research and innovation.

The conference was attended by Shri N. V. V. Varaj, Joint Secretary, Department of Pharmaceuticals, Dr. Srikanth Reddy, Joint Secretary, Ministry of Commerce, DCGI Dr. Rajeev Ranjan, Chairman, NPPA Shri Kamlesh Pant, Shri Shailesh Pathak, Secretary General, FICCI, and various industry stakeholders and representatives of academia.

# Jyotiraditya Scindia and Yogi Adityanath inaugurate new Civil Enclave at Kanpur Airport

NEW DELHI, MAY 26



Jyotiraditya M. Scindia, Minister of Civil Aviation and Steel along with Shri Yogi Adityanath, Chief Minister of Uttar Pradesh and Gen. V.K Singh (Retd.), MoS Ministry of Civil Aviation and Road Transport and Highways today inaugurated a new Civil Enclave with an enhanced passenger capacity at the Kanpur Airport.

Chief Minister Yogi Adityanath in his address expressed gratitude to Prime Minister Shri Narendra Modi and said that under PM's visionary leadership, a 'New Uttar Pradesh' is being built which is not only excelling in basic public infrastructure, but is also achieving new heights in the civil aviation sector. He also highlighted that any development should also pay respect to the rich culture and history of the land - and Kanpur Airport's New Terminal Building that incorporates engravings of ancient temples in Kanpur, is a fine example.

Setting a target for the State, he said that in the future Uttar Pradesh will become a state with one airport at almost every commissionerate level.

In his inaugural address, Shri Jyotiraditya M. Scindia, said that under the leadership of the Prime Minister Shri Narendra Modi and Chief Minister Yogi Adityanath, the web

of civil aviation has spread across Uttar Pradesh. Talking about the tremendous infrastructure development work being carried out in the state, he shared that in 2014 there were only 6 operational airports in the state, whereas now there are 9 operational airports. He also talked about upcoming airports in Jhansi, Jewar, Ayodhya and other regions, which will take the total count of airports to 22. The Minister also highlighted that this transformation has happened due to the cooperation and vision of the double-engine government to make air travel accessible and affordable to all. Gen. V.K Singh (Retd.) said that the modernization of the Kanpur Terminal is exemplary. He highlighted the capacity of the airport can now handle more than 200 passengers as compared to 50 passengers earlier.

He said that the 61,624 sqm (the existing terminal) and now 3 planes can be parked in the airport. The facade of the Terminal Building in both the

city and airside depicts the temple architecture of the famous JK Temple of Kanpur. The interiors of the Terminal Building of the new civil enclave are based on various local themes based on textiles, leather industries, and the city's renowned public figures like poet Shyamali Gupta and sage Maharishi Valmiki. The terminal has been designed to integrate the culture and heritage of Kanpur, and the state of Uttar Pradesh, hence, creating a sense of place for the visitors.

The event was graced by the presence of Shri. Satish Mahana, Speaker, Uttar Pradesh Legislative Assembly, Shri Rakesh Sachan, Minister of MSME, Government of Uttar Pradesh, Ms. Pratibha Shukla, Minister of Women and Child development Government of Uttar Pradesh, Shri Ajit Pal Singh, Electronic and IT Minister, Government of Uttar Pradesh, Shri Devedra Singh MP (L.S), Shri Satyadev Pachauri MP (L.S), Shri Ashok Rawat MP (L.S) and other senior dignitaries from MoCA, AAI and Government of Uttar Pradesh.

## FROM THE FRONT PAGE...

### Small and marginal farmers...

Holistic Agriculture Development Program (HADP) will have a transformative impact on the agriculture economy of J&K.

He also sought valuable inputs from the bank officials and impressed upon them to encourage other stakeholders to complement the government's efforts in improving accessibility of farmers to the Institutional Sources of Credit and further strengthening the agriculture and allied sector.

The Lt Governor also apprised the action taken on the directions passed in the previous meetings of Public Sector Banks, Administrative Departments and other Financial Institutions.

The officers of banks were directed to simplify and streamline the processes of extending credit and financial assistance services to the farmers.

Atal Dulloo, Additional Chief Secretary, Agriculture Production Department gave a detailed briefing on credit extension for Scheme implementation in Agriculture and Allied Sector.

Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor, Baldev Prakash, MD & CEO J&K Bank; Deputy Commissioners, heads and representatives of different banks, financial institutions and other senior officers of UT administration attended the meeting at Civil Secretariat.

### J&K Admin preserving...

concerning the armies of the maharajas and the decisions taken by them. The digitisation of these rare and precious files is going on," another official said.

"We floated tenders for the digitisation of the remaining records in February and the selected agency, within the one-and-a-half-month period, digitised another 1.30 lakh pages. Hopefully, within a year, all the records will be digitised," Kumar said.

Meanwhile, a digital archival repository has been established that will serve as a sanctuary for rare documents, books, and periodicals. After digitisation, these archival records are meticulously preserved, tagged, and stored on the racks and shelves. (AGENCIES)

### NIA moves Delhi HC...

forcefully secede J&K from UOI. The crime becomes more serious as it was committed with the assistance of foreign powers and designated terrorists. The seriousness of crime is further increased by the fact that it was committed behind the smokescreen of an alleged peaceful political movement," the trial court had said.

It had noted that the case was not the "rarest of rare", warranting death penalty.

The maximum punishment for such an offence is death penalty.

The life term was awarded for two offences - section 121 (waging war against government of India) of IPC and section 17 (raising funds for terrorist act) of the UAPA.

According to the Supreme Court, life imprisonment means incarceration till the last breath, unless the sentence is commuted by the authorities.

The court had awarded Malik 10-year jail term each under sections 120 B (criminal conspiracy), 121-A (conspiracy to wage war against the government of India) of IPC and sections 15 (terrorism), 18 (conspiracy for terrorism) and 20 (being member of terrorist organisation) of UAPA.

It had also awarded five-year jail term each under

sections 13 (unlawful act), 38 (offence related to membership of terrorism) and 39 (support given to terrorism) of UAPA.

Malik had on May 10 last year told the Delhi court he was not contesting the charges levelled against him that included acts of terrorism and sedition.

The court had framed the charges against Kashmiri separatist leaders including Ferooz Ahmed Dar alias Bitta Karate, Shabbir Shah, Masarat Alam, Md Yusuf Shah, Alfah Ahmad Shah, Alfah Ahmad Shah, Nayeem Khan, Md Akbar Khawid, Raja Mehruddin Kalwal, Bashir Ahmad Bhat, Zahoor Ahmad Shah Watali, Shabir Ahmad Shah, Abdul Rashid Sheikh and Naval Kishore Kapoor.

A charge sheet was also filed against Lashkar-e-Taiba (LeT) founder Hafiz Saeed and Hizbul Mujahideen chief Syed Salahuddin, both of whom have been declared proclaimed offenders in the case and are living in Pakistan.

### Government clears...

enhanced living standards for the residents.

The release of such a significant amount of funds has elicited widespread joy and appreciation from the public. Citizens, who have been eagerly awaiting the clearance of liabilities, express their gratitude for the government's decision.

Gh Mohammad, a resident of Kulgam, said, "We are extremely happy with the government's initiative to clear the liabilities. This will bring much-needed relief to the people who were waiting for their dues to be settled. It shows that the government is committed to addressing the concerns of its citizens."

Rukhsana Rehmag, a resident of Ganderbal, shares her delight and said, "The release of funds to clear the liabilities is a welcome move. It demonstrates the government's dedication to improving the infrastructure and overall development of our region. We appreciate their efforts in ensuring that completed projects are duly compensated."

The release of funds to clear liabilities under the 14th FCA/B2V program is seen as a significant step towards effective governance and citizen empowerment. It demonstrates the government's responsiveness to the public's concerns and commitment to fulfilling their obligations.

The public's overwhelming happiness and appreciation for this decision highlight the positive impact it will have on their lives and the overall development of the region.

The government's proactive approach and timely action reflect its dedication to ensuring the welfare and progress of Jammu and Kashmir.

As the released funds reach the respective accounts of the Halqa Panchayats, citizens eagerly anticipate witnessing the tangible outcomes of these completed works.

The cleared liabilities signify a brighter future for the region, as infrastructure projects are realized, livelihood opportunities are created, and the overall quality of life is improved for all. (Agencies)

### MeT predicts more...

Qazigund, he said, recorded a low of 7.0°C against 8.0°C on the previous night and it was below normal by 3.7°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 4.8°C against

6.1°C on the previous night and it was 1.3°C below normal for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 9.3°C against 11.4°C on the previous night and it was 1.3°C below normal for the north Kashmir area.

Kokernag recorded a low of 6.0°C against 7.4°C on the previous night and it was 4.6°C below normal for the place, the officials said.

Gulmarg recorded a low of 2.2°C against 5.0°C on the previous night and it was below normal by 4.9°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 19.4°C against 21.4°C on the previous night and it was 5.5°C below normal for J&K's winter capital, he said.

Banihal recorded a low of 8.5°C (below normal by 3.7°C), Batote 11.5°C (3.5°C below normal), Katra 16.5°C (5.1°C below normal) and Bhadrawah 8.5°C (below normal by 2.6°C). Ladakh's Leh recorded a low of 1.2°C, he said. (Agencies)

### India traversed unlimited...

Submarines, Missiles, Electronic equipment, Special alloys, special purpose steels, and variety of ammunition.

Dr Jitendra Singh said, Defence and Space sectors are intertwined and both of them got an enabling milieu from the Prime Minister for its faster and indigenous growth strategies and currently R&D working towards strategic relevance of Space in view of recent global conflicts, the Minister said, Space, a dual-use technology domain, is emerging as an important multi-faceted enabler that provides unprecedented reach. He added that many nations are today focusing on developing their military space capabilities to ensure its safe, secure, and friendly use along with deterrence capability to deny it to adversaries, when necessary.

Dr Jitendra Singh also pointed out that Union Cabinet approved the National Quantum Mission (NQM) at a value of Rs.6002.65 crore from 2023-24 to 2030-31, aiming to seed, nurture and scale up scientific and industrial R&D and create a vibrant & innovative ecosystem in Quantum Technology (QT). This will accelerate QT led economic growth, nurture the ecosystem in the country and make India one of the leading nations in the development of Quantum Technologies & Applications (QTA).

The Minister pointed out that India has joined the elite club of a handful of countries countries in Quantum Technology and currently R&D working towards quantum technologies are underway in the US, Canada, France, Finland, China and Austria, therefore all the countries are at par as far as initiation of the Mission is concerned.

Referring to the Space Sector, Dr. Jitendra Singh said, similarly, Prime Minister Modi opened up the Space sector for private participation leading to more than 105 StartUps in the Space sector within just about three years. He said, starting from the SAARC Satellite Mission of 2017, five PSLVs are being domestically produced by IRT and HAL, while 104 satellites were launched in one go.

Dr Jitendra Singh said, India's other flagship space programmes also include Human Space Flight Centre or what we call in India as Gaganyaan project under which we are planning to send our first crewed flight in space in 2024 after the two trial flights.

Dr Jitendra Singh said, the strength and innovative

potential of our young and private industrial enterprise will take a lead in the global space technology disruption in times to come. He expressed hope that India's young technology wizards shall breach new barriers in the field of Space Technology while they set out to address the limitless opportunities offered by the Space Domain.

### About 4,500 devotees...

Valley during the annual fair.

The administration has implemented rigorous security measures, including sniffer dogs, metal detectors, and thorough verification of devotees. A large number of security personnel are escorting the yatra, ensuring the safety of the pilgrims.

President of the Mata Kheer Bhawani Welfare Society Kiran Watal said, "The LG administration and police have provided excellent arrangements and security measures. Everything is progressing smoothly. This is the first time in the history of this yatra that such massive arrangements have been made."

Vikas, a devotee from Ganderbal district, said, "After a wait of five years, we are finally able to participate in the Mela. This opportunity fills us with great joy."

### India poised to become...

G7 Conclave in Japan and said the global leaders including the US President pinned many hopes with the Prime Minister in resolving conflict situations in the larger interest of world peace. The Presidency of G20 to India is yet another example of growing grandeur of the largest democracy of the world, he added.

In this backdrop, it is time for the people of Jammu and Kashmir to stand firm under the unimpeachable leadership of the Prime Minister for his efforts to restore the pristine glory of India, he said, adding that the renouance of the glorious cultural heritage is already gaining a strong foothold. This momentum is to be sustained and promoted at every level with the active support of the people, he said.

Referring to the Prime Minister's vision for progressive and prosperous Naya Jammu and Kashmir, Mr Devender Rana said creation is strong edifice is underway with thrust on infrastructural development, industrialization with avowed objective of growth and job generation. He hoped that the people would shoulder their responsibility of strengthening the BJP for fulfillment of their urges and aspirations as per the vision of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Pariwas.

Rana said, adding that it is with this mantra that every BJP Karyakarta is reaching out to the people, aware them about the schemes tailored by the government for their welfare, listen to their problems and make every effort in getting these resolved by taking up the grievances or issues with appropriate forums in the administration.

He also dwelt in detail on the measures taken over the years for establishing peace, restoring normalcy and putting Jammu and Kashmir on the path of holistic development, saying the political developments of August 5, 2019 have erased all the obstacles in achieving this cherished objective by making every segment of the society as part of the growth story.

Responding to the issues raised by the deputations and individuals, Mr Rana said these will be taken up at the appropriate forums for earnest redressal.

## Int'l events like G20 provide exposure to students: Kavinder



JJ NEWS SERVICE

**JAMMU, MAY 26:** International events like G20 Tourism Working Group Meeting provide exposure to the student fraternity because such jamborees involve wide scale interaction of local community with the foreign delegates giving an opportunity to youth to get firsthand knowledge about different cultures sustaining across the world.

This was stated by senior BJP leader and former Deputy Chief Minister, Kavinder Gupta while

addressing a programme on G20 meeting here at Govt Girls High School Satwari. BJP stalwart from J&K along with Pooja Mishra, National Vice President Mahila Morcha were the special guests. Kavinder said that the successful conduct of G20 meeting has shown the world that BJP Government led by PM Narendra Modi has restored peace and normalcy in the Valley, and the tourists from any part of the world could now enjoy the splendour beauty of the UT of J&K by visiting the

region anytime of the year. Pooja Mishra, who is on a visit to J&K, lauded the work done by the local Mahila Morcha unit in the UT. She asked the members of Mahila Morcha to motivate the womenfolk to play their important role in politics as well as social life because no society can grow without the active support of women. She said that Mahila Morcha is an important wing of the BJP and therefore its activists should always remain on forefront to take up the cause of women and also to spread the message

about significance of a nationalist government in chair, as successive governments have ruined the future of youths due to directionless policies and plans. Painting and Rangoli competitions were also organized during the event, in which large number of students took part.

Kavinder Gupta gave prizes to the outstanding students and asked them to work for becoming the meaningful citizens of the country by remaining away from drugs and other evils of society. Earlier, Principal of the School Surjit Singh presented welcome address. Prominent among those who were present included Anuradha Charak, Vinay Gupta, Rekha Mahajan District President, Neha Mahajan, Indu Puri, Corporator Pawan Singh, Narinder Koki, Bharat Bhushan, Monika Khosla, Mitu Sharma, Poonam Gupta and Radha Sharma.

## DSRS JU organises Panel Discussion on 'Current Political Crises in Pakistan'



JJ NEWS SERVICE

**JAMMU, MAY 26:** The Department of Strategic and Regional Studies (DSRS), University of Jammu has organized a Panel Discussion on "Current Political Crises in Pakistan" in the seminar hall of the department. The session was chaired by Prof. Mathew Joseph C, Academy of International Studies, Jamia Millia Islamia University, New Delhi. The panel for discussion was comprised of experts on Pakistan affairs including Brig. (Retd.) Dr. Vijay Sagar Dhemman, Managing Director, International Institute of J&K Studies; Mr. Pradeep

Dutta, Bureau Chief J&K, Times Now and Dr. Mohd. Monir Alam, Assistant Professor, DSRS, University of Jammu. Prof. Virender Koundal, Director DSRS, formally welcomes the panelists and other dignitaries and introduced the theme of the panel discussion.

Mr. Pradeep Dutta gave an elaborate presentation on the present political situation in Pakistan. He mentioned the three A's- Allah, America and Army which drives the politics of Pakistan and added two more A's- al-Qaeda and AK-47. He underlines the protests of 9 May, 2023 across Pakistan is the turning point in politics and

argued that Imran Khan, the former Prime Minister of Pakistan, has done more damage to Pakistan Army than any other. He highlighted that, Pakistan is using religion just to bind the population in one nation.

Dr. Munir Alam drew attention to the role of army in Pakistan' social-economic conditions. He highlighted the reasons of backwardness of political structure in Pakistan and also compared it with India's democratic norms as both India and Pakistan go freedom on the same date. He also underlines how Pakistan was saved from the being failing due to invasion of the US in

Afghanistan after 9/11 attack in USA.

Brig. Dr. Vijay Sagar Dhemman highlighted the military perspective on current situation in Pakistan and underlines the rift within the Pakistan Army. He gave detail description regarding different internal and external factors affecting Pakistan decision-making process. He argued that India must be watchful of the Pakistan military as well as non-state actors supported by them.

Prof. Mathew Joseph C, a seasoned academican, during moderation touched upon various aspects of Pakistan politics and presented a broader picture of the current political situation.

The panel discussion was followed by the question-answer session. This event was hosted by Ms. Vasundra Rajee, Research Scholar, DSRS. The vote of thanks was presented by Dr. Ganesh Malhotra. This program was attended by the department faculty Dr. Surinder Mohan, Dr. Sunel Kumar, Dr. Ganesh Malhotra and Dr. Ranjash Sharma, members of civil society faculty from other departments of the university, Research Scholars and Postgraduate students.

## Raj Rattan Raina lauds LG Sinha led Admin for successful execution of G20 Summit

JJ NEWS SERVICE

**JAMMU, MAY 26:** BJP leader, Raj Rattan Raina lauded the Lieutenant Governor Manoj Sinha led administration for successful execution of the historic G20 Summit.

In a statement issued here today, Raj Rattan Raina expressed his admiration for the visionary approach adopted by the LG, which he believes will pave the way for Kashmir's inclusion on the international tourism map and extend tourism activities beyond the traditional



hotspots to rural areas. "Under the leadership of LG Manoj Sinha, the recently concluded G20 Summit witnessed a remarkable convergence of world leaders, economists, and industry experts who discussed crucial global

issues. He also commended the administration for ensuring flawless arrangements and infrastructure to host such a prestigious event, placing J&K at the center stage of international diplomacy," he said.

The BJP leader said that the success of the G20 Summit would be a game-changer for Kashmir's tourism industry. He acknowledged the LG's strategic vision and the comprehensive measures taken to attract global attention to the region's tourism potential. He also highlighted that this devel-

opment would lead to a significant shift from the conventional tourist destinations, as tourism activities would now extend to previously untapped rural areas.

Raj Rattan Raina further explained that the new-found international recognition would open doors for investment and collaboration, providing a much-needed boost to the local economy. He expressed optimism about the positive impact on livelihoods and employment opportunities for the residents of J&K.

## Provide adequate compensation to hailstorm-affected farmers and orchardists: Mir

JJ NEWS SERVICE

**SRINAGAR, MAY 26:** Former cabinet minister and Apni Party's Senior Vice President Gulam Hassan Mir on Friday urged the LG administration to provide adequate compensation to the agricultural farmers and orchardists who met with huge losses due to the recent heavy rains and hailstorms in various parts of the Valley.

In his statement, Gulam

Hassan Mir, said, "The recent hailstorm has damaged fruit-laden trees, including apple, cherry, and pear in the orchards, and crops including wheat, rice, and vegetables in various places."

"The damages to the crops and fruits have been caused, especially in many parts of north and central Kashmir, causing heavy damages to farmers. This is the second time these recent months that the farmers and orchardists

have suffered massive losses due to the adverse weather situation. The destructive hailstorm destroyed standing crops and the fruit that was still in its initial form."

Demanding an official assessment of the losses, which should be followed by adequate compensation to the affected people, Gulam Hassan Mir, said, "Given the fact that crops and orchards are the primary sources of livelihood to a large population of

the Valley, the administration is supposed to provide swift relief and proper compensation to the sufferers so that the affected people can overcome the loss caused by the weather fury."

Mir appealed to the LG administration to ensure the official teams are immediately sent to the affected areas to assess the losses and provide compensation swiftly to the sufferers.

## After SHO, Udhampur BJP threatens to attack NPP if it holds protest

JJ NEWS SERVICE

**JAMMU, MAY 26:** Four days after NPP President and former Minister Harsh Dev Singh was assaulted by Udhampur police, its now the BJP that has threatened to oppose and hold clashes with Panthers Party in case it holds protest in Udhampur. This was revealed by Mr. Gagan Pratap Singh Party Spokesman and General Secretary in a press conference today.

Gagan Pratap Singh said that a BJP leader of Udhampur named Rohit Sethi has given an interview to Veera Cable, a local channel and categorically announced that his team would counter the NPP protest if held in Udhampur and hold 'clashes' with the latter.



"Intriguing to note that despite the open threat issued by the said leader which has gone viral on the social media, the district administration has failed to act. Alas! First it was the SHO Udhampur who not only restrained the NPP from holding a peaceful protest but also assaulted its leadership and now its the BJP leadership which is warning and threatening to 'dash' with its party work-

ers in case they exercised their fundamental rights of holding processions or protests. Is it the last nail in the coffin of democracy? Where are the champions and other protagonists of democracy? And while no action has been taken against the police officers responsible for their extremely culpable barbarism against the NPP leader, the BJP goons have also been allowed to go

scot free", anguished Gagan said.

Asserting that rule of law had collapsed in Udhampur, Mr. Singh said that it was Goonda Raj of police and its henchmen that prevailed in Udhampur. He said that enjoying open patronage of the BJP leaders, the Udhampur Police was hell bent to demolish not only the opposition but all that the constitution stood for. He appealed the President of India and CJI of Supreme Court to take suo Motto cognizance of the jungle raj run by Police-BJP mafia.

Purshottam Parihar General Secretary was also present in the press conference.

## Uday felicitates Vikram Chib on being appointed as President Yuva Rajput Sabha



JJ NEWS SERVICE

**JAMMU, MAY 26:** Uday Chib, President Jammu and Kashmir Pradesh Youth Congress (JKPYC) felicitated Vikram Singh Chib for being appointed as the new

President of the Yuva Rajput Sabha, Jammu and Kashmir here today.

The Youth Congress leader was accompanied by Soam Nath Block President Congress Patta Paloura, General Secretaries District

Congress Committee (DCC) Jammu Rural Madan Singh and Jang Bahadur and Secretary DCC Jammu Raturi Tarun date. Uday Chib while congratulating the new presi-

dent said that Vikram Singh Chib is a man of strong conviction and integrity and there should be no doubt about that he will work with full dedication and sincerity for the upliftment of the community especially economically weaker sections in the Rajput community.

The Youth Congress leader said that Yuva Rajput Sabha is aimed at welfare of the Dogras but it has shown that it can rise to the occasion and play a significant role in addressing the issues of Jammu region and that of national cause. He said that the new president has a tremendous responsibility entrusted to him and he is very much capable of fulfilling these.

Uday, while reposing

## DYSS Zone Miran Sahib organizes Inter Panchayat 'Anti Drugs Sports Tournament'

JJ NEWS SERVICE

**JAMMU, MAY 26:** The Department of Youth Services and Sports Zone Miran Sahib Friday organised Inter Panchayat Anti Narcotic Drive for boys under the age group of 19-35 years of age group under the Chairmanship of Sukhdev Raj Sharma. Rakesh Kakar Zonal Physical Education Officer Miran Sahib welcomed the chief guest senior Congress leader Badrinath Sharma and briefed him about the event and steps taken to promote the Sports in the Zone. Participants from different panchayats participated in the disciplines of Kabaddi and Volleyball.

Speaking on the occasion today's chief guest Badri Nath Sharma Sarpanch Kotli Shah Dola, appreciated the efforts of Youth Services and Sports Department for organizing such tournament for students and Non Students from different panchayats. He further impressed upon them to keep themselves away from drug addiction and ask others to avoid addictions. He further said only Youth can help to make drug free Society. Sharma while speaking on the occasion, said that sports activities helps in developing sportsmanship among the children and also they can be saved from drug addiction and other social evils. He said Govt should make more efforts to deliver sports

facilities up to Panchayat levels in the J&K to channelize the energy of youth in the positive direction by encouraging activities through sports, education and drug de-addiction drives. He said J&K Administration should provide better sporting facilities and infrastructure to the players of the J&K so that they can perform better in the national and international competitions and bring laurels to J&K. Sharma also interacted with the participants and motivated them for better performance in their respective sports. Matches were officiated by panel of experts of the department led by activity incharge Smt. Hardeep kour PEM Government G H/S Simble.

## Jai Data Ranpat Dev ji Committee hold Cleanliness Drive

JJ NEWS SERVICE

**SAMBA, MAY 26:** A Cleanliness drive under Clean Birpur was started on 21-5-2023 to 26-5-2023 by Jai Data Ranpat Dev Ji Committee (JDRJ Committee) Birpur. "Clean Birpur" cleanliness drive organized by JDRJ Committee in the Supervision of Swaran Singh Charak President Jai Data Ranpat Dev ji Committee Birpur. Samba ended this cleanliness drive today in Birpur covering Data Talab, and Devasthan.



Swaran Singh Charak President JDRJ Committee Birpur along with Prem Sadotra General Secretary JDRJ Committee Birpur, Kulbhushan Singh Charak, Sushil Singh Charak, and 100 Volunteers of Jai Data Ranpat Dev ji Committee Birpur ended this "Clean Birpur" cleanli-

ness drive today. They divided the task amongst themselves, with cleaning the roadsides and others removing the hazardous waste plastic materials. Volunteers from various villages participated in the drive which was arranged by Shree Data Ranpat Dev ji Committee

while completing the task Swaran Singh Charak President Jai Data Ranpat Dev ji Committee Birpur, Prem Sadotra Secretary JDRJ Committee Kulbhushan Singh Charak, Sohan Lal Sadotra, Balkar Singh, Sandeep Sadotra, Padam Singh, Thakur Jaswant Singh, Valkar Singh, Ajit Singh, Ankush Singh, Charak, Aman Singh, Vikram, Surjeet, Parveen and volunteers in strength reached main Hall and guided youths to keep their surroundings "Clean and Green".

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Rajouri-Poonch needs stepped up security

In recent months, twin border districts—Rajouri and Poonch—have remained on the radar of Pakistan sponsored terrorists. Seven people were killed and 14 injured in a terrorist attack at Dhangri village in Rajouri on January 1 this year. Five people, including two brothers, were killed when terrorists opened fire at a house. The very next day two more children were killed when an IED left behind by the attackers went off. The perpetrators of the crime are still at large, though security agencies claimed that they have eliminated one of the terrorists involved in creating disturbance in these districts. Last month, at least five soldiers were killed after terrorists ambushed an army truck in the Rajouri sector. With security agencies finding it hard to trace out the culprits, there has been a level of uncertainty among the people residing in twin districts. Former Chief Minister of Jammu and Kashmir Ghulam Nabi Azad has now asked for permanent deployment of security forces in the terror-hit Rajouri-Poonch border areas and strengthening of the intelligence network and Village Defence Committees (VDCs) in the entire region. The demand has come against the backdrop of serious concerns expressed by the stakeholders that such incidents are taking place in Rajouri district as the majority of other areas are peaceful. There is fear and terror among the people here. To allay the fears of the people, there is a need to strengthen Village Defence Committees (VDCs). There is a need to deploy more security forces permanently for restoring confidence among the people in this region. It has ridges and valley. There is a need for strengthening intelligence – both local, Army, police too, so that such incidents are not repeated,” the former Chief Minister maintained. The Dhangri terror attack was a wake-up call for all the people of Jammu and Kashmir and it would unite them irrespective of their religious and regional beliefs to defeat it. The barbaric act of terrorism which took precious lives deserved the condemnation in strongest words. But at the same time, such acts warrant people’s unity above the case, creed and religion to fight it back with equal force. Security agencies must step up its intelligence set up in the area as the spurt in terror attacks in the region was alarming. It is a harsh reality that after the abolition of Article 370, Pakistan does not want the establishment of peace and government formation (Assembly elections) in Jammu and Kashmir. This was why it tried to mislead the youth of the region by giving them training in terrorist camps, subjecting them to propaganda, and sending them down wrong paths like drug addiction. Pakistan is also trying to woo the poor into terror activities through money. But the people of Jammu and Kashmir have understood the mentality of Pakistan and opposed terrorist attacks. It is an open fact that the Poonch region has always witnessed heroic and historic events and battles fought by them in 1948, 1962, 1971 and 1999, and whenever anyone has tried to spread unrest in this area, the people have fought shoulder to shoulder with the Army irrespective of their caste, creed, gender and religion. The only way to defeat anti-national forces is to display exemplary unity and courage.

SELF-DEFEATING 'RENOVATION' AT JALLIANWALA BAGH MEMORIAL

THE PROJECT BETRAYS LACK OF IN-DEPTH AND SENSITIVE UNDERSTANDING OF THE HISTORY, SPIRIT AND ETHOS OF THE SITE

SUKHDEV SINGH

On August 28, 2021, after closed-door work that lasted more than a year, the 'renovated' Jallianwala Bagh was digitally dedicated and opened to the public by Prime Minister Narendra Modi. The PM wrote on his Twitter handle: "Join me as we inaugurate the renovated complex of Jallianwala Bagh Smarak... I also invite you to watch the sound and light show. It would display the horrific massacre of April 1919 and instil a spirit of gratitude and reverence towards the martyrs."

Although many people watched the ceremony, their response was, ironically, the opposite. There were dissenting voices from the families of freedom fighters, social activists and academics, besides culture, heritage and conservation experts, journalists, tourists and politicians. Some of the expressions summing up their responses were 'erasure of history', 'insult to martyrs', 'corporatisation', 'hideous transformation' and 'great damage to India's collective history'.

Back in 1961, the Jallianwala Bagh had been dedicated as a national memorial to the public by the first President, Dr Rajendra Prasad, after its conservation under the supervision of the Jallianwala Bagh National Memorial Trust created by the 1951 Act. The Trust comprised the Prime Minister as its permanent chairman and the Culture Minister, the AICC president, the Punjab Chief Minister and the Governor as its permanent trustees. Three other members are nominated for a term of five years.

The site had been planned to preserve the narrow lane, the only entry to the site, an old well, and a dilapidated wall with bullet marks on it. To mark the point from where the British forces had fired, a stone with an inscription was affixed there. On the right side, an Amar Jyoti was affixed on a rectangular platform with the inscription: 'In Memory of Martyrs – April 13, 1919'.

In the old buildings on the left side, a museum displaying old photographs and paintings and the office of the secretary were set up. A pylon in the shape of a liberty flame was added in the centre.



The year 2019 marked 100 years of the massacre. To commemorate the occasion, the Union government decided to 'renovate' the site at a cost of Rs 20 crore. The government also amended the Act, removing the AICC president as a permanent member and giving itself powers to remove any nominated member before five years without assigning any reason.

The Archaeological Survey of India and the National Building Construction Corporation (India) Limited were appointed to supervise the execution of the project by Ahmedabad-based Vama Communications. Perceiving the site as a tourist destination, the project has ended up defacing the memorial. The project has been conceived and executed without an in-depth and sensitive understanding of the history, spirit and ethos of the site.

The narrow lane from where the soldiers led by Gen Dyer had entered the site has been ruthlessly changed.

The cheerful copper-coloured human figures, mounted on the walls on both sides of the lane, evoke a misleadingly celebratory spirit which runs contrary to the solemnity of martyrdom. The statues of boys and elderly Sikh men wearing the patka bear no resemblance to the people massacred on

April 13, 1919. Renaming the 'Martyrs' lane' as 'Heritage lane' is tantamount to undermining the sacrifice of the martyrs. The stone marking at the firing point has been removed, and the inscription has been installed on the ground. The Amar Jyoti has been relocated.

There are galleries showcasing Punjab's history, India's Independence movement and the Ghadar movement with wall-hanging billboards and laser shows. But the space in every gallery is insufficient to do justice to these complex narratives. The visitors face inconvenience as they are jostled and forced to move on.

Using the Lakkhori or Nanakshahi bricks to rebuild its superstructure, the martyrs' well is made to look like a medieval structure, whereas it is actually a modern one. The liberty flame pylon, where every year on April 13 a contingent of the Punjab Police salutes the martyrs by revering their arms, now has a lotus pond in front of it.

The complete list of those who sacrificed their lives on that fateful day in 1919 has not been prepared and displayed anywhere on the site premises.

On the pathways, the metal railing has been replaced by a wooden railing, which has got damaged in less than a year. The artificial land-

scaping – adding pathways and mounds on the plain ground – gives it an exotic look, compromising the spirit and essence of the site. A platform named 'salvation centre' has been built to project the site of bloodshed as a site of spirituality. Worse, the 'salvation centre' serves only as a selfie spot for the tourists.

In the name of a facelift, the erroneous perception of the martyrs' memorial as a 'tourist destination' and the unwanted additions just to use up funds have defaced the site, inviting controversy and criticism.

To set things right, all old articles – metal railings, paintings, stone/metal pillars, etc – need to be recovered and reinstalled. A committee of language, landscaping and architecture experts with a deep knowledge of history should be formed.

The project implementation agency should be blacklisted and the project grant, along with penalty, should be recovered to create a corpus fund for future maintenance.

The three nominated members of the Trust should be well-known historians, conservation experts, social activists, members of families of freedom fighters and artists, cutting across political party lines. Once nominated, they should be allowed to complete their term.

Federalism sole safeguard against power overreach

IT IS TIME FOR THE RULING CLASS TO LEARN THAT OBDURATE PROBLEMS HAVE TO BE SOLVED THROUGH ACCOMMODATION.

NEERA CHANDHOKE

MARTIN Luther King Jr, a great defender of civil liberties, wrote, "There comes a time when one must take a position that is neither safe, nor popular, nor popular, but he must do it because conscience tells him it is right." We hardly expect political parties to follow this sage advice. The one passion that catapults them into the realm of power and privilege is the craving for power at any cost. There is little that is moral about politics in India today. However, we do expect parties to possess the gift of foresight. They should be able to anticipate that policy decisions will have far-reaching consequences, not only for a hapless people caught in a vice-like grip of power, but also for themselves. Some observers of Indian politics had predicted that the decision taken by the Central government on August 5, 2019, to downgrade the status of a constituent member of the Union of States, Jammu and Kashmir, to that of two union territories set a bad precedent. We are not speaking of political morality here, simply because expectations that our ruling class will follow the route of ethics have been betrayed time and again. We are speaking of bad politics. Only a short-sighted ruling class assumes that a troublesome political issue that has plagued Indian politics for decades can be treated as a law and order problem. But Opposition parties that sided with the government – the Aam Aadmi Party, Bahujan Samaj Party and Telugu Desam Party – and those that walked out of Parliament



should have foreseen that the act had dangerous implications. In 2019, it was J&K, tomorrow it might be their turn. Witness the ugly spat between Delhi's Lieutenant Governor, out to undercut the power of AAP ministers, and the enactment of an ordinance that gives to the Lt Governor charge of the administrative services. The AAP should have known that the centralising juggernaut of the government will not stop with J&K. Still, it sided with the decision. Consider the outcome of

the failure to take a stand. Elected leaders of non-BJP ruled states are allegedly harassed by Central agencies; some have been arrested on flimsy grounds, and funds are sometimes denied to states. More downgrading of states that are considered bothersome might well be on the agenda. That the Central government was granted sweeping powers became clear when the design of federalism unfolded in the Constituent Assembly. On August 20, 1947,

Gopalaswami Ayyangar, a member of the drafting committee of the Constitution, reported the conclusions of the Union Powers Committee: that the Centre should be made as strong as possible. This was oddly seen as consistent with the allotment of a range of subjects to the provinces. If any subject could not be accommodated, it would be federal, provincial and concurrent – it would devolve to the Centre.

The Constitution makers designed a quasi-federal system for India. As disorder unleashed by the Partition bred fears of further Balkanisation during the language wars of the 1950s, the centralisation of power in the hands of the Union government intensified.

The Central government has altered the boundaries of constituent states, created new states out of existing ones with the consent of state legislatures, controlled economic resources, dismissed elected governments by the indiscriminate use of Article 356, and imposed Governor's rule in states ruled by Opposition parties.

The Central and state governments coexisted relatively peacefully till 1967, when the hegemony of the Congress system was broken by the election of Opposition parties to state legislatures.

The split in the Congress party in 1969, and the intended marginalisation of regional leaders, marked the beginning of confrontation between the ruling party at the Centre and Opposition parties wherever they ruled. In the 1970s and 1980s, excessive concentration of power led to identity wars in Assam, Kashmir valley, Mizoram and Punjab.

Overbearing power exercised by the Union government was consolidated and built upon when the BJP came to power in 2014. The erosion of regional autonomy is part of the ideological agenda of 'one country, one government, one language, and one religion'.

Though regional parties in the South have resisted the onslaught of Hindutva, the relentless drive to push the agenda south of the Vindhyas, and to control the government ruled by AAP in Delhi, has led to fraying of political tempers, unconstitutional attempts by Governors to interfere with the policies of an elected government, the masterminding of defections in non-BJP-ruled states and coercion of political leaders.

This characterises the current sorry state of federalism in India.

Federalism is under siege. This portends further erosion of democracy in the country. In the US, Canada and Belgium, federalism was intended to enhance administrative competence through the decentralisation of power in the first case, and accommodation of diverse linguistic/ethnic groups in the other two cases. For large and complex societies like India's, federalism is the only guarantee against further accumulation of power and imposition of a unifying agenda by the Centre.

That this agenda will once again lead to intensified discontent and identity wars can be foretold. It is time for the ruling class to learn that obdurate problems have to be solved through accommodation, persuasion, inventiveness and decentralisation of power. This is called foresight.



## Aditi Rao Hydari's yellow dress at Cannes is a hit, fans say 'she looks so much better than others we saw on red carpet'

Aditi Rao Hydari is the best-dressed Indian celeb at the Cannes Film Festival this year, so far, according to Reddit. After wowing in a blue uneven gown which she wore for photoshoot in the French Riviera, Aditi was looked like sunshine in a pretty yellow gown as she walked the red carpet for the first time at Cannes this year. And those on social media, including Reddit, cannot praise the actor enough for her look.

Aditi wore a strapless Michael Cinco gown for the screening of *L'Été Dernier* (Last Summer). She paired the layered gown with matching gold earrings and a ring. The actor kept her makeup simple and had her hair falling on one side. As she shared a few pictures of her look on Instagram and captioned it, "In full bloom," actor Nimrat Kaur even asked her in the comments section, "Uff (heart

emoji) how can you be so beautiful?" Actor Sanya Malhotra also had a similar reaction.

As pictures of her were shared by a Reddit user on the platform, fans of the actor were convinced that she was the best-dressed among Indian celebs at the event. A Redditor wrote, "This is so pretty! She looks like a star and this is what the Cannes red carpet is all about. It reminds me of Deepika Padukone's red carpet looks from around 2016-2019."

Another wrote, "Oh wow! Thank you for sharing! This looks so much better than what we saw on the red carpet!" One more comment read: "Sick of Cannes looks in general but she looks amazing." "She looks so beautiful. I love the dress! This is how a Cannes red carpet outfit should be!" read yet another comment.



## When Farah Khan was taken mid sleep for 'Happy New Year' reunion with Abhishek Bachchan, Boman Irani

Get ready for the 23rd edition of the prestigious award show IIFA, which is currently taking place in Abu Dhabi. And our hosts of the show are all set for the event. On Friday, filmmaker Farah Khan shared a glimpse of a mini-reunion of 'Happy New Year'.

Farah took to Instagram handle and dropped pictures featuring Abhishek Bachchan and Boman Irani.

In the first picture, Trio can be seen posing for the camera.

And the next photo is all about fun banter between Farah and Abhishek.

Farah can be seen keeping her hands on Abhishek's mouth and giving goofy expressions.

Sharing the pictures, she wrote, "The gang is back!! Just love these 2. n if u think my ensemble is weird its coz i was literally taken mid sleep frm my room for this Happy new Year reunion! @boman\_irani @bachchan this was the best.. tho 1 of u talks toooo much.. see pic 2."

On Thursday, B-town members including Salman Khan, Abhishek Bachchan, Vicky Kaushal, Farah Khan, Rakul Preet Singh and Nora Fatehi kick-started the IIFA 2023 journey with a press conference.

IIFA Rocks' hosts Farah Khan and Rajkummar Rao also came on stage and expressed their happiness.

Farah said, "IIFA is a real example of a worldwide phenomenon that not only recognises and honours the excellence of Indian cinema on a global scale but also offers the entire film industry a terrific opportunity. Personally, I am overjoyed to host IIFA Rocks once again."

The mega celebrations will start today with Sobha IIFA Rocks hosted by Farah Khan Kunder and Rajkummar Rao and will feature performances by Amit Trivedi, along with several popular singers, Badshah, Sunidhi Chauhan, Nucleya and Sukhbir Singh.

## Sunny Deol, Ameesha Patel's 'Gadar Ek Prem Katha' to re-release in cinemas after 22 years, watch trailer

Actors Sunny Deol and Ameesha Patel are all set to make you nostalgic with the re-release of their iconic film 'Gadar Ek Prem Katha'.

On Thursday, Sunny and Ameesha took to Instagram and shared the update with their fans and followers. The audience can once again watch the film in theatres on June 9.

Interestingly, the makers have remastered 4K edition of 'Gadar'.

"Wohi prem, wohi katha, par is baar alag hoga ehsa!! #Gadar returns to the big screen on 9th June for a limited period in 4K and Dolby Atmos sound,"



Sunny wrote on Instagram,

He later shared the trailer of the remastered version and

wrote, "22 saal baad Tara Singh aur Sakina ki prem katha phirse aa gayi hai aap sabke dilon mein

apni jagah banane."

The Anil Sharma-directed romantic-action drama set during the Partition of India and starring Ameesha Patel, created history at the box office when it released in 2001. The flick starred the late Amrish Puri in a pivotal role. The film mainly revolves around Tara Singh (portrayed by Sunny), a Sikh truck driver from Amritsar, who falls in love with Sakina (portrayed by Ameesha), a Muslim girl hailing from a political family in Lahore, Pakistan.

The re-release of 'Gadar' comes at a time when the cast is coming up with a sequel. 'Gadar

2' will be facing a big clash with Ranbir Kapoor's 'Animal' on August 11, 2023.

Helmed by Anil Sharma 'Gadar 2' also stars Utkarsh Sharma in the lead roles. Utkarsh played the role of Sunny and Ameesha's son in the first part.

Excited about the second part, Sunny earlier said, "Gadar - Ek Prem Katha" has been an eminent part of my life, personally as well as professionally. Tara Singh from Gadar isn't just a protagonist but went on to become a cult icon that defied all odds and crossed all boundaries for his Family and Love.

## Kangana Ranaut slams girl for wearing shorts to temple, shares her own experience: 'I wasn't allowed in Vatican'



Ranaut has slammed a girl for wearing shorts to a temple and shared an incident when she wasn't allowed to wear such clothes in Vatican. Kangana Ranaut has reacted to a Twitter user who called out a girl for wearing short western clothes to the Baijnath Temple in Kangra, Himachal Pradesh. She agreed with the tweet and called the girl a 'clown' while slamming her for wearing "nigg dresses like we are casuals".

She shared about her own incident of being banned from entering Vatican City in shorts while reacting to a tweet.

Taking to Twitter, a person shared pictures of two girls standing in the premises of Baijnath Temple. A girl is seen in a crop top and shorts while another is seen in denims with a shawl wrapped around her. He wrote along with the pictures in Hindi, "This is the scene of Baijnath, the famous Shiva temple of Himachal. They have reached Baijnath Temple as if they have gone to a pub or nightclub. Such people should not be allowed to enter the temple. I strongly oppose it. Seeing all this, if my thinking is called small or bad, then that is also acceptable".

Reacting to the post, Kangana wrote, "These are western clothes, invented and promoted by white people. I was once at the Vatican wearing shorts and T-shirt, I wasn't even allowed in the premises. I had to go back to my hotel and change.... These clowns who wear nigg dresses like they are casuals are nothing but lazy and lame .... I don't think they are capable of having any other intention but there should be strict rules for such fools ...."

## Bigg Boss OTT season 2: Host Salman Khan asks in first promo 'cricket ke baad kya dekhenge?'

The second season of Bigg Boss OTT will stream soon on Jio Cinema. On Thursday, the first promo of the reality show featuring actor Salman Khan, who will host it, was released. The previous Bigg Boss OTT season was hosted by filmmaker Karan Johar, but this time the original host of Bigg Boss, Salman, will host the show.

In the first promo video from Bigg Boss OTT season 2, Salman Khan asks audiences that after the Indian Premier League (IPL) comes to an end soon with the final IPL match taking place on Sunday, what will they watch. He then says they can have entertainment 24 hours as Bigg Boss OTT will start streaming soon on Jio Cinemas.

Salman promises 24 hours-entertainment. The promo opens with Salman, who was dressed in a shiny silver jacket and matching T-shirt, saying, "Cricket ke baad kya dekhenge... entertainment hai 24 ghante only on Jio Cinema. Main le kar aa raha hoon Bigg Boss OTT... toh dekhta jaye India (What will you watch after cricket? There will be non-stop entertainment for 24 hours only on Jio Cinema. I will soon be back with Bigg Boss OTT 2. Stay tuned India)."

Reacting to his promo shared on Twitter, a person tweeted, "Can't wait!!" Another asked, "Contestants list kab aayegi (When will the list of contestants be out? Although the full list of contestants likely to be a part of Bigg Boss OTT 2 is not out yet, there are rumours that singer and TV host Aditya Narayan, who is also the son of playback singer Udit Narayan, will be a part of the reality show."

## ALMAA HUSSEIN: I LOCKED MYSELF AND CRIED MY HEART OUT

Actor-influencer Almaa Hussein says that one has to learn to ignore bullies on social media before the trolls affect one's mental health.

"Actors are softest target on social media. The exposure can swing either way-- it makes or breaks you. The platform made me a well-known influencer, who is loved and followed by many and then at the same time I had many who thought I was lying about my age and shamed me with all their might, saying 'you are a liar'... 'no way you are 19' and what not. I don't understand how anyone's age is other people's concern. When I faced that episode, my psyche was in shreds and I was depressed that mujh mei kya kami hai... I locked myself and cried my heart out as some comments were not only hurtful but in bad taste. I had no idea how to make people believe that I was what I was and if hadn't been for my parents I wouldn't have bounced back," says the 'Dhadkan Zindaggi Ki' actor.

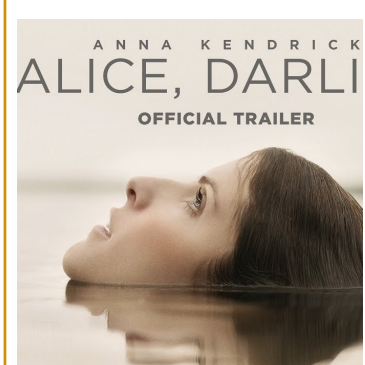
Talking about learning with time to get over controversies Hussein adds, "Now I very well understand that controversies and trolling go hand in hand and it's something an actor or celeb must learn to live with. That's the reason when I quit my last show midway many asked 'questioned, Kiski kisko bataye, it's a mutual decision between me and the makers of 'Anupama' and I am parting on a happy note."

I mean who doesn't want to be part of such a show. But when things are not meant for you, it's right to just move on. This news too didn't go well with social



media, and I was once again the target but this time I learnt to ignore and just focus on my work."

Currently, Hussein is busy with another daily, "Life and work don't stop. You have to remain focused and never let such instances pull you down. Today I am shooting almost every day for my youth centric show 'Chhalaang' and for now it's my work that is keeping busy as well as happy."



## Alice, Darling review: Anna Kendrick delivers career-best performance as a victim of emotional abuse

In Mary Nighy's delicately observed feature debut *Alice, Darling*, Anna Kendrick's titular character pulls strands of her own hair so tightly around her fingers that it breaks into little shreds. She's slowly spiralling. On the outside, it shows like Alice has got it all. A steady career, some friends and a caring boyfriend. Look a little closer and her Alice pulls you in an unshakable rhythm of erosion of her well-being.

The experiences of emotional abuse Written by Alanna Francis, Alice, Darling takes

time to build its subtext of emotional transparency with which Alice takes on a performative realism. When she goes out for drinks with her friends Sophie (Wunmi Mosaku) and Tess (Kaniehtiio Horn), she keeps fidgeting with her phone to check news, and later goes in the washroom to click a picture of herself to send to her boyfriend. When a suggestion for a weekend getaway appears before Alice, she lies to get out of the circle. But how long will Alice let herself be followed like a shadow? She is

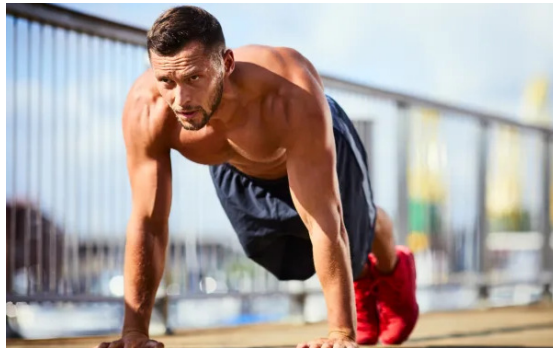
trapped in an emotionally abusive relationship with Simon (Charlie Carrick)- an unhappy artist who is not quite sure of his upcoming gallery show. An early scene establishes the dynamic between the two in subtle brushstrokes- his looming figure creates a tight circle of possessive blind-sidedness around Alice. The contempt and tightrope of words with which Simon operates when he is around her is unsettling. Although we get to witness their proximity only in an earlier scene, the breadcrumbs of his evasive torment follows

Alice like a shadow even when she's by herself, which is finely glued together by the editing work of Gareth C. Scales.

The focus on a subplot Mary Nighy pulls the viewer in through a slow-burn, omnipresent lingering of a thriller. When the setting shifts to the cabin beside the river, there's a subplot of a girl who has recently gone missing. Alice can't help but look closer into this matter even when it doesn't concern her at all. Or maybe it does, as suggested in her desire to disappear from the inexcusable circle of con-

trol. Thankfully, Alice, Darling doesn't hammer into this subplot for long, and somehow diffuses the mystery around it to trace it back to our protagonist. The understated focus on the strength of female friendships that allow Alice to take control of her own agency is rightfully earned. Yet even as the focus remains largely on Alice, the film functions with a disproportionately thin narrative that begins to make the 90 minutes of screen time feel a little stretched. There's not much going on here to keep the tension alive.

# 6 Best Exercises for Men To Lose Belly Fat Without Equipment



Losing belly fat is a must for men who want a shredded set of abs instead of an ever-growing "dad belly." Unfortunately, belly fat tends to be the most stubborn form of fat, requiring a combination of a disciplined diet for fat loss as well as the best exercises to kick your metabolism into high gear, build some muscle, and add an extra torch to your fat-burning machine. We've done the hard work for you and put together six stellar exercises for men to lose belly fat without equipment.

Generally speaking, some form of resistance training is a must to have the best shot at losing your belly fat. However, if

you don't have a gym membership or equipment, you're certainly not out of luck. There are plenty of great exercises available that do not require equipment and give a serious boost to your fat-burning potential.

**Home Equipment: Exercise Bands**

The following are six of the best exercises for men to lose belly fat without equipment. Perform each exercise for 30 seconds at a moderate pace. Rest for 30 seconds, then move to the next exercise. Work up to at least five rounds of the circuit.

**Jumping Jacks:** The jumping jack is a good light plyometric activity that burns calories and warms your body up. You can

add speed and rhythm to boost the metabolic benefits of jumping jacks. While jumping jacks alone are insufficient as a workout, they are a great addition to an overall fat-loss circuit.

Begin standing with your arms by your sides. Jump up, and spread your legs apart as you reach your hands out to the side and upward. Land with your arms overhead and your feet wide. Quickly bounce out of the position, and return to the starting position. Repeat as quickly as possible while maintaining an effective rhythm.

**Sprints:** Most people do not think of sprinting as a form of resistance exercise. While running and jogging in general are

not adequate stimuli for muscle growth or major post-exercise metabolism boosting, sprinting is different.

Sprints are an all-out effort to push through both feet to return to the starting position. If body-weight squats are too easy, add a jump at the top of each repetition. If you burn out on jump

## THIS BELLY FAT-MELTING CIRCUIT IS EXACTLY WHAT YOU NEED.

run for shorter distances and then rest. The goal is less about getting "cardio" and more about maximally exerting your muscles with speed, which pushes your body into using anaerobic energy. This level of intensity provides post-exercise calorie burning and builds skeletal muscle in itself.

When doing sprints, lift your knees as high as possible on the stride leg while pushing off with the planted foot. Press your foot down into the ground as opposed to reaching with the front leg. Aim for a high stride rate, do not focus on increasing the distance between each stride. As part of the circuit, perform three 50-meter sprints with 10 seconds between each sprint, then move to the next exercise.

**Squats:** Next up in our top exercises for men to lose belly fat is the squat. Whether you have access to equipment or not, you need to include squats in your workout program. Perform your bodyweight squats with a rhythm for the 30-second interval. Begin with your feet wider than shoulder-width apart. Sit back and bend by hinging at the waist and down by your knees.

Squats, you can regress back to regular squats.

**Pushups:** There's a reason why pushups have been included in virtually every military fitness training regimen created. Requiring little to no equipment, pushups work your entire anterior chain. Most of the focus goes into the chest and shoulders. However, your core and lower body muscles must contract isometrically to keep your hips from sagging. This adds a little bonus training to those areas even though you are focusing on the upper body.

Begin this exercise in a plank position with your hands under your shoulders. Lower your whole body to the floor, keeping a tight plank position the whole time. When your chest, abdomen, and hips are just above the floor, push through your hands to return to the starting position.

**Burpees:** If you need a full-body metabolic blast without equipment, burpees are your best choice. The combination of movements in a burpee results in a total-body conditioning workout as well as increasing your explosive power.

## The Crossfit Open Just Kicked Off With 23.1: Here's Our Modified Home Gym Version

Get a taste of the monstrous 14-minute workout with just a pair of dumbbells



The Crossfit Open kicked off with a bang, offering up participants a monster 14 minutes of fast rowing, explosive throwing, heavy lifting and gymnastics, in what might possibly be one of the most quintessential CrossFit workouts ever devised.

We've already shared our top tips on tackling this behemoth, from one of the fittest men in Britain, right here. But, if you've been an interested observer in the 'sport of fitness' for a while and want to get a taste for this test from the (dis)comfort of your own home gym, then get ready to take on our modified dumbbell-only version.

Featuring none of the machines, medicine balls or high flying gymnastics, but following the same template and reps with some clever substitutions — all you need to do is warm-up, grab your dumbbells, set a timer for 14 minutes and make it as far as you can through the following workout before the buzzer sounds.

Finished before the bell? Start again from the beginning.

**1. Burpee x 60**

Squat down and place both hands on the floor between your feet. Jump your feet back into the top of a press-up and lower your chest to the ground (A). Straighten your arms and hop your feet forwards, before jumping into the air with hands on head (B) Repeat.

**2. Butterfly Sit-up x 50**

After your final burpee flip over and move immediately into sit-ups. With your legs bent and your soles together, lie with your hands behind your head (A). Tense your abs as you lift up, and touch your hands to your feet (B). Reverse the move, touching the floor behind your head on each rep.

weights, exercise equipment, overhead press, shoulder, dumbbell, physical fitness, arm, muscle, bodybuilding, standing.

**3. Thrusters x 40**

Clean your dumbbells up to your shoulders and squat down, keeping your back straight and your chest up, until your thighs are beyond parallel to the ground (A). Stand back up explosively and, in one motion, press both of the dumbbells overhead to full lockout (B). Now, reverse the movement lowering the dumbbells to your shoulders and dropping into a squat. Repeat.

**4. Dumbbell Cleans x 30**

With dumbbells on the outside of your feet, hinge down and grab them with a flat back (A). Stand back up explosively with a slight jump, using the momentum to pull the dumbbells on to your shoulders and stand tall (B). Lower under control to the ground and repeat.

**5. Renegade Row push-ups x 20**

After your final clean, drop into a strong plank with both hands on your dumbbells. Lower your chest to the ground and back up performing a press-up (A). Next, shift your weight onto your left hand, row the right dumbbell towards your hip (B). Pause briefly, then lower the weight under control. Repeat on your left side. That's one rep.

# 3 Hollow Hold Variations for Runners to Build a Stronger Core

THE HOLLOW HOLD (AND A BONUS THREE VARIATIONS) CAN BE THE KEY TO SOME OF YOUR CORE'S MOST IMPORTANT FUNCTIONS.

IF YOU'RE A serious runner, you're probably not doing core workouts to better prepare your body to shoulder heavy weights or hone six-pack abs as your ultimate goal. Your aim is more likely to build up the rest of your body to support your high-mileage habit. But you're not going to be able to do that with some half-hearted situps and planks after you come in from your long run; you'll need some more involved ab training to build the type of core you want.

Men's Health and Runner's World have teamed up to give you the ultimate workout program, 20-Minute Functional Core (available through Men's Health MVP Premium), which provides you with ab-



training knowledge that borrows some weight room techniques so your cross-training can be as effective as possible.

Men's Health fitness director Ebenezer Samuel, C.S.C.S., and Runner's World coach Jess Movold lead you through the

going to make us that much better at all our lifts—and it's going to make us that sturdier and that much more resilient when we're running, too," says Samuel.

**How to Do the Hollow Hold**

Lie on the ground (preferably on a yoga mat). Get into an "egg" shape—raise your feet off the floor and hug your knees to your chest, lifting your shoulders off the floor.

Drive your lower back into the floor. This is key for the duration of the movement.

Extend your legs out as far as you can, straightening the knees and keeping your feet raised a few inches off the floor. Extend your arms out behind your head, keeping your shoulders raised off the floor.

Squeeze your abs and glutes to create full body tension. Hold this position, keeping your lower back planted on the floor.

You can work up to longer static holds in this position, giving your core a tough isometric challenge. Once you can hold for a minute with solid form, give these variations a try.

**3 Hollow Hold Variations for Runners**

Perform each exercise for 40 seconds, then rest for 20 seconds. Repeat for two to three total rounds.

**Advertisement - Continue Reading Below**

**Tipping Hollow Rock**

This will train anti-rotation, another key function of the core.

Start in a strong hollow hold position.

Without losing tension

or lifting your arms or legs, shift your weight to your right glute and shoulder blade.

Hold for two seconds and balance.

After the hold, shift to the left side. Repeat, alternating sides for the duration of the set.

**Hollow Rock**

Start in a strong hollow hold position.

Lift your legs up to create some momentum, then begin rocking back and forth.

As you rock, keep your lower back on the ground. Maintain tension in your abs and glutes.

**Anti-Rotation Hollow Rock**

As the name implies, this variation also hones anti-rotation. You'll fight against gravity to keep your position from shifting.

## MIX THESE TOPPING TOGETHER ON YOUR OATMEAL FOR WEIGHT LOSS SUCCESS!

# The Best Oatmeal Combinations for Faster Weight Loss, Says Nutritionist

For weight loss (and general health) it's hard to name a better breakfast than oatmeal. The whole grain goodness of oats loads you up with fiber and protein, keeping you full throughout the morning. And at a mere 150 calories per half-cup, oats won't start your day on a heavy note. In fact, a 2016 study from the Journal of the American College of Nutrition found that oatmeal increased satiety and suppressed appetite better than ready-to-eat cereals.

Still, if you frequently turn to oatmeal as your weight-loss-friendly breakfast of choice, you might need some new ways to keep things interesting in your morning bowl. Fortunately, though oats all by themselves aren't known for packing much flavor, they're a perfect canvas for all sorts of compelling concoctions. Vary up your oatmeal routine with any of the intriguing flavor

combos below — then check out our 21 Cozy Oatmeal Recipes Perfect for Weight Loss This Fall.

**BLUEBERRIES + ALMONDS**

You may think calorie-dense almonds wouldn't be slimming, but studies show that people who eat nuts more frequently tend to have a lower body mass index (BMI). So go ahead and include a small handful of slivered almonds in your next oatmeal creation. Then, for sweetness, turn to fresh or frozen blueberries. Some research indicates that anthocyanins, the flavonoids that give blueberries their signature color, may have natural weight loss-promoting properties.

**PEARS + CINNAMON**

The cozy flavors of fall come through loud and clear when you combine pears and cinnamon in your oatmeal. Half a



fiber-rich medium pear adds just 50 calories, and the calories in a sprinkle of earthy cinnamon are negligible, making this an especially low-cal choice. Try finely diced ripe pear in microwaveable oats, or add firmer pears to baked oatmeal.

**FLAXSEED + BANANA + PEANUT BUTTER**

Banana and peanut butter are a classic combo for a reason. This simple food pairing isn't just delicious, it's good for weight loss, too! A tablespoon of peanut butter packs 4 grams of protein to keep a full belly, while bananas add sweetness so there's no need for honey or brown sugar here. Sprinkle in a tablespoon of flaxseed for extra texture, fiber, and heart-healthy omega-3 fatty acids.

**PUMPKIN + TURMERIC + POMEGRANATE**

Ready to think way outside the bowl? Spice things up—literally—with a unique mélange of pumpkin puree, turmeric, and pomegranate seeds. Pumpkin provides plenty of fiber to stave off cravings and boasts important micronutrients like vitamin A, vitamin C, and potassium. Meanwhile, turmeric's antioxidant proper-

ties make it a worthwhile addition to your diet at any time. Its spicy bite pairs beautifully with the pumpkin's mild creaminess. Finish things off with jewel-toned pomegranate nibs for sweetness and crunch. A quarter-cup contains just 36 calories!

**SHREDDED CARROTS + WALNUTS + MAPLE SYRUP**

Fruit is an obvious go-to as an oatmeal topping, but veggies can find their way into a tasty bowl, too. Create a carrot cake-inspired breakfast by incorporating shredded carrots, walnut pieces, and maple syrup into your next baked oatmeal. Baking will soften the carrots and walnuts so they're not overly crunchy. Between the fiber from the carrots and the protein and good fats in the nuts, it's a satiating, healthy mix that still manages to taste like dessert.





11TH NCORD MEETING HELD IN RAJOURI

# DM calls for effective enforcement of drug control measures

JI NEWS SERVICE

RAJOURI, MAY 26: District Magistrate Vikas Kundal on Friday presided over the 11th meeting of the District-Level Narcotics Coordination Centre (NCORD) Committee, here.

The meeting focused on addressing the critical issue of drug abuse and trafficking in the district. Key stakeholders and departmental representatives were present to discuss and devise strategies to combat the menace.

The District Social Welfare Officer, Wakeel Ahmed Bhat, provided a comprehensive update on the progress made regarding the Action on the previous decisions. Notably, it was informed that as per the instructions 535 medical stores have installed CCTV cameras to keep check on over the counter sale of banned drugs. The District Magistrate stressed the enforcement of CCTVs at all medical stores and directed the concerned authorities to ensure compliance. Furthermore, the District Magistrate urged the Assistant District Magistrates (ADMs) to



take immediate steps to declare four Panchayats per sub-division as drug-free. This initiative aims to create drug-free zones at the grassroots level, thereby safeguarding the community from the ill effects of drug abuse. Recognising the significance of awareness activities, the District Magistrate instructed the concerned departments to initiate mass awareness campaigns in schools, colleges, and public spaces.

The campaigns are intended to engage members of the Panchayati Raj Institutions (PRIs), students, and locals in spreading awareness about the perils of drug abuse. The education department was particularly urged to prioritise anti-drug abuse awareness in all educational institutions. Moreover, the District Magistrate emphasised

the need for seamless coordination among the health, police, and social welfare departments to keep check on the perpetrators.

The collaboration will facilitate the sharing of crucial information regarding drug addicts, enabling their timely rehabilitation and support, he said. Senior Superintendent of Police (SSP), Amrit Pal Singh, highlighted the importance of reporting any instance of drug trafficking or related activities. He urged the officers and individuals involved to promptly share the information they may come across, contributing to the collective efforts against drug proliferation. Maintaining strict vigilance against drug-related offences was also emphasised, along with intensified awareness campaigns to deter individuals from falling victim to addictive substances.

The District Magistrate, along with the SSP and other officials, reiterated their commitment to combating the drug menace and safeguarding the well-being of the community. The joint efforts of all stakeholders, including government

departments, law enforcement agencies, educational institutions, and local communities, are paramount in creating a drug-free society.

The meeting was attended by Additional Deputy Commissioner Rajouri, Rajiv Khajuria; Additional Deputy Commissioner Kalakote, Krishan Lal; Additional Deputy Commissioner Sunderbani, Vinod Kumar Behnal; ASP, Vivek Shekhar; CEO, Sultana Kouser, DSWO, Wakeel Ahmed Bhat, AC Drug control and other committee members.

## CHO Budgam visits several hailstorm affected areas of district

JI NEWS SERVICE

BUDGAM, MAY 26: The Chief Horticulture Officer (CHO) Budgam, Dr. M Iqbal Bata today visited several hailstorm hit areas in Kreshore and Khanshab to assess the crop damage.

During his visit, the Officer inspected the Apple Orchards and interacted with Orchardists and assured them that Horticulture Department is with them. Awareness was provided to the Orchardists regarding the precautions and sprays to be done in the Orchards affected due to hailstorm.

## Mission LIFE: Extension Lecture on 'Solid Waste Management' organised in GDC Ramgarh

JI NEWS SERVICE

SAMBA, MAY 26: Government Degree College Ramgarh today organised an Extension Lecture on 'Solid Waste Management' under the 'Mission LIFE' and as part of a series of activities being organised to mark the celebrations of World Environment Day.

With due guidance of Prof. (Dr.) Geetanjali Andotra, Principal of the College, the event was organised by Eco Club and G20 cell to celebrate India's G20 Presidency and MY COLLEGE MY PRIDE.

Prof. (Dr.) Geetanjali Andotra, Principal of the College, emphasized upon the importance of generating awareness amongst the students to equip them with the requisite information to stand against the growing menace of Solid Waste. Further, she said that waste management includes the processes and actions required to manage waste from its inception to its final disposal. Dr. Anjali Bala, Dept. of EVS, in her lecture, discussed the solid waste management process in detail which includes collection, transportation, treatment, analysis and disposal of waste under strict regulations and guidelines.

Prof. Kisha Kumari, Convener, Eco Club said that solid waste management is very important for the safe disposal of wastes to reduce environmental pollution & avoid any health hazards that it may cause.

During the interactive session, students expressed their appreciation and curiosity for such an interesting and engaging subject. The two way exchange of information was very effective and enlightening. Other faculty members present were Dr. Aditi Khajuria, Dr. Shamsher Lal, Dr. Rahul Kundral, Mr. Ashish Kumar, Sanjeev Kumar, Dr. Javed Ahmed Ganie and Dr. Sandeep Kumar.

## DDC Kathua reviews District Capex Budget 2023-24

CALLS FOR TIME BOUND TENDERING, COMPLETION OF DEVELOPMENTAL WORKS

JI NEWS SERVICE

KATHUA, MAY 26: District Development Commissioner, Kathua Rakesh Minhas chaired a meeting of District and Sectoral officers of different developmental departments at conference hall of DC office complex today.

At the outset, the DDC enjoined upon heads of departments to float tenders of all works approved under current year Capex latest by 10th June 2023 so as to rule out any inordinate delay in completing works within set timelines. While discussing the road map for achieving 100% Capex targets, DDC exhorted all the line departments to work with focused attention to better the previous year's achievements. It was stated in the meeting that 2834 works shall be completed under current year Capex for which 50% funds have been released so far. The DDC further instructed the executing agencies to rope in Block Development Officers in obtaining Digital Signature Certificates (DSC) during the tendering process.

## Rs 10 lakh penalty imposed on erring Stone Crusher unit at Gandyal

JI NEWS SERVICE

KATHUA, MAY 26: Mining Department Kathua has imposed over Rs 10 lakh penalty on a Stone Crusher unit in Gandyal for illegal excavation and violation of norms.

Acting swiftly on information of illegal excavation by stone crusher in Gandyal areas, District Mineral Officer Kathua Rajinder Singh, along with mining guards, rushed to the spot and captured the excavator.

The team seized the excavator and a penalty of Rs 10 lakh was imposed on the defaulters for illegal digging and dumping. The penalty was calculated from the large number of pits and excavated material dumped in the premises of the stone crusher.

As informed by DMO Kathua, the excavated area was measured by the officials of the mining department and found over 3800 MT river bed material from the spot. The DMO Kathua informed that the Stone Crusher owner tried to attack the team of the Mining Department after which a Police party led by ASI Gandyal reached on the spot and provided security cover to the mining team, besides taking custody of the seized machine.

Pertinently, Deputy Commissioner Kathua, Rakesh Minhas has already instructed the mining department to stay alert while working in the field and impose heavy penalties on the violators and miners.

## DC reviews enforcement of PC & PNDT Act in Ramban District

District Advisory Committee meeting

JI NEWS SERVICE

RAMBAN, MAY 26: Deputy Commissioner, Ramban, Musarrat Islam today chaired a meeting of the District Advisory Committee on Pre-Conception and Prenatal Diagnosis Techniques (PC & PNDT) Act here today.

The meeting was attended by the President Municipal Council Ramban, Sunita Sumberia, CMO, Dr. Kamal Zadu, Medical Superintendent DH and other members.

Threadbare discussion was held on various issues which included registration & renewal of ultrasound Centres, implementation of preconception and prenatal diagnostic techniques Act for monitoring and implementation of PC&PNDT Act.

While stressing on effective implementation of the PC&PNDT Act, the DC passed directions to concerned officers to take action against violators of the ACT and conduct regular inspection of ultrasound clinics to enforce its compliance.

The meeting was also informed about the applications received online for provisional registration of clinical establishments in the district. The DC asked the members to follow proper procedure while processing the applications for grant of registrations and renewal of registration. He also reviewed the functioning of all the registered ultrasound clinics in the district.

# Director Horticulture conducts extensive tour of Hailstorm affected areas

JI NEWS SERVICE

SRINAGAR, MAY 26: Responding to the situation arisen due to the heavy hailstorm that occurred in the afternoon of 25th May, the Director Horticulture Kashmir, G. R. Mir today conducted an extensive tour of the affected areas.

The unexpected natural calamity has resulted in wide-spread damage to fruit crops, leading to concerns for the horticultural community.

During the tour, the Director visited villages of District Baramulla viz. Panzalla, Kangroosa, Chatosa, Dazna and villages of District Kupwara viz. Hiri, Trehgam, Shumgam, Gugloosa and Awloora to assess the extent of the damage caused by the hailstorm, with particular

## Issues advisory to mitigate the hailstorm damage



focus on the severely affected regions of Rafiabad and Trehgam. In this connection, the Joint Director Horticulture, Kashmir, Z.A. Bhat also visited District Budgam to evaluate the impact on fruit crops in the area. Meanwhile, in a unified effort

to address the crisis, all District Heads and Field Officers were directed to visit the affected areas to assess the damage so that immediate support to affected farmers can be rendered through available possible ways. Recognizing the urgency of the

situation, on-spot instructions and advisories were promptly issued by the authorities, and all the district officers' along with their field staff were specifically directed by the Head of the Department to meticulously calculate the extent of the damage caused to the fruit crops.

Further, the immediate advisory issued to mitigate the hailstorm damage is replicated below: For Apple/Pear: Zineb 68% + Hexaconazole 4% 72 WP @100g/1000lts of water (OR) Tubeconazole (6.7%) + Captain (26.9)/33.65C @250 ml/100 lts. of water (OR) Fluxapyroxad 250g + Pyraclostrobin 250g 500 SC @20ml/1000lts of water.

After a gap of 3 days, spray Urea @ 0.2% (200 gms per 100

liters of water). Remove the fallen fruits and leaves from the orchards immediately. For Plum/ Peach/ Apricot: Carbendazim 12% + Mancozeb 63% 75 WP @250g/100 lts of water (OR) Thiophanate Methyl 70WP @50g/1000lts of water.

After a gap of 3 days, spray Urea @ 0.2% (200 gms per 100 liters of water).

Remove the fallen fruits and leaves from the orchards immediately. The Directorate of Horticulture, Kashmir will continue to monitor the situation closely in collaboration with other government agencies and stakeholders to ensure that the necessary steps are taken to minimize the impact of the hailstorm on the livelihoods of the farmers in the region.

## NYK, GDC Reasi host Yuva Utsav - Panch Pran

JI NEWS SERVICE

REASI, MAY 26: Nehru Yuva Kendra Udhampur, Ministry of Youth Affairs & Sports, Govt. of India on Friday organized "Yuva Utsav" in collaboration with NSS Unit of Govt Degree College, Reasi.

Around 300 young participants from across the district participated in 5 different competitive events viz Young Artists Camp - Painting, Young Writers Contest - Poetry, Mobile Photography Contest, Declamation Contest and Group Cultural Fest.

The Chief Guest of the event was the College Principal, Dr. Kulvinder Kour, while DIO Rajinder Dagra was the guest of honor. The event was coordinated by NSS Programme Officer Prof. Ajay Kumar.

The event started with the lighting of the traditional lamp followed by the welcome address by District Youth Officer Khushal Gupta. He welcomed the Guests, Jury, Faculty members, Staff and students of various educational institutions. He focused on Panch Pran and briefed the audience about the objectives of organizing such events. He said that Nehru Yuva Kendra Sangathan, through its field offices, is organizing Yuva Utsav in all the districts across the nation and the winners of all components of Yuva Utsav will qualify for State Level Yuva Utsav followed by the National level Yuva Utsav.

The event witnessed scintillating performances by participating cultural teams, while the participants of the declamation contest also spoke on the topic "Panch Pran". The students also participated in a poetry contest. The contestants of Mobile Photography were given 2 hour time to take their best photographs. The event also witnessed special performances by renowned artists. At the end, Dr. Kulvinder Kour lauded Nehru Yuva Kendra Udhampur for organising such a grand event.

## Project SANKALP: 18 Kishtwar Youth complete 15-Day Adventure Course training at JIM & WS Pahalgam

JI NEWS SERVICE

KISHTWAR, MAY 26: A group of 18 youth from Kishtwar District has completed a rigorous 15-day Adventure Course at the Jawahar Institute of Mountaineering and Winter Sports (JIM & WS) Pahalgam.

The training of the youth was made possible through Project SANKALP, an initiative by the Ministry of Skill Development, aimed at fostering skill development and empowerment among the youth. The Adventure Course at JIM & WS Pahalgam, known for its comprehensive training modules and expert guidance, provided the participants with an exceptional opportunity to enhance their mountaineering and winter sports skills. Under the guidance of highly experienced instructors, the course encompassed various aspects of mountaineering, including rock climbing, rappelling, river crossing, ice craft, snow craft, and basic survival techniques.

The 18 youth from Kishtwar exhibited great dedication, perseverance, and teamwork throughout the course, effectively honing their physical fitness, mental resilience, and problem-solving abilities. They embraced the challenging terrains and adverse weather conditions, demonstrating their commitment to



personal growth and adventure.

Pertinent to mention that Project SANKALP, a flagship initiative of the Ministry of Skill Development, seeks to empower and equip youth with employable skills, fostering their overall development and enabling them to contribute effectively to the nation's progress. The successful completion of the Adventure Course by the 18 youth from Kishtwar serves as a testament to the effectiveness of this program in nurturing talent and promoting adventure sports. The District Administration Kishtwar along with the Ministry of Skill Development and Kishtwar Development Authority congratulated all the participants who have successfully completed the adventure course at JIM & WS Pahalgam.

Under the initiative, Deputy Commissioner Dr. Devansh Yadav, aims to foster a pool of resourceful individuals who can promote adventure and tourism activities in the district.

Previously, a group of 5 candidates were sent to the Jawahar Institute of Mountaineering and Winter Sports in Pahalgam for a basic mountaineering course besides a 10-day Travel and Tourists Guide training course was conducted at the State Bank of India Rural Self Employment Training Institute (SBI RSEITI) in Kishtwar on March 25, 2023 for 32 youths from across the Kishtwar District, empowering them with the knowledge and skills required to serve as competent guides for tourists visiting the region.

# Director Agriculture visits Hailstorm affected areas of Baramulla, Kupwara

All mitigation initiatives shall be taken to minimise the losses to the affected farmers: Chowdhury Iqbal

JI NEWS SERVICE

SRINAGAR, MAY 26: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited hailstorm affected areas of Baramulla and Kupwara districts of north Kashmir.

The hailstorm, gusty winds and heavy rains damaged crops across the several parts of north Kashmir's Baramulla and

Kupwara districts. Director Agriculture along with Joint Director agriculture inputs Kashmir, Mohammed Younis Chowdhury, Chief Agriculture officer Baramulla, Yadwinder Singh, Chief Technical Officer DAK, Sheikh Inman and some senior officers of the department made an extensive visit to the affected areas where damage was noticed to the

agricultural crops. Director Agriculture directed the monitoring teams to make on spot assessment of the damage caused to the vegetable crops, paddy nurseries and mustard crop by the recent hailstorm in specific areas like Ladoo, Rafiabad of Baramulla and Ladoo, Zirhama areas of Kupwara district. A number of delegations of farmers also met

the Director Agriculture and reported the damage to vegetables, mustard and other crops.

Talking to the farmers, the Director Agriculture said that the department is committed to the economic security of the farming community.

assured the affected farmers that all the necessary steps would be taken to mitigate the damage caused by the hailstorm

and gusty winds to the agricultural crops. Instructions were issued by the Director Agriculture to field officers to immediately make a detailed

assessment of the losses and the concerned CAOs have been advised to furnish the crop wise and area wise damage reports within a week's time so that the report could be submitted to the concerned authorities.

# Principal Secretary unveils first edition of JKEDIS' compendium on entrepreneurship schemes

JI NEWS SERVICE

SRINAGAR, MAY 26: Principal Secretary, Industries and Commerce, Prashant Goyal, today released first edition of compendium on entrepreneurship and employment schemes compiled by Jammu and Kashmir Entrepreneurship Development Institute (JKEDI).

This informative compendium highlights government's commitment towards fostering an enabling environment for entrepreneurial growth and employment opportunities in the region.

The document will serve as a valuable resource for aspiring entrepreneurs and young individuals seeking information and support to start their own businesses or find employment. "Dissemination of information regarding various employment and entrepreneurship related initiatives undertaken by the UT government is necessary to sensitize the educated unem-



employed youth for setting up of viable businesses and will prove to be a guiding source for existing as well as potential entrepreneurs," maintained Prashant Goyal. The compendium included a comprehensive collection of various schemes, initiatives and programs being implement-

ed by the government to promote entrepreneurship and generate employment opportunities. It will provide details about eligibility criteria, financial assistance, training programs and other support mechanisms available for youth of Jammu and Kashmir. "The startup environment is

booming globally and many successful businesses are being built, setting industry standards of their own and propelling the industry forward. This compendium, though a small step, can facilitate beginning of a flourishing entrepreneurial career," said Ajaz Ahmad Bhat, Director, JKEDI. "Under the leadership of Lieutenant Governor, Manoj Sinha and Chief Secretary, Dr. Arun Kumar Mehta, the Institute aims to empower and encourage the youth to explore entrepreneurial ventures, which can lead to economic growth, job creation and overall development in the region," he added. This compendium highlights the government's focus on fostering a culture of innovation, self-employment, and sustainable economic development. It will play a crucial role in disseminating information and creating awareness among the youth about various schemes and opportunities available to them.

## Ramban Admin receives Mata Kheer Bhawani Ji Yatra at Chanderkote



JI NEWS SERVICE

RAMBAN, MAY 26: District Administration Ramban today received Shri Mata Kheer Bhawani Ji Yatra, 2023 here in the Yatri Niwas Chanderkote. Deputy Commissioner, Musarrat Islam, SSP, Mohita Sharma, President MC Ramban Sumaria received the devotees.

Additional District Development Commissioner, Rajinder Sharma; ADC Harbans Sharma and other senior officers, besides religious leaders and civil society members were also present on the occasion. The Deputy Commissioner along with officers also interacted with the yatries to have first hand information regarding the facilities at the Langar. The DC said that the District Administration in coordination with Police, social and religious organizations had made adequate arrangements with regard to lunch, security and other essential services for the Yatries. After taking lunch at Yatri Niwas Chanderkote, the pilgrims resumed the forward journey to the holy shrine in Tulumila Kashmir.

## DC Gbl reviews preparations for Shri Amarnathji Yatra-2023

JI NEWS SERVICE

GANDERBAL, MAY 26: In view of ensuing annual Shri Amarnath Yatra (SANJY) 2023, the Deputy Commissioner (DC) Ganderbal, Shyambar today convened a meeting of district officers to review the arrangements being put in place from Baltal to Holy Cave. At the outset, threaded discussion was held regarding the preparations and arrangements by various departments including provisions of water and electricity, Medicare facilities, sanitation, drainage, verification and registration of service providers, firewood, security, status of ongoing works and other related arrangements. The officers from all concerned departments apprised the DC about preparations and progress of works going on en-route to Holy Cave. While reviewing the arrangements, the DC directed officials to ensure better planning and coordination among the departments at all levels besides early execution of all development works for the smooth conduct of Yatra.

While reviewing dumping of essential commodities, AD FCS&CA Ganderbal informed that supply of essential commodities like atta, rice, sugar, kerosene has been received at main granary Ganderbal which shall be dumped on identified granaries soon.

The Health department was asked to start a health camp with all necessary staff and medicines at Baltal as various departments and labourers are already carrying out various activities with regard to Yatra there.

The DC gave necessary directions for timely registration of service providers whose police verification is already cleared. Similarly, mobile service providers were directed to ensure mobile network is live up to holy cave by end of this month without any fail.

He exhorted for maintaining sanitation and cleanliness and sufficient public convenience/toilets at base camp Baltal and other halting places of Yatries en-route to the Holy Cave, efficient drainage system with well laid paths besides ensuring adequate water supply and restoration of 24\*7 power supplies along the route to Holy cave.

## Counseling & guidance sessions for Competitive Exam to be held across district: DC Anantnag

JI NEWS SERVICE

ANANTNAG, MAY 26: The District Administration Anantnag today organized a Civil Services guidance program at Auditorium Hall of Govt. Women's College Anantnag and felicitated IAS 2022 qualifier, Waseem Ahmad Bhat (AIR-7). The Deputy Commissioner (DC) Anantnag, S F Hamid along with the dignitaries felicitated IAS qualifier Waseem Ahmad Bhat (AIR 7) and presented a memento and a shawl on behalf of District Administration.

On the occasion, the DC said the event was aimed to felicitate the achievement of the IAS qualifier Waseem Ahmad Bhat for qualifying

the prestigious Civil Services and making Anantnag proud. He congratulated him on his success and welcomed him to the civil services fraternity. He said there is no dearth of talent among students of the district and career counseling cells would be set up across the district. He advised students to maintain discipline in order to crack any competitive examination and suggested more enrolment in the Civil Services examination. He hoped that this selection will inspire many other youth from the district to crack other prestigious examinations in order to serve the society in the best

possible way so that their energies would be utilized for nation building. The IAS qualifier Waseem Ahmad Bhat expressed his gratitude to the District Administration for acknowledging his achievement and advised students to remain focused on their goals so that they could excel in different fields. He said qualifying Civil Services was achieved for a hard working dedicated student. Principal Govt Degree College Boys, Principal Govt Degree College Women, District Officers, Civil Services aspirants and students besides other College staff were also present during the event.

## Plantation Drive conducted in GDC Vijaypur under Mission-LIFE and G20

JI NEWS SERVICE

SAMBHA, MAY 26: Government Degree College, Vijaypur organized plantation drive in the college premises under the flagship banner of "Mission- LIFE and G20. Principal of the college, Dr. Vandana Gupta along with teaching and non-teaching staff, Green Warriors and NSS volunteers planted saplings to increase green cover on the college campus.

Earlier, the plantation drive was

initiated with the welcome address by Prof. Poonam Kundan (Head Department of Environmental Sciences and Convener Eco-Club). She briefed the students about the importance of planting trees as these are the life line for survival on Earth. She also explained the benefits of planted saplings with their common and scientific names.

She motivated the students to plant saplings and also to take ample steps to protect the environment.

Students of the college enthusiastically

participated in the plantation drive which witnessed planting of saplings of Alstonia, Toon, Cassia Fistula, Thevetia, Kaner etc by Green warriors and NSS volunteers. Medicinal, herbal and a few ornamental plant saplings were also planted during this drive.

The drive was coordinated by Prof. Poonam Kundan (Convener Ecoclub) and Dr. Shitala Sharma (Convener NSS) and co-ordinated by Dr. Priyanka Ganjoo and Ms. Disha Arti.

## DC Kathua reviews flood protection of measures ahead of Rainy Season

DISTRICT ADMIN GEARS UP TO ESTABLISH ROBUST MECHANISM TO RESPOND EFFICIENTLY TO DISTRESS CALLS DURING EMERGENCY

JI NEWS SERVICE

KATHUA, MAY 26: Deputy Commissioner, Kathua Rakesh Minhas today discussed the implementation of flood protection measures in a meeting convened in the conference hall of DC office complex, today. At the outset, DC outlined the importance of inter-departmental coordination in dealing with any emergency dur-

ing the ensuing monsoon season.

He emphasized the need of everyone associated with the task of implementation of anti flood measures to work with coordination so that life and property of people especially inhabitants of flood prone areas shall be safeguarded.

It was decided in the meeting that a Control Room would be established at District Headquarters to monitor the

transmitting information regarding the behavior of floods to all stakeholders besides initiating relief, rehabilitation and reinforcement during crises. He said a robust mechanism shall be adopted to provide immediate response and relief to all distress calls received at the dedicated Control Room. The DC also called for providing proper training to the people to be assigned with Control room duties to han-

dle crisis situation efficiently. The DC directed the Executive Engineer Flood Control, Division Kathua to frame a roster of flood duty yatrias to monitor the behavior of rivers and nallahs and communicate the flood messages to the main control room. He also called upon them to identify low lying areas besides inspecting Flood Protection Bunds and submit the status report within 15 days time.

## DLSA Srinagar, Vitasta Law College organize Awareness programme

JI NEWS SERVICE

SRINAGAR, MAY 26: The District Legal Services Authority (DLSA) Srinagar, in collaboration with the Vitasta Law College, Srinagar through a comprehensive awareness program to educate, empower, and extend support to individuals affected by drug addiction has taken a significant stride towards combating the drug menace and providing legal services to victims of drug abuse. In this connection, an event was held today under the guidance and supervision of Chairman DLSA, Srinagar Jawad Ahmed.

The event brought together legal experts, faculty members, educators, students, para legal volunteers and community leaders in an endeavour to shed light on the NALSA (National Legal Services Authority) Legal Services to the victims of drug abuse and eradication of Drug Menace Scheme 2015.

The awareness program commenced with an insightful address by resource persons of DLSA, Srinagar Naveed Gul,



Mujtaba and Laifa Khalid (Penal Lawyers of DLSA Srinagar), who emphasized the urgent need to combat the drug menace through a multi-faceted approach. The speakers highlighted the role of legal services in providing assistance, rehabilitation, and protection to victims of drug abuse, reinforcing the importance of NALSA's scheme.

Resource persons of DLSA Srinagar emphasized that the support for victims of drug abuse goes beyond the realm of personal relationships and it requires collective efforts from government bodies, non-profit organizations, healthcare professionals, educators, law enforcement agencies, and the legal system.

It is vital to establish comprehensive support networks, where individuals battling addiction can find the necessary resources, counseling services, and legal aid to overcome their struggles.

Secretary DLSA Srinagar, Jahangir Ahmad Bakshi in his special address, expressed gratitude and appreciation for the partnership with Vitasta Law College in raising awareness about the menace of drug abuse.

He stated that through this collaboration, they aim to create a society that understands the legal rights and support available to victims of drug abuse. By providing legal services, he said they can offer a lifeline to those in need, helping them break free

from the clutches of addiction. He further emphasized on public awareness campaigns as the awareness of the public plays a pivotal role in challenging the stigma associated with drug abuse. The event featured a series of interactive sessions and panel discussions aimed at equipping the participants with knowledge about the legal framework surrounding drug abuse, the rights of victims, and the available support systems.

Legal experts and practitioners specializing in drug-related cases provided valuable insights and

guidance on the legal remedies and support available to those affected. The Principal of Vitasta Law College, Rakib Ahmad Zia stated that the collaboration between DLSA Srinagar and Vitasta Law College exemplifies the power of education, awareness, and community engagement in addressing complex social issues such as drug abuse. It is hoped that the seeds of awareness planted during this program will grow, leading to a society where victims of drug abuse find solace, support, and access to legal services.

## Govt Polytechnic Udhampur bags 2nd Prize in Panch Pran Yuva Utsav India

JI NEWS SERVICE

UDHAMPUR, MAY 26: Government Polytechnic Udhampur has achieved a remarkable feat by winning the second prize at the prestigious Panch Pran Yuva Utsav India, a culture festival organized by Nehru Yuva Kendra under the Ministry of Youth Affairs and Sports, Government of India.

The event showcased the incredible talent and cultural diversity of young participants from across the nation.

## CHC Katra organises Blood Donation Camp

JI NEWS SERVICE

REASI, MAY 26: A blood donation camp was today organised in the Community Health Centre Katra under the supervision of Dr. Gopal Dutt Block Medical Officer.

A team of experts headed by Dr. Kajal Khajuria, Assistant professor GMC Udhampur, collected the blood units.

Valuable donation of approximately 25 units of life saving blood bags were collected and transported to GMC Udhampur for further use in emergency cases.

Persons from different organizations and professions including media fraternity, police officers, officials, health care officers/officials, CRPF personnel, Nirankari Sewa Bandus and volunteers donated the blood for the noble cause.

All the donors were provided with refreshment as per set protocols. BMO Katra appreciated the donors for their philanthropic efforts.

## Tribal students to get highest ever scholarship worth Rs 45 cr: Secretary

JI NEWS SERVICE

SRINAGAR, MAY 26: The Tribal Affairs Department, in its endeavors to promote the interests of tribal populace in Jammu and Kashmir, today began highest ever disbursement of scholarships among the students of the community under various scholarship schemes.

"A total amount of Rs. 45 crore shall be credited through DBT mode to the bank account of the beneficiaries under Pre-Matric and Post-Matric scholarship schemes", informed Secretary Tribal Affairs, Dr. Shahid Iqbal Choudhary, while elaborating on the government's initiative of empowering these integral segments of the society through education.

Due to migration of the process on the National Scholarship Portal and its integration with the PFMS the whole process has been made transparent and user friendly. Secretary said that education of tribal students is top priority for the J&K government. In this regard, Lieutenant Governor, Manoj Sinha, has ensured the highest ever disbursement of scholarships amounting Rs. 45 crore in order to support the educational needs of tribal students pursuing courses at postgraduate level, graduate levels, pre-matric, and post-matric levels. The Tribal Affairs Department has worked hard on reforming the entire process of scholarship disbursement by introducing the Public Financial Management System (PFMS) ensuring its integration with the NSP portal", revealed the Secretary. He added that the department has also laid focus on special scholarships catering to over 32,000 tribal students of seasonal educational centres of transhumant semi-nomadic families in order to encourage them and their inclusion in this flagship initiative to improve the quality of education.

## Power shutdown

JAMMU, MAY 26: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Lamheri, Bagnoti, Narian, Chwki-lanher, Qila, Darhal, Lam, Jaroka, Dabbar, Dharat, Gargote, Nowshera town and adjoining areas shall remain affected on May 29 from 6 am to 10 am.

Meanwhile, the Superintending Engineer (Distribution) JPDC O&M Circle Kathua has informed that the power supply to ADC Quarters backside, Mud Mohalla, Billawar Town and Kishanpur shall remain affected on May 27 and 28 from 7 am to 10 am.

Similarly, the power supply to ADC Quarters backside, Mud Mohalla, Billawar Town, Kishanpur and PHE shall remain affected on May 30 from 8 am to 10 am.

Likewise, the power supply to Jogpur, 17 Miles, Swankha More, Najwal, Industry Feeder area and adjoining areas shall remain affected on May 27 from 6 am to 10 am.

# Modi-Biden talks to revolve around peace prosperity planet people during visits says US Envoy



**HYDERABAD, MAY 26:** The discussions during the upcoming state visit of Prime Minister Narendra Modi to the US and American President Joe Biden's trip to India will revolve around four Ps- Peace, Prosperity, Planet, and People, said a top diplomat of the US here on Friday. US Ambassador to India Eric Garcetti who was in the city, told reporters that the entire planet is counting on the friendship between India and US and the deepening ties.

"In four months, our leaders will meet three face-to-face, and probably as I said it feels natural... I think as I said those four Ps- peace, prosperity,

work on our planet, and connecting our people will be what you see when the president (Biden) comes to Washington and you'll see a further reflection and deepening that when the president (Biden) comes here to India.

I hope that he (Biden) will have a chance not just visit the capital Delhi but maybe go someplace else in the country as well," the envoy said when asked about the main agenda of the leaders' visit.

PM Modi will embark on his first official state visit to the US at the invitation of President Joe Biden, in the third week of June. The American

President is expected to travel to India in September to attend the G20 Leaders Summit.

He said companies belonging to the US are investing in Hyderabad creating 100,000 jobs here and similarly Indian business houses are also investing in the North American country.

Commenting on the relations with India, he said the militaries of both countries train together while the largest military exercises India does are with the US.

"We are working towards an Indo-Pacific that is safe, secure and prosperous," he said.

On the number of visas to be issued to Indians this year, Garcetti said the USA is on track to process one million visas this year.

Meanwhile, the Ambassador visited a clinic operated by the transgender community here.

"I was moved & proud to visit the Mitri Clinic, a groundbreaking initiative supported by @USAID in Hyderabad. The clinic is led & operated by transgender people & is making a positive impact by strengthening stigma-free health services for the transgender community," he said in a He also visited the Indian School of Business (ISB) and T-Hub here.

# HC issues notice to Delhi govt on plea challenging law against registering 2-wheelers as 'transport vehicles'

**NEW DELHI, MAY 26:** The Delhi High Court sought the stand of the city government on Friday on a plea moved by Rapido, challenging a law that excludes two-wheelers from being registered as "transport vehicles", and directed that no coercive action be taken against the bike-taxi aggregator in this regard for the time being.

The matter was heard by a bench of Justices Suresh Kumar Kait and Neena Bansal Krishna. The court ordered that no coercive steps shall be taken by the authorities here against Rapido bike-taxi and its riders until the requisite regulation to regulate the operation of bike-taxis is notified, said Rapido's lawyer Abhishek Awasthi, senior partner at the AZB and Partners law firm. A similar order granting protection from coercive action for plying bike-taxis in Delhi was also passed by the court on a petition filed by Uber.

In its petition, Roopen Transportation Services Private

Limited, which runs Rapido, has said a Delhi government order directing it to immediately stop plying non-transport two-wheelers from carrying passengers on hire-and-reward or for commercial purposes was passed without any reason or rationale.

In a public notice issued earlier this year, the government had cautioned bike-taxis against plying in Delhi and warned that violations would make aggregators liable for a fine of up to Rs 1 lakh.

Rapido has also challenged a show-cause issued to it in this regard, saying it is in violation of various fundamental and constitutional rights and has been passed in violation of the principles of natural justice.

"The direction issued by the transport department under the impugned notice is ex-facie arbitrary and passed without following due process under law, without providing any reasons for such prohibition," the plea says. It also says the city government's conduct is contrary to the intent and

object of the Centre with respect to issuance of licenses to aggregators as laid down under the Motor Vehicles Act, read with the Motor Vehicle Aggregator Guidelines, 2020 (MoRTH Guidelines).

"Transport department is yet to come up with its own guidelines with respect to plying of two-wheeler non-transport vehicles as transport vehicles for the purpose of aggregation and ride-sharing/ride-pooling. Guidelines expressly allowed vehicle pooling in non-transport vehicles in furtherance of the central and state governments' objective of reducing traffic congestion and automobile pollution and achieving effective asset utilisation unless it is prohibited by the state government," the plea says.

It further says a blanket ban on the petitioner's services impacts the lives and livelihoods of a huge number of vehicle owners and riders as well as a substantial number of daily commuters.

# Gyanvapi row : HC to again hear mosque committee's plea on suit's maintainability before Varanasi court on July 14

**PRAYAGRAJ (UP), MAY 26:** The Allahabad High Court will further hear on July 14 a plea moved by the Uttar Pradesh Sunni Waqf Board and the Gyanvapi mosque management committee that has challenged the maintainability of a suit filed before a Varanasi court, seeking the restoration of a temple at the site where the mosque exists.

The petitioners have also challenged a Varanasi court order dated April 8, 2021, directing the Archaeological Survey of India (ASI) to conduct a comprehensive survey of the Gyanvapi mosque complex.

After a brief hearing on Friday, Justice Prakash Padia directed that the matter be put up for further hearing on July 14. Justice Padia had reserved his judgment in the matter on November 28, 2022 after hearing both sides at length. The court had also directed that its earlier interim order that had stayed the aforesaid direction of the Varanasi court will continue till the delivery of the judgment.

However, in its order dated May 24, Justice Padia said certain clarifications were required from the counsel for the parties and put up the matter, along with other connected matters, for further hearing on Friday.

Earlier, the high court had reserved its judgment on the maintainability of the suit pending in the Varanasi court. Now, all matters relating to the suit's maintainability and the ASI survey will be heard together by the court.

On April 8, 2021, hearing a suit seeking the restoration of the temple at the site where the mosque exists, the Varanasi court had directed the ASI to conduct a comprehensive survey of the mosque complex.

Subsequently, the Varanasi court's order was challenged before the high court by the Anjuman Intezamia Masjid (AIM), the Gyanvapi management committee and the Uttar Pradesh Sunni Central Waqf Board.

On September 9, 2021, the high court stayed the Varanasi court's April 8 order. The stay order was extended from time to time during the hearing of the matter.

Hearing the petition filed by the AIM and the waqf board, Justice Padia had reserved his judgment on November 28, 2022 and also directed that the interim stay on the Varanasi court order asking the ASI for a survey of the Gyanvapi mosque complex will continue till the delivery of the judgment.

The TMC MP from Diamond Harbour gave them a patient hearing and said it was justified to conduct democratic protests to press for their demands.

Last week, BJP national vice-president Dilip Ghosh's house in Paschim Medinipur's Kharagpur was vandalised allegedly by members of a Kurmi outfit over his comments against the community.

# DC Kupwara visits hailstorm affected areas of the district

**HANDS OVER 75000 HIGH QUALITY VEGETABLE SEEDLINGS TO AFFECTED FARMERS. ASSURES ALL POSSIBLE HELP TO THE FARMERS**

## JM NEWS SERVICE

**KUPWARA, MAY 26:** The Deputy Commissioner (DC) Kupwara, Dr. Doitode Sagar Dattatray Friday toured various hailstorm-affected areas of the district Kupwara along with the team of Agriculture, officers to assess the post-hailstorm situation.

The Deputy Commissioner on the occasion toured several villages including, Luderwan, Kawari, Zirhama, Lidernag and several other villages and took stock of the on-field scenario of hailstorm-affected crops. He visited several orchards, vegetable farms and paddy fields to have first-hand, on spot evaluation and assessment of damage caused by the hail storm. During the visit, the DC interacted with the affected farmers and assured of every possible assistance by the government. On the occasion the Deputy Commissioner instructed Agriculture officers to provide techni-

cal guidance to the farmers to handle the post hailstorm situation.

He asked the farmers to follow and implement the instructions given to them by the departmental experts and concerned field officers so that the impact of the losses could be minimised. DC instructed the Chief Horticulture officer Kupwara, Chief Agriculture officer Kupwara, and Tehsil officers to complete the impact assessment assignment and prepare the list of affected farmers so that it could be submitted to the government for further necessary action.

DC Kupwara during the visit handed over 75000 vegetable seedlings provided by the Department of Agriculture to the PRIs of Kawari, Luderwan, Zurhama for distribution among the hailstorm hit families with 90-100 percent losses.

Deputy Commissioner assured the hail storm affected farmers that District administration Kupwara will

take all necessary steps to address all the genuine issues of the hailstorm affected farmers.

The farmers were apprised about the recently launched central crop insurance scheme "Pradhan Mantri fasal bhima yojana" by the UT Government and its importance in securing the farmers from adverse climatic conditions. The farmers were detailed about the benefits of the scheme and were appealed to come forward and register their crops under the scheme to avail benefits.

Deputy Commissioner was accompanied by Chief Agriculture Officer Kupwara Gurdip Singh, other district and Sectoral officers and local PRIs of the area.

It is in place to mention here that a high intensity hail storm accompanied by incessant rains caused major losses to Agricultural crops, and orchards in many parts of District Kupwara in the afternoon on 25th May 2023.

# OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH RURAL DIVISION JAMMU NOTICE INVITING TENDER

e-NIT No. 42 of 2023-24 (JJM)

For and on behalf of Lieutenant Governor of J&K UT, Executive Engineer, Jal Shakti (PHE) Mech. Rural Division Jammu, invites tenders by e-tendering mode from the reputed/registered firms/individuals for the below mentioned work:-

e-NIT No. & Date.	Name of work	Est. cost (in Lakh)	Cost of document / tender fee (in Rs.)	Earnest Money Deposit	Bid validity
e-NIT No. 42 of 2023-24 (JJM)	Providing, Installation, Testing and Commissioning of IS reputed make pumping machinery along with other allied electrical and electro-mech. works at WSS Sahnmo of Block Damsal under Jal Jeevan Mission	35.00	2000/-	2% of the est. cost	180 days

Position of funds : Approved Under Jal Jeevan Mission (JJM)

Position of AAA : Accorded

Position of T.S : Sanctioned

Date of Publishing: 25/05/2023.

- Bid documents can be seen at and downloaded from the website <http://jtenders.gov.in> from 25/05/2023 (12:00 PM)
- Clarifications can be had from 25/05/2023 (12:00 PM) to 27/05/2023 (12:00 PM)
- The Bids shall be deposited on the website <http://jtenders.gov.in> from 27/05/2023 (12:00 P.m) to 08/06/2023 (2:00 P.m).
- The valid bids received shall be opened online in the office of the Executive Engineer PHE (M) Rural Division Jammu Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table and shall be payable at Jammu. The cost of tender documents should be in form of Treasury challan in favour of Executive Engineer PHE (Mech.) Rural Division Jammu.
- The hard copies of cost of tender document in shape of Treasury challan, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover.

SD/ (ER. NARINDER SINGH) EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH. RURAL DIVISION JAMMU

# SUMMER SPECIAL TRAINS 2023

For the convenience of rail passengers, Railways have decided to run the following Summer Special Trains as per the schedule given below:-

03255/03256 Patna Jn.-Anand Vihar T.-Patna Jn. Superfast Express Special (Bi-Weekly)		12 Trips	
TRAIN NO. 03255	STATIONS	TRAIN NO. 03256	
ARR. DEP.		ARR. DEP.	
— 22:20	Patna Jn.	▲ 17:20	—
15:00	—	—	23:30 Anand Vihar T.

Days of Run : 03255 Ex Patna Jn. on Thursday & Sunday from 28.05.23 to 15.06.23 and 03256 Ex Anand Vihar T. on Friday & Monday from 28.05.23 to 16.06.23. Accommodation: AC 2 Tier, AC 3 Tier, AC Tier Economy & Sleeper. Stoppages: Danapur, Ara, Buxar, Pt. Deen Dayal Upadhyaya, Prayagraj Jn. & Kanpur Central stations.

02391/02392 Patna Jn.-Anand Vihar T.-Patna Jn. Superfast Express Special (Weekly)		06 Trips	
TRAIN NO. 02391	STATIONS	TRAIN NO. 02392	
ARR. DEP.		ARR. DEP.	
— 22:20	Patna Jn.	▲ 17:20	—
15:00	—	—	23:30 Anand Vihar T.

Days of Run : 02391 Ex Patna Jn. on every Saturday from 27.05.23 to 10.06.23 and 02392 Ex Anand Vihar T. on every Sunday from 28.05.23 to 11.06.23. Accommodation: AC 2 Tier, AC 3 Tier, Sleeper & General. Stoppages: Danapur, Ara, Buxar, Pt. Deen Dayal Upadhyaya, Prayagraj Jn. & Kanpur Central stations.

03635/03636 Gaya-Anand Vihar T.-Gaya Superfast Express Special (Tri-Weekly)		16 Trips	
TRAIN NO. 03635	STATIONS	TRAIN NO. 03636	
ARR. DEP.		ARR. DEP.	
— 14:15	Gaya	▲ 20:45	—
05:00	—	—	07:00 Anand Vihar T.

Days of Run : 03635 Ex Gaya on Monday, Wednesday & Friday from 29.05.23 to 14.06.23 and 03636 Ex Anand Vihar T. on Tuesday, Thursday & Saturday from 30.05.23 to 15.06.23. Accommodation: AC 2 Tier, AC 3 Tier, Sleeper & General. Stoppages: Anugraha Narayan Road, Dehri on Sone, Sasaram, Bhabua Road, Pt. Deen Dayal Upadhyaya, Prayagraj Jn. & Kanpur Central Stations.

05734/05733 Kathiar Jn. - Amritsar-Kathiar Jn. Summer Special (Weekly)		12 Trips	
TRAIN NO. 05734	STATIONS	TRAIN NO. 05733	
ARR. DEP.		ARR. DEP.	
— 07:50	Kathiar Jn.	▲ 18:20	—
19:30	—	—	08:45 Amritsar

Days of Run : 05734 Ex Kathiar on every Saturday from 27.05.23 to 01.07.23 and 05733 Ex Amritsar on every Monday from 28.05.23 to 03.07.23. Accommodation: AC 3 Tier Economy.

Stoppages: Nurgachia, Khajara Jn., Haseerpur Road, Samaspur Jn., Muzaffarpur Jn., Bapuhar Mithai, Boteh, Narkatolgaon Jn., Gorakhpur, Siddharth Nagar, Balrampur, Gondia Jn., Lucknow, Kanpur Central, Alghaj Jn., Delhi, Ambala, Ludhiana & Jalandhar stations.

04137/04138 Subedarganj-Udhampur-Subedarganj Superfast Special (Weekly)		10 Trips	
TRAIN NO. 04137	STATIONS	TRAIN NO. 04138	
ARR. DEP.		ARR. DEP.	
— 16:05	Subedarganj	▲ 12:55	—
12:40	—	—	15:40 Udhampur

Days of Run : 04137 Ex Subedarganj on every Sunday from 28.05.23 to 25.06.23 and 04138 Ex Udhampur on every Monday from 29.05.23 to 26.06.23. Accommodation: AC 2 Tier, AC 3 Tier, Sleeper & General.

Stoppages: Fatehpur, Kanpur Central, Etawah, Tunda, Alghaj, Khurja, Bulandshahr, Hapur, Meerut, City, Muzaffarnagar, Saharanpur, Ambala Cantt., Ludhiana Jn., Jalandhar Cantt., Pathankot Cantt., & Jammu Tawi stations.

04048/04047 Delhi Jn.-Muzaffarpur Jn.-Delhi Jn. Special Express		02 Trips	
TRAIN NO. 04048	STATIONS	TRAIN NO. 04047	
ARR. DEP.		ARR. DEP.	
— 23:00	Delhi Jn.	▲ 23:30	—
21:15	—	—	23:00 Muzaffarpur Jn.

Days of Run : 04048 Ex Delhi Jn. on 27.05.23 (Saturday) and 04047 Ex Muzaffarpur Jn. on 28.05.23 (Sunday). Accommodation: AC 3 Tier, Sleeper & General. Stoppages: Moradabad, Chandausi Jn., Lucknow, Gorakhpur, Chhapra & Hajipur Jn. stations.

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# West Bengal minister's vehicle attacked as Kurmi protest targets Abhishek's convoy

**SALBONI (WB), MAY 26:** West Bengal minister Birbaha Hansda's vehicle was attacked in Paschim Medinipur district on Friday as members of the Kurmi community allegedly hurled stones at senior TMC leader Abhishek Banerjee's convoy, in which she was travelling, officials said.

A huge police contingent was rushed to the spot to control the situation, officials said. It could not be immediately known if anyone was arrested. Condemning the incident, Hansda said violence can never be the form of a democratic protest.

"This can never be a fight for the rights of a community. All those who have thrown stones are outsiders, and are using the garb of being members of a specific community to justify the violence," she added. Members of the Kurmi

community had met Banerjee in Bankura on Tuesday, and urged him to look into their demand for Scheduled Tribe (ST) status.

The TMC MP from Diamond Harbour gave them a patient hearing and said it was justified to conduct democratic protests to press for their demands.

Last week, BJP national vice-president Dilip Ghosh's house in Paschim Medinipur's Kharagpur was vandalised allegedly by members of a Kurmi outfit over his comments against the community.

# DC Jammu reviews implementation of Measles-Rubella elimination programme

### DIRECTS TO PREPARE SEPARATE ACTION PLAN FOR VULNERABLE GROUPS

JJ NEWS SERVICE

JAMMU, MAY 26: Deputy Commissioner Jammu Arvind Lavasa today reviewed the implementation of Measles-Rubella Elimination programme here in a meeting of District Task Force (DTF).

A detailed discussion was held regarding implementation of the road map formulated by the Government for Measles, Rubella elimination from the country by 2023.

The DC said that Jammu district has adequate healthcare infrastructure to manage the universal immunization programme and surveillance activities to achieve the target.

She urged upon the Health functionaries of the district to take all possible measures



Deputy Commissioner stressed on active participation of educational institutions in spreading awareness and sensitization of students about the infection of Measles and Rubella. She urged the officers to adopt the multi pronged interventions to identify the target at the right place to arrest the disease at the right time.

The DC also highlighted the importance of acquiring complete knowledge about the preventive measures of Measles-Rubella disease, and asked the officers to identify the target groups, conduct surveys and prepare separate plans for vulnerable groups.

She further asked them to put in a committed effort in order to achieve the objective regarding elimination of MR by 2023. She asked to rapidly build up immunity for both Measles and Rubella diseases and ensure that all the children should receive MR vaccine.

The DC directed to take special measures to keep strict check on operation of drug peddlers in any manner around the educational institutions in the district.

Regarding rehabilitation of addicts, the CMO informed that a 5 bedded De-addiction centre is functional in the Government Medical College premises Udhampur.

# NCORD meeting held in District Udhampur

### DC ASKS FOR REINFORCEMENT OF MEASURES TO CHECK DRUG TRAFFICKING



JJ NEWS SERVICE

UDHAMPUR, MAY 26: A meeting of the Centre for District-Level Narcotics Coordination (NCORD) meeting was held today in Mini Conference Hall DC Office Complex under the Chairmanship of Sachin Kumar Vaishya, District Magistrate Udhampur.

Senior Superintendent of Police, Dr Vinod Kumar; Additional Deputy Commissioner, Joginder Singh Jasrotia; Assistant Commissioner Revenue, Rafiq Ahmed Jarral; District Social Welfare Officer, Kanika Gupta; CMO, Dr Anil Manhas; Assistant



Drug Controller, Principals of Degree Colleges and other officers attended the meeting. The Deputy Commissioner stressed on strengthening nakas and keeping strict vigil on any such attempt by the unscrupulous elements to smuggle drugs. The DC advised to ensure that investigations under NDPS Act are conducted in a most professional manner. He further asked to identify the persons with drug addiction in the district for their de-addiction and rehabilitation. The DC directed all the stakeholders to launch mass awareness campaigns against Drug and Substance abuse under Nasha Mukta Abhiyan in

schools and Colleges. He directed the Chief Education officer and Principals to appoint Nodal Officers in their institutions to create awareness and identification of students using drugs, if any. The DSP said that police have intensified vigil to tighten noose around drug traffickers with all Police stations instructed to strengthen checkpoints to keep eye on the suspects. He further said that a mass awareness programme has been launched to aware people about the hazards of drug abuse.

The DC directed to take special measures to keep strict check on operation of drug peddlers in any manner around the educational institutions in the district.

Regarding rehabilitation of addicts, the CMO informed that a 5 bedded De-addiction centre is functional in the Government Medical College premises Udhampur.

# SDM Mendhar conducts extensive tour of remote village Sangote; Takes stock of development works

### INSPECTS SCHOOLS, HEALTH CENTRES, NABARD ROAD PROJECT; ASSURES STEPS TO ADDRESS ISSUES FACED BY VILLAGERS

JJ NEWS SERVICE

POONCH, MAY 26: Sub-Divisional Magistrate (SDM) Mendhar, Jhangir Khan, along with the officials of the Public Health Engineering (PHE), Power Development Department (PDD), Public Works Department (PWD), Naib Tehsildar Bhatadurean and other concerned officials conducted an extensive tour of the village Sangote.

This village is located in one of the remotest areas in Block Balakote of sub-division Mendhar and is geographically isolated.

During the tour, the SDM inspected various development works, schools, health centres and the construction work of a NABARD road involving project cost of Rs 3 crore.

The SDM said that it is a crucial road that will significantly benefit the people of the village. It will not only improve connectivity but will also provide better opportunities for economic growth.

The officials also took stock of the people's sufferings and impressed upon the concerned officers/officials for early redressal of the same and submission of action taken report within given timelines. The SDM and the officials were made aware of the various issues faced by the people of the village, and they have assured that necessary steps will be taken to address these issues. They have also asked the officials to submit a report on the actions taken within the given timelines.

The SDM and the officials have reiterated their commitment to the development and welfare of the people of the village.

# Placement Drive for ITI pass-outs held at ITI Udhampur

JJ NEWS SERVICE

UDHAMPUR, MAY 26: A mega placement drive was today held in Industrial Training Institute (ITI) Udhampur where ITC Ltd evaluated the over 100 trainees drawn from different Institutes of Udhampur, Ramban, and Reasi Districts.

Trainees of different trades like, Electrician, MMV, ICT & ESM, RAC participated in the placement drive held in collaboration with Government ITI Udhampur under the aegis of Directorate of Skill Development J&K Jammu.

The pass out Trainees were drawn from ITI Ramban, ITI Reasi, and other ITIs.

Resource persons from ITC, Ajay Sharma, Assistant Manager (HR), ITC, Rajesh Kumar Technical Associate, Mechanical ITC, Avinash Technical Associate Electrical ITC conducted the Evaluation process of the participants by conducting written test/Viva.

Er. Ravinder Singh Bhatti, Superintendent Govt. ITI Udhampur, while appreciating the initiative taken by the management of the ITC to conduct placement drives at Government ITI Udhampur, urged it to conduct such drives on a regular basis for ITI pass-out trainees of different trades. Ajay Sharma, Assistant Manager (HR), ITC in his address to the trainees, briefed them about the ITC company profile, about its new unit being established at Bari Brahmana, Jammu, the perks and facilities being given to the selected candidates as per the norms of the company and the procedure being adopted for short listing of the candidates. Seven trainees of various trades got selected.

Placement Officer, Karan Singh, from Joint Directorate of Skill Development Office Jammu, and other Faculty members were also present on the occasion.

# Deputy Commissioner Poonch discuss Strategies for Curbing Illegal Mining in MDDLTF meeting

### ORDERS JOINT ENFORCEMENT DRIVES IN AL TENSILS



JJ NEWS SERVICE

POONCH, MAY 26: Deputy Commissioner Poonch, Yasin M. Choudhary today chaired a meeting of MDDLTF in his office chamber to discuss the reinforcement of measures to curb illegal mining and related offences in the district.

The meeting was attended by Additional Deputy Commissioner Poonch, Tahir Mustafa Malik; Additional Superintendent of Police, Mushim Ahmed; Executive Engineer, I&CF, Vanee Vaid; SDM Mendhar, Jahangir Khan; Tehsildar (Hqr.), Jhangir Hussain; Tehsildar Haveeli, Anjum Bashir Khan Khattak; Tehsildar Mandi, Shazad Latief Khan; Tehsildar Balakote, Pawan Kumar; District Mining Officer, Javid Iqbal; Tehsildar Surankote, Akbar Khan, Naseem Hussain Shah from FCC besides other concerned officers/officials were present in the meeting.

During the meeting, the officers discussed various strategies to curb illegal mining and ensure strict compliance with the law. The DMO was directed by the chair to take strict action against those involved in illegal mining and ensure that repeated offenders are seized and detained under the preventive section. The concerned magistrate will also provide assistance in this regard. The Deputy Commissioner also emphasized the need to clear the NOC pendency and randomly check illegal mining with the coordination of ACR/SDM.

The Deputy Commissioner issued clear directions to officers to ensure compliance with the mining rules and regulations to prevent any damage to the environment and save loss to the state exchequer. The Deputy Commissioner also instructed the ASP to check illegal mining at the entry point of Poonch and book the offenders.

# DC Kupwara reviews progress of digitalisation of Cadastral Maps

JJ NEWS SERVICE

KUPWARA, MAY 26: The Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today convened a meeting of all Tehsiladars of the district at Mini-Meeting hall of DC office complex here to review the implementation of Digital India Land

Records Modernisation Programme (DILRMP) and Cadastral Maps.

The meeting held thread bare discussion regarding the progress achieved in digitization/geo-referencing of cadastral maps, and other related issues.

The DC reviewed all agenda points and received feedback from the concerned officers. At the outset, it was

informed that there are a total of 378 villages in the district.

In 299 villages of the district, coordinates have been taken and 56 villages have been Geo-referenced.

The DC directed concerned officers and field functionaries to speed up the data uploading and data updation of digitization and geo Referencing of Cadastral maps.

# Over 700 ICDS frontline workers trained in Ramban district in 11 days

JJ NEWS SERVICE

RAMBAN, MAY 26: In continuation of its ongoing initiative of Capacity building of Angwadi Workers and Supervisors, ICDS Ramban on Friday organised a day long Training Programme on Poshan Tracker Application at Banhal for over 200 Angwadi Workers and Supervisors from Ramsso and Banhal ICDS Projects. ICDS (Poshan) Ramban has dedicated the month of May

2023 as capacity Building month for ICDS field functionaries of Ramban district to build their capacity for outcome oriented implementation of Poshan Abhiyan schemes in Ramban.

Speaking at the inaugural function of training session, PO ICDS Ramban Jahangir Hashmi, mentioned about the significance of online tools and applications such as Poshan tracker; for effective implementation of Poshan Abhiyan scheme and thereby

catering to the nutritional needs of Children and lactating women of Ramban District. He said that under the overall leadership of Deputy Commissioner Ramban, Musarrat Islam, the ICDS Ramban has been successful to enhance the Aadhaar seeding of ICDS beneficiaries from 9% to 96% in a time span of 8 months thereby ensuring the transparent implementation mechanism of Poshan Abhiyan Schemes in Ramban District. He requested the

training resource, Ankush Sharma from National E-governance Division (NeGD), Ministry of Electronic & Information Technology person to give more focus on practical sessions and demos during the ratings. The training programmes have been organised by ICDS Ramban during the past 25 days. This includes the training of 40 Anganwadi workers and Supervisors for making them master trainers for effective implementation of Early

Childhood Care (ECCCE) and learning modules to transform the rural childcare centres across the district for children aged 3 to 6 in collaboration with CIL. While 200 Anganwadi workers and Supervisors of Gool & Ramban projects were imparted training yesterday, Last week around 200 Anganwadi workers from across the Ramban district were trained for Adhaar enrolment with Ramban in collaboration with UAID.

# National Championship concludes in Srinagar

JJ NEWS SERVICE

SRINAGAR, MAY 26: J&K Sports Council has hosted many national and international events in the past and participating athletes have often praised the arrangements and beauty of the scenic Kashmir.

Similar observations were recorded by the participants of the 45th Arm Wrestling Championship which concluded in Sher-i-Kashmir Indoor Stadium, Srinagar today.

### ATHLETES PRAISE HOSPITALITY AND ARRANGEMENTS



More than 600 players from many states, union territories and sports boards were participating in the championship and while speaking to the desk, athletes were all praises for the hosts and general public. Soumya CS and Diviya Natouya, who have bagged bronze and silver medals are natives of Kerala. They expressed happiness and

enthusiasm on participating in the championship, more so because the event was held here and they had to travel all the way from the peninsular part of the country to mountainous Kashmir. Recalling a heart-warming incident that occurred on the first day of their arrival, Soumya said that she along with her roommate went out to buy some flavoured tea which was not available with the immediate shop they had stepped into. The owner of the shop instead arranged it for them. She said this was unlike a gesture experienced anywhere else, adding that the shop owner

bush she says that people are really welcoming and we received warm welcome and superb hospitality from everyone here. During the championship, everyone encouraged players to do well. Since it was her first visit, "I would like to go around and enjoy the ambience of the city, so that I can tell people in my native village more about Kashmir," she said.

Another arm wrestler Pinki Janra who also represented Haryana bagged a gold medal in senior women's category. A pro-wrestler in WWE, Pinki said that this was her maiden visit to Kashmir and she found the place more beautiful from what she had heard earlier. Referring Kashmir as the dream destination, Pinki said I wish WWE events are also held in J&K someday and I would love to land in Kashmir sooner than later again. A group of teenaged arm wrestlers comprising of Shivani Meena, Sapna Doot, Kuchi Foudjar, Sakshi Doot and Komal who have earned bronze and silver medals in the championship said that they are satisfied with all the arrangements made at the venue and that they are carrying truck loads of great memories from the Kashmir. They all equivocally heaped praises especially for the hospitality of the people who were not even remotely connected to the game and had just dropped at the venue as spectators. They said, "people are very cooperative here and we felt safe even during the walk late at night along the river bank, referring to the renovated Jhelum River front.

# Dy NSA conducts 2 day visit of J&K; reviews hydro power projects, security scenario

JJ NEWS SERVICE

SRINAGAR, MAY 26: Deputy National Security Advisor, Vikram Misri, today chaired the second meeting of Task Force to ensure exercise of India's rights under the Indus Waters Treaty.

Vikram Misri, who was on two day visit to Jammu and Kashmir, took stock of progress made on various Hydro Power Projects in the Union Territory.

He emphasized upon the concerned officers to ensure that works on all the Indus Basin projects are completed in a time bound manner to enable better utilisation of India's rights under the Indus Waters Treaty.

Among others the meeting was addressed by Principal Secretary, Power Development Department, J&K and officials of the concerned executing agencies besides officials from the concerned Union Ministries and agencies including Ministry of External Affairs and Commissioner (Indus) Ministry of Jal Shakti.

During the two day visit, Deputy NSA also called on Lieutenant Governor, Manoj Sinha and apprised him of ongoing steps towards monitoring of implementation of Hydro Power Projects in the Indus Basin on directions of Prime Minister's Office.

Vikram Misri also met the top military and security officials in the UT and was briefed on the prevailing situation in the valley of Kashmir. He appreciated the role of all stakeholders in successful conduct of G-20 working group meeting on Tourism held in Srinagar recently.