



# JINDRAH IMAGES



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## LG Sinha dedicates Jammu Zoo to people, says J&K is at a cusp in its development trajectory

JNEWS SERVICE  
JAMMU, MAY 29

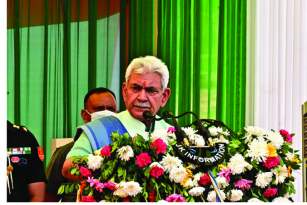
Lieutenant Governor Manoj Sinha inaugurated the Jambu Zoo at Nagrota, today.

The Lt Governor congratulated the people of Jammu Kashmir and all the stakeholder departments. He also acknowledged the hardwork of all the workers engaged in the construction of Jambu Zoo.

"This much awaited addition to the tourist destinations of J&K UT, spread over 70 ha area in the phase-I, was taken up under Langushing Project and it shall attract both local residents and tourists visiting Union Territory," said the Lt Governor.

The scenic beauty around the first-of-its-kind full-fledged zoo in the UT will make it a unique tourist destination and has the potential to boost tourism in the region, he added.

"J&K UT is at a cusp in its development trajectory. We have broken fresh grounds to enable faster growth. We are now at a stage where we need to accelerate this growth, make it more inclusive and convert the UT's potential into reality," said the Lt Governor.



"With successful conduct of G20 Summit, J&K UT has entered a new era of opportunities. It is a rare moment and world is applauding J&K's saga of development. We must work together to keep pace with rest of the states and contribute to the significant task of Viksit Bharat 2047," the Lt Governor said.

The Lt Governor reiterated the commitment of J&K Government to empower every section of the society, especially the youth in achieving the goals of sustainable and

inclusive development. "Our youth are the architects of New Jammu Kashmir and we are seeing steady rise in youth entrepreneurs, who are working with dedication to build a prosperous society and preserve our civilizational-cultural values and our commitment to peace," he observed.

The Lt Governor said the historic G20 Summit and reformative youth-centric endeavours of the UT Government have opened up endless opportunities for the socio-economic empowerment of the youth of Jammu Kashmir.

Within just one year, more than 82,000 business units have been established, providing 2.85 lakh youth with direct employment

## Jambu Zoo to witness major expansion in coming years: J&K Chief Wildlife Warden

JNEWS SERVICE  
JAMMU, MAY 29

Jammu and Kashmir Chief Wildlife Warden Suresh K Gupta on Monday said the newly opened Jambu Zoo in the foothills of Shivalik would witness a major expansion in the coming years to become one of the largest wildlife parks in north India.

The first full-fledged zoo located in Nagrota area along Jammu-Srinagar national highway was dedicated to the public by Lieutenant Governor Manoj Sinha earlier during the day and is tipped to be a major attraction for animal lovers and tourists.

"We have large enclosures for the animals, unlike other places where the enclosures are close to each other. They are constructed in a way that the animals can feel as if they are in their natural habitat," Gupta said, adding all the works undertaken inside the zoo were



completed. "We have large enclosures for the animals, unlike other places where the enclosures are close to each other. They are constructed in a way that the animals can feel as if they are in their natural habitat," Gupta said, adding all the works undertaken inside the zoo were

## 3 Killed, 1 Missing after vehicle rolls down hilly road In Doda

JNEWS SERVICE  
JAMMU, MAY 29

Three persons were allegedly killed and one was reportedly missing after their vehicle skidded off the road and rolled 300 feet down on the bank of river Chenab in Jammu and Kashmir's Doda district on Monday, officials said. The mishap took place on the Batote-Kishtwar highway at Raggi nallah, they said.

Senior Superintendent of Police (SSP) Kishwar Abdul Qayoom



While one person is injured another is reportedly missing, they added.

## Mela Kheerbhawani

## 'Sacred spring turns blue', KPs hope for peaceful year ahead

JNEWS SERVICE  
GANDERBAL, MAY 29

The annual Kheerbhawani mela was celebrated with religious fervor and gaiety at the Tumulla village in this central Kashmir's Ganderbal district, with Home Minister Amit Shah greeting the devotees and thanking the Lieutenant Governor-led administration for successfully con-

ducting the event. Devotees from various parts of the country thronged the revered temple to pay obeisance. With the presence of local Muslims, the festival depicts a centuries-old bond of love between the majority community and Kashmiri Pandits.

Nestled in the shades of mammoth Chinar trees, the temple witnessed a

huge rush of devotees, mostly Kashmiri Pandits, performing the festival rituals. Special prayers were held, with devotees offering milk and kheer to the sacred spring.

This year, a good number of devotees were witnessed as compared to last year, an official told the news agency.

"Ganderbal comes

## Terror Funding Case

## Delhi HC issues notice to Yasin Malik on NIA plea seeking his death penalty

AGENCIES  
NEW DELHI, MAY 29

The Delhi High Court on Monday issued a notice to separatist leader Yasin Malik, who is presently serving a life term, on a plea by the National Investigation Agency seeking death penalty for him in a terror funding case.

A bench of Justices Siddharth Mridul and Talwar Singh also issued warrants for production of Malik before it on August 9.



Solicitor General (SG) Tushar Mehta, who appeared on behalf of the National Investigation Agency (NIA), argued that the accused indulged in terrorist and secessionist activities and should be awarded death penalty

by treating the matter as a "rarest of rare" case. Mehta stated that Malik committed the "sensational" killing of four IAF officers and even kidnapped the daughter of then home minister Mufti Mohammad Sayeed which led to the release of four dreaded criminals who masterminded the 26/11 attack in Mumbai in 2008.

## In 9 Years India became world's frontline nation: Dr Jitendra Singh

AGENCIES  
GHENNA, MAY 29

Union Minister of State for Science and Technology and Minister of State for Prime Minister's Office; Personnel, Public Grievances and Pensions; Department of Atomic Energy and Department of Space Dr Jitendra Singh said here today that in the last 9 years India had become world's frontline nation and all this was possible because of personal outreach and vision of Prime Minister Narendra Modi who had emerged as



the world's tallest leader and also raised India's esteem in the international arena.

Addressing a press conference on completion of 9 years of the government headed by PM Modi, Dr

## All future military wargames to include elements from all three defence forces

AGENCIES  
NEW DELHI, MAY 29

Amid efforts by the government to enhance integration and jointness among the three services, it has been decided that all war games to be carried out by services must include elements from all three armed forces.

At present, the exercises that are conducted individually by the respective services include their elements only but from now on, they will include



elements from all three services, defence officials said. The first major exercise which will include the elements from all three services is planned to be the Vayu Shakti exercise scheduled to be

## Rains lash J&K parts; MeT predicts more rains till June 2



JNEWS SERVICE  
SRINAGAR, MAY 29

The light to moderate rainfall lashed Jammu & Kashmir parts on Monday late afternoon while the weatherman here has predicted more rains till June 02.

According to the news agency-Kashmir News Observer (KNO), J&K parts received light to moderate rains this afternoon, bringing down the temperature in Kashmir.

Normal life came to a standstill after the fresh rainfall in Srinagar and

other districts of Jammu & Kashmir.

Director Meteorological department (MeT), Sonum Lotus said that there is a possibility of intermittent light to moderate rain, and thunderstorms towards late afternoon, evening at many places today.

He further said that there is no forecast of major rainfall till June 02, 2023, however, informed that as per the forecast, the intermittent light to moderate rain, thunder, lightning with

## Union MoS defence applauds project sampark of BRO in Jammu

JNEWS SERVICE  
JAMMU, MAY 29

Union Minister of State for Defence Ajay Bhatt on Monday visited Head Quarter CE (Project) Sampark here.

The Minister was briefed in detail by the Chief Engineer, Brig Tejpal Singh on the entire panorama of works carried out ranging from enhancing defence potential of our defenses as well as constructing and maintaining our strategic lines of communication.

As espoused and guided by Director General Border Roads (DGBR) Lt Gen Rajeev Chaudhry, he was briefed on the use of new technologies on terra firma to include special engineering challenges like tunnels on our important roads.

"These new

## 25,000 devotees attended Kheer Bhawani Mela in Kashmir: Amit Shah

AGENCIES  
NEW DELHI, MAY 29

Union Home Minister Amit Shah on Monday said over 25,000 devotees attended the Kheer Bhawani mela held on Jyeshtha Ashtami on Sunday in Kashmir and complimented the Jammu and Kashmir administration as well as the security forces for its successful completion.

The Kheer Bhawani mela began on May 26 and concluded on May 28 on the occasion of Jyeshtha Ashtami for which devotees came to the temple in 107 buses from Jammu. "The Kheer Bhawani Mela held on Jyeshtha Ashtami in Kashmir occupies a sacred place in the spiritual realm of the Kashmiri Pandit sisters and brothers. More than 25,000 devotees attended the Mela.

"I congratulate LG



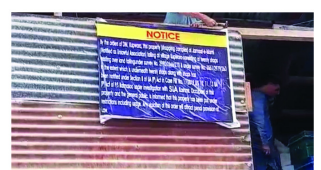
Manoj Sinha, CAPFs, Jammu and Kashmir Police and the local administration on the successful completion of the Kheer Bhawani Mela. May the divine grace of Maa Kheer Bhawani always be with us," Shah tweeted along with a few pictures of the devotees.

According to an official statement, every year on the day of Jyeshtha Ashtami Kashmiri Pandits pay their obeisance at Mata Ragnaya Devi temple also known as Kheer

## SIA notifies property worth 30 million in north Kupwara belonging to banned Jamaat-E-Islami

JNEWS SERVICE  
SRINAGAR, MAY 29

The Special Investigative Agency (SIA) in Kashmir Valley continues its drive against the banned organisation Jamaat-e-Islami (JeI). SIA has identified more assets of banned Jamaat-e-Islami in the district Kupwara of Jammu & Kashmir (J&K) worth crores. In North Kashmir's District Kupwara,



property worth over 30 million rupees or around USD 363,123 was notified

by DM Kupwara on the recommendation of

## Security Forces conduct search operation in J&K Village

JNEWS SERVICE  
JAMMU, MAY 29

Security forces on Monday carried out a search operation in a village in Jammu and Kashmir's Poonch district following a tip-off about the movement of some suspicious persons, officials said.



A resident of Purani village noticed the movement of at least three

suspicious people in the early hours and shared the information with the police, they said. The police, assisted by

# AAP holds protests against ECI for delay in Assembly election in J&K

### ECI SHOULD WORK INDEPENDENTLY, SAYS TONY



JJ NEWS SERVICE

**JAMMU, MAY 29:** The Aam Aadmi Party on Monday staged a protest against the Election Commission of India (ECI) here for the delay in holding of Assembly elections in Jammu and Kashmir.

The protest, led by Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and DDC Member Suchetgarh and Yaspal Kundal, Chairman ST, SC OBC Aam Aadmi Party (AAP) Jammu and Kashmir and former minister was held outside

Nirvachan Bhawan in Jammu.

The leaders raised anti-ECI and anti-BJP slogans outside the election office alleging that it had become a "puppet" in the hands of the BJP.

"The ECI has become a puppet in the hands of the BJP. We want ECI to work independently," Tony told reporters here.

"On one side BJP Govt wants to take credit of balling out people from the morass of unrest and terrorism as its leadership in all election rallies point out that Kashmir is totally normal but when it comes to hold Assembly elections, the party simply make terror and turmoil its alibi to

holding the Assembly elections. "We should get our justice and have an elected government in Jammu and Kashmir," he said.

The senior AAP leader Yashpal Kundal said that the logic of BJP leadership in holding Panchayat elections in J&K and deferring the Assembly polls is bizarre because if the situation is conducive for PRI polls then what is hindering the government to hold polls for installing a popular government.

Prominent among those who joined the protest include Namrta Sharma, President Women Wing AAP J&K, Sr Spokesperson Jagdeep Singh, Partap Singh Jamwal (Sangathan Mantri), Dr Rajinder Thappa, Shanker Singh Chib, President Kissan Wing, Mahesh Bakshi, Sham Lal Bhagat, District President, Ashok Kumar Sarpanch Rajinder Singh, Yasin Mattoo, Raj Mohammad Salaria, Mandeep Choudhary, S Mohinder Pal Singh, S Parvinder Singh, Bodhraj Sharma, Kanav Khajuria, Vikrant Sharma, Owais Choudhary, Asif Gill, Prem Lal Bhagat, Nisha Bhagat, Buti Ram and others.

# Ten day yoga workshop concludes at JU

JJ NEWS SERVICE

**JAMMU, MAY 29:** The ten day yoga workshop on the theme "Yoga and Inner peace" workshop organised by Gandhian Centre for Peace and Conflict Studies University of Jammu concluded today at University of Jammu. The ten day workshop was organised in collaboration with Directorate of Sports and physical Education University of Jammu. The main motive of the workshop was that the students should experience Yoga and promote it as a means for positive health, prevention of stress and self-realisation. Seventy students participated in the workshop. Mr. Sanjeev kumar and Mr. Sandeep Sharma were the resource persons for the workshop who trained the students in basic yoga techniques. The yoga participants were made to practice various asanas like Sukshham Vyam, vajrasan, Ustrasan, Bhujangasan, Tadasana, Makarasana, shavasana and Suryanamaskar. Besides this, in pranayam they practiced Anulom Vilom, Bhastrika, Bhramri and



kapalbhathi along with certain meditation techniques. Prof Arvind Jasrotia, Registrar University of Jammu was the chief guest in the valedictory session. He in his valedictory address highlighted the importance of such workshops in adding value to the life of the students. While reciting the shalokas from Bhagwad Geeta, he also threw light on the significance of Yoga not only leading to perfect harmonisation between body and mind, but also highlighted Yoga as a means of self-realisation and enlightenment. Prof. Jasrotia also congratulated the students for hav-

ing begun their journey towards 'self' by having got trained in certain basic techniques of yoga.

Dr Daud Iqbal Baba Director Directorate of Sports and Physical Education in his remarks talked about the role of yoga being instrumental in development of harmonious life.

Dr. Seema Rohmetra, Director, Gandhian Centre presented the welcome address wherein she elaborated the need of practicing principles and practices of Yoga for physical and mental health in the present context of consumerism and materialism where man is in a mad race after

# Rajiv Gandhi Memorial College of Education, Kathua organises one day workshop



JJ NEWS SERVICE

**KATHUA, MAY 29:** The Guidance and Counselling Cell of Rajiv Gandhi Memorial College of Education, Kathua organised one day workshop on "Empowering Assessors ; Effective Psychological Testing " on 29 May 2023. This workshop was designed specifically for teacher- trainees and teacher educators who are interested incorporating psychological repertoires.

The workshop started with lighting of lamp followed by Saraswati Vandana. Bouquets were presented to Chief Guest, Resource Person, Chairperson RGMCE, Kathua Special Guests and Principal RGMCE, Kathua as a Token of Appreciation.

The chief Patron of the workshop was Mrs. Annu Dogra, Chairperson RGMCE, Kathua. Prof. Seema Mir, Principal Govt Degree College, Kathua was the Chief Guest. Dr. Prabjot Kour, HOD Psychology Govt. Degree College Reasi was the Resource Person of the Workshop. Mr. Pankaj Dogra, Trustee of RGMCE, Kathua and Chairperson Surya College of Education, Kathua Dr. Chaman Singh Thakur Principal Surya College of Education, Kathua and Prof. Shivani Kotwal HOD English GDC, Kathua were the Special Invited Guests. Teacher Educators, Teacher Trainees of seventeen Colleges of Education and students of two Higher Secondary Schools participated in the workshop.

Dr. Bandana Basin, Principal Rajiv Gandhi Memorial College of Education, Kathua presented keynote address and welcome Chief Guest, Resource Person, Chairperson and all the esteemed dignitaries and students. While deliberating on the theme of workshop she added that this workshop has provided teacher trainees with the understanding of tools its administration and assessment that support student's growth and inform instructional strategies.

The inaugural speech was given by Chief Guest Prof. Seema Mir, Principal GDC, Kathua. She emphasised the importance of Psychological Testing in Day to day Teaching

Learning process and Research. She also added the reference of NEP-2020 in Modern Educational System. In this session The Formal Vote of Thanks was resented by Neha Rajput Assistant Prof. RGMCE, Kathua.

The workshop comprised of two sessions i.e Theoretical and Practical. In the first session, Resource Person Dr. Prabjot Kour, HOD Psychology enlightened the participants with Theoretical Knowledge about Psychological Tests interspersed with question answer session. The scoring procedure and the interpretation were also explained.

In the second session, the demonstration of the test was done in groups as Hands on Activity. All the participants were divided into four groups. All the participants actively participated in the practical activity and gained learning experience.

The workshop concluded with the valedictory session. Ms. Anita Sharma Assistant Professor RGMCE, Kathua read the report of the workshop. Dr. Upasana Sharma, Senior faculty Member M.Ed RGMCE, Kathua presented formal Vote of Thanks.

# Dr VP Raina inaugurates 'Aadarsh Poonchhi Channel'

JJ NEWS SERVICE

**JAMMU, MAY 29:** It's a time for all of us to remain united for all round development of our society and national integration, to explore our age old rich heritage civilized culture, ethics, rituals, traditions, language with facts & figures to all worldwide, said Dr Ved Parkash Raina (Shastri Ji) while inaugurating "Aadarsh Poonchhi Channel", a social YouTube Channel in presence of intellectuals of the society during a simple but impressive function organized at Khajuria Food Mall, Miran Sahib by Mr OP Khajuria to honour members of 'Shree M a d - B h a a g w a t Mahapurana - Saptah Samaroh Aayojan Samiti', Gadaggarh (Jammu). On the occasion Mr Khajuria reminded and stressed upon the preservation of rich and sound rituals and traditions alongwith language of the society. Mr Rajesh Bakshi, Member Cantonment Board Jammu opined that we should remain committed to society



ty and do everything for the welfare of our society. Pt Dushyant Sharma expressed that people of our society by the way of their doings and gaining touching the sky in all aspects, he asked to remain united forever. Pt Chaman Lal Sharma dedicated YouTube Channel for the cause of society. Prominent among others who participated in the function were Lecturer Purnu Ram Sharma (Retd)- Chairman of Shree Madh-Bhaagwat Mahapurana Saptah Samaroh Aayojan

Samiti, Sh Vijay Sharma (Gunu)-Vice Chairman, Sh Babu Ram Sharma- President, Sh Manohar Lal Sharma-Vice President, Sh Jai Parkash Sharma-Cashier, Mr Vikas Sharma-Chairman Bhargav Public School, Advocate Rajeev K Sharma, Advocate Vinit Sharma, Pt Surinder Sharma, Pt Varun Sharma, Sh Pitamber Sharma, Shastri Rakesh Sharma, Mr Raju Sharma, Ex Sub Jalandhar, Sh Prem Narinder Sharma, Sh

Chaman Raina, Mr Pawan Soodan, Mr Vijay Sharma, Sh Devinder Sharma, Sh Vicky Sharma, Sh Deepak Sharma, Mr Ramesh Khajuria, Sh Ramesh Bhargav, Sh Satpal Bhargav, Sh Kuldeep Bhargav, Sh Rajesh Khajuria (Raju), Sh Tilak Raj Raina, Sh Ajit Kumar Sharma, Ex Sub Pawan Kumar Sharma, Mr Vijay Sharma, Sh Rinku Raina, Sh Tejinder Raina, Sh Rajesh Raina, Ex Sub Rajinder Sharma, Sh Prem Sharma and Mr Lovish Sharma.

# BBIA resent mass transfer of doctors from ESI Model Hospital Bari Brahmana

JJ NEWS SERVICE

**JAMMU, MAY 29:** An Urgent meeting of Bari Brahmana Industries Association was held today under chairmanship of Sh. Lalit Mahajan, President BBIA in the presence of Sh. Tarun Singla, Sr. Vice President, Sh. Ajay Langer Vice President, Sh. Viraj Malhotra General Secretary, Sh. Rajesh Jain Secretary, Sh. Vivek Singhal Treasurer BBIA & other members. During the course of discussions Members present in the meeting raised serious concern in respect of mass scale transfer of doctors from the ESI Model Hospital Bari Brahmana as per the Order issued on 20-05-2023 by the ESIC Headquarter New Delhi which includes 06 Specialists and 13 Medical Officers which may be resulting in total collapse of Healthcare facility available to ESI Registered Workers and staff in ESI Hospital Bari Brahmana and as per the information available with us the present strength of Medical and Para Medical Staff is approx. 70% of the total sanctioned post for the 50 Bedded Hospital. It is

also surprised to note that the Specialists with the requisite qualification in their respective filed posted in the ESI Dispensaries as Medical Officers which is as total violation of ESI Corporation guidelines which clearly say that the Services of any Medical Officers with the requisite qualification shall be for working in the ESIC Hospitals.

It is worthwhile to mention here that on the basis of present Registered IPs with ESIC which may increase in manifold on the basis of massive Industrial Investment on card on the basis of New Central Sector Scheme 2021 of Govt. of India & the proposal has already approved by Union Ministry of Labour and Employment for the Up-Gradation of ESI Hospital from 50 Bedded to 100 Bedded and any step for the reducing the Strength of Staff at ESI Hospital Bari Brahmana may be resulting into the mass scale agitation by the Industrial Workers in future due to non availability of medical Services from ESIC for which they are paying their hard earned Money. It is pertinent to mention here that the

ESI Model hospital Bari Brahmana is the only hospital in J&K catering to the Medical care services of ESIC insured persons of entire U.T. and IPs are already visiting this hospital from far-flung areas and difficult terrains which are approximately 300-400 kms. away from this hospital and in case of any denial of requisite service by the Hospital due to Mass transfer of six Specialists out of total seven and thirteen Medical-officers including Senior/ Post graduate Medical-officers and one Ayush Medical officer already has created apprehensions in the minds of particularly IP's and uneasiness among the stakeholders who apprehend trouble in patient care. We request Honble Lt. Governor Sh. Manoj Sinha and Ms. Rehana Batul IAS, Commissioner/Secretary, Labour and Employment for immediate intervention for the posting of requisite Medical and Paramedical Staff in ESI Model Hospital and keep the Order of mass transfer of Doctors from ESI Hospital Bari Brahmana till further notice.

# Kavinder Gupta to lead Maha Jan Sampark Abhiyan in West Bengal

### Month-long campaign will highlight achievements of nine years of Modi Govt

JJ NEWS SERVICE

**JAMMU, MAY 29:** Senior BJP leader and former deputy chief minister Kavinder Gupta is going to lead the month-long Maha Jan Sampark Abhiyan at West Bengal.

In a statement issued to media persons, the BJP stalwart leader said that as part of celebrations of successful nine years of Modi Govt at the Centre, BJP is organising country-wide Maha Jan Sampark Abhiyan from May 30 to June 30, whereby senior leaders of the party will visit different states and stay there for five days visiting different constituencies to highlight the achievements of the BJP Government.

Kavinder also informed that as part of the campaign, he has been asked by the party high command to visit



West Bengal and stay there for five days covering four constituencies including Hooghly, Bardhaman-Durgpur, Bishnupur (SC) and Bangaon.

He said that under the nationwide campaign traders' convention, intellectuals' meet, interaction with bene-

ficiaries of Central Welfare Schemes, celebration of International Yoga Day on June 21, observation of Dr Syama Prasad Mukerjee's Balidan Divas on June 23, listening to Mann Ki Baat programme on June 28, rallies, Samparak Abhiyan and door to door campaigns will be organized to mobilise the electorates and convince them to support BJP in the upcoming political contests as only BJP Government can steer the country towards new heights of peace and progress.

The senior BJP functionary said that he shall be leaving for West Bengal tomorrow and is quite optimistic about fulfilling the responsibility which the party high command has given to him in context with highlighting the feats achieved by the BJP Government in last nine years.

## 9 years of governance put "Nari Shakti" at forefront in India's Development: Rekha Mahajan



JJ NEWS SERVICE

Jammu, May 29: Prime Minister Narendra Modi's government in the last 9 years has put Nari Shakti (Women empowerment) at the forefront of India's development journey this was expressed by BJP District President Jammu South Rekha Mahajan. As a part of the public outreach program Rekha Mahajan presided over the meeting at Gadigarh Mandal, RS Pura Constituency in District Jammu South in the presence of Pt. Ashok Khajuria, District General Secretary Akash Chopra, and Mandal President Vijay Sharma were prominent present in the meet-

ing. Rekha Mahajan asks BJP workers to highlight the public-friendly schemes on the successful completion of nine years of Modi-led government to the populace of Jammu South and encourage them to avail the benefits of multiple schemes of Modi Sarkar. Rekha stated that "Nine Years of Modi government were dedicated to Sewa, Sushasan, Garib Kalyan. Rekha highlighted that PM Modi-led government has understood and emphasized that empowerment is not a one-step solution; instead, it requires a lifecycle-based approach towards Women empowerment (Nari Shakti), welfare

programs for women are designed in a manner to support them at different stages of life to overcome social economic barriers to their (Mahila Shaktikaran) empowerment. She added. Rekha further educate that for the first time in India under the umbrella of PM Narendra Modi, 1,020 women per 1000 Men (NFHS-5) ratio was achieved, more than 3.03 crore women have been paid under PM Matru Vandana Yojana, 3.18 crore Sukanya Samridhi Yojana accounts were opened and over 27 crores MUDRA loans were given to women beneficiaries. She asserted that near about 68.9 per-

cent of nearly 2.5 crores PM, AWAS Gramin beneficiaries are women, Rekha said. She lauds the central government policies and social welfare schemes that upgrade the status of every section of society, especially Nari Shakti. India has gone from having no waterways till 2014 to having 111 waterways today. Nobody envisaged the use of waterways, "The metro rail, which is the most affordable mode of commuting for the middle class, was present in only five cities. In these nine years, the government has built Metros in 15 more cities. There were seven AIMS until 2014. She highlighted that former PM Atal Bihari Vajpayee has sanctioned Six AIMS. After PM Modi took charge, the government furthering development and constructed 15 more AIMS across the country," Rekha added.

During the tour of Rekha Mahajan in Gadigarh Gurmeet Kour from NC and several women joined Bharatiya Janata Party in the August presence of District President Jammu South and Rekha welcome them on the party fold.

## Nidhi Apke Nikat Programme 2.0 held at JMC Townhall, Jammu



JJ NEWS SERVICE

JAMMU, MAY 29: Nidhi Apke Nikat 2.0, an outreach program, was held at Townhall, Jammu by EPFO RO Jammu, in collaboration with Jammu Municipal Corporation. The Employers and employees of Jammu were sensitized about provisions of social security, besides covering them of EDLI - eligibility, benefits and claims, Keeping track of passbook accounts, Importance of E-nomination, Know Your UAN, UAN Activation, & member profile - KYC, and UAN related issues. The aim of the program was to

ensure broad based participation, awareness, grievance redressal and information exchange network closer to the stakeholders of EPFO. The session was addressed by Shri Jagpreet Singh Cheema, District Nodal officer, EPFO through presentation slides which illustrated various social security benefits being provided by EPFO in the UT of Jammu & Kashmir viz. PF, Pension and Insurance schemes framed under The EPF & MP Act, 1952 after the implementation of the said in the UTs of J&K and Ladakh from 01st November 2019. He

stressed about the importance of these schemes to all the employees and workers especially those working in hazardous and risk prone industries and projects such as road and dam construction, crushers etc. He appealed all the employers to get themselves registered with EPFO and enroll all employees so that no eligible employee is deprived of the social security benefits being provided by EPFO. EPFO, took this opportunity to provide handholding support to the stakeholders at the venue, besides hearing them (their suggestions, inputs and grievances). Issues and

problems faced by the Organizations in implementing the EPF & MP Act, 1952 were heard and necessary guidance were provided accordingly. In addition to above any other relevant issue related to EPFO, which officers or stakeholders desired, were discussed.

Dignitaries participating from different departments and institutions included Mr. Rahul Yadav (IAS), Commissioner, Ms. Rimpriy Ohri, (JKAS), Joint Commissioner (A), Mr. Sandeep Singh (JKAS), Chief Accounts Officer and Ms. Jyoti Bhagat, Dy. Director (Planning), JMC. Services and benefits of "Social Security"- Employees' Pension Scheme, 1995 and enhanced quantum (up to Rupees Seven Lakhs) of Employees' Deposit Linked Insurance Schemes, 1976 are being rendered to employees of Union territory of Jammu, Kashmir and Ladakh with effect from November 2019 onwards. EPFO, Jammu, Kashmir and Ladakh is open to every valuable suggestion at the Nidhi Apke Nikat program.

## Yogasan Sports Association organized Yoga Championship in Billawar



JJ NEWS SERVICE

KATHUA, MAY 29: The Jammu and Kashmir Yogasan Association in collaboration with J&K State Sports Council today organized fourth Yoga Championship at Sant bal Yogeshwar Vidya Mandir Dadwara Tehsil Billawar of Kathua District where in Students from both Government as well as private schools participated and performed the Yoga. The Chief Guest who graced the occasion was BDC Billawar Ashok Kumar whereas guest of honour was Principal of the school Savita Sharma. About sixty five students partici-

pated in this Fourth District Kathua Yogasan championship and these Students were prior to the commenced of this Championship given the syllabus in regards to the performing of the Compulsory asan and Optional asan. Students performed the Yogasan to their sublime and lucidity. The Chief Judge were Sunita Verma, Angrez Singh and Balvinder in this Championship. Chief Judge and Yoga Instructor Sunita Verma divulged Yoga now become part of the game adding, which is really good move and this would a long way in the shaping the

career prospectus of the youngsters coupled with also make physically fit and stress free. She stressed that we all humans should perform Yoga better we say irrespective of age all should conduct Yoga daily rather make it as a part of the life. This is true fact that by performing one can even get rid of several ailments. "As we have conducted this Yogasan championship the very motto of this championship was that to take our students to next level meaning there by at National level" Sunita Verma vociferously replied to a query of the scribe in question. She lamented that all the sixty five students have been given certificates as a token of appreciation where as those students who secured 1st, 2nd and third rank they have been given Medals as well as certificates.

In Boys Junior category Hardik Upadhyaya first, Second Rajneesh Sharma and 3rd Anamith Thakur. In 9-14 years girls category Sanvi Mahajan first, Sanskrit Thakur second and 3rd Naviditi Sharma. Among others who were present in this Championship were President of the District Kathua Yogasan Association Ram Gopal Sharma, Organizing secretary Angrez Singh, Technical Secretary Monica Thakur and Member Nirmal Sharma.

## Ex-Servicemen Awarded Graduation Certificate in Human Resource Management

JJ NEWS SERVICE

JAMMU, MAY 29: The first batch of ex-servicemen from J&K, who have successfully qualified for the award of their graduation certificate were presented these certificates during a convocation ceremony presided over by Brigadier Gurmeet Singh Shan, Director, J&K Sainik Welfare Department. The ceremony began with a welcome address by Director, Sainik Welfare, J&K. He congratulated the graduates and urged them to use their education certificates in availing second careers available to them in public and civil sectors. He also urged them to spread awareness amongst other ex-servicemen so that they too can benefit from the scheme. Speaking on the occasion, the Director said that the soldiers of three Defence Services viz Army, Navy & Air force retire at a young age in order to



maintain the younger age profile of the Defence Services in the national interest. These young ex-servicemen need re-employment post-retirement so that they can meet their family and social commitments. However, the Job jobs and jobs in the private sector require certain specified skill sets and education standards. An effort was therefore made by the Kendriya

Sainik Board, New Delhi which has entered into a Memorandum of Understanding with Andhra University, for issue of Graduation Certificate in Bachelor of Arts (Human Resource Management) to ex-servicemen who meet certain laid down norms. He further added that an effort is also being made to sign similar MOUs with Universities in J&K. The

pioneer batch of Ten successful candidates from J&K, 06 from Jammu Division and 4 from Kashmir Division, includes Lance Naik Satvir Singh, Petty Officer Arun Sharma, Naik Naresh Sharma, Havildar Mohan Singh, Naik Anil Sharma, Sepoy Ajay Kumar Saini, Naik Ajaz Ahmad Teeli, Naik Ali Mohd Wani, Naik Ajaz Ahmad Wagay and Naik Aashaq Hussain Wani.

## Centre Desperately Attempting to Usurp J&K Resources Worth 40 Lakh Crores "Lithium reserves are the exclusive property of people of J&K, can catapult it as richest state/UT": Harsh Dev

JJ NEWS SERVICE

JAMMU, MAY 29: Reacting to the statement made by Union Secretary Mines Vivek Bhardwaj that the union government would auction the lithium reserves of J&K before December, Harsh Dev Singh, former minister and JKNPP president, has questioned the locus of the union secretary in interfering in a matter which falls within the domain of state/UT government. He said that under the Mines and Minerals (Development and Regulation) Act 1957, its the state/UT government which has the exclusive powers of extracting and mining of minerals found on land, except of course the off shore mining falling in centre's domain, and it alone can hold auctions and grant permissions for mining, technically called mining concessions. "The centre's move, as evident from the mining secretary's statement is therefore not only unprecedented and violative of existing laws but is also an attempt to invade into the arena of the state government," said Singh.

Harsh Dev Singh said the centre seemed to be desperately attempting to usurp the rich lithium resources of J&K which otherwise belongs to and is property of J&K, and its people, and has possibility of catapulting the troubled state of J&K as by far the richest



state in the country." He was addressing a press conference in Jammu today along with Ankit Love, Gagan Pratap Singh, and Purshotam Singh, the senior leaders of NPP. Referring to the discovery of one of the most precious minerals, which could change economic profile of the people of J&K, Singh said that there are 5.9 million tonnes of lithium in this one find alone in Reasi. And there's proposal for further lithium exploration exercises, as this could just be the beginning of the windfall, and that there may be far more lithium to discover in J&K. Even with the present inferred lithium resources discovered in J&K, it is already the 7th largest known reserve of lithium in the world, and worth over INR 40 lakh crores or USD8500 billion, when lithium spot prices had hit a record high of USD886,207 per tonne on

17 November 2022. "One can simply imagine the socio-economic boost that J&K could secure if its allowed to exploit its resources in accordance with the present laws," said the ex minister. NPP leaders stated that government of India must stop their intended auction of J&K's lithium mining rights planned for December by Union Ministry of Mines, as announced on 2 May which should be left to the elected government to be formed in the state in future. Pertinent to mention that, Ministry of Mines secretary, Vivek Bhardwaj had stated that the union government has "completed the consultation process with stakeholders on the amendment of the offshore mining act," and that its auction would be held before December. Harsh Dev stated that any amendment to the Offshore Mining Act to

facilitate the Union government gaining greater grip on J&K's lithium resources was legally and morally incorrect and would amount to a dictatorial theft. Singh said "by its audacious obvious actions, the BJP government's interests seem highly questionable. Why is the Union government indulging in hurry and quickly trying to sell off the rights of J&K's lithium, in such a clandestine manner? Clearly they have a vested interest in assigning the lithium mining rights to their cronies and not in the best interest of the people of J&K. This type of colossal theft of INR 40 lakh crores has never been witnessed before in the world, and with the tensions already on J&K, such gross criminal acts by the Union government may only serve to add more fuel to the fire in a conflict that never seems to end."

## New Parliament a matter of pride for every Indian: Sham Langer

JJ NEWS SERVICE

JAMMU, MAY 28: Sham Lal Langer, Convener BJP Trade Cell, J&K, today asserted that the inauguration of the new Parliament house is a matter of pride for every Indian and is being celebrated as a festival across the country. In a statement issued here today, the senior BJP leader said that India's path to development and growth should be inspired by its age-old culture, tradition, heritage and values. The inauguration of the new Parliament house is India's assertive step towards shedding its colonial mindset and a resolve to India's global resurgence based on the principles of selfhood. The New Parliament



House is a matter of pride for every Indian and those opposing it are not against Prime Minister Narendra Modi but are against the very idea of 'One India'. Langer said "Our hearts are filled

with pride and honour to have a new Parliament house, showcasing India's time-honoured values and exemplifying India's illustrious culture and rich heritage. The installation of 'Sengol' in the new parliament house will motivate every lawmaker to uphold justice and add more integrity to his work." Criticizing the opposition, the BJP leader said that the inauguration of the new Parliament should not be used as a gimmick to delude people as this is a moment to be cherished, adored and exhilarated by all. The new Parliament building reflects the aspiration of New India and 140 cr people irrespective of party affiliation, religion, caste or creed, he added.

## FROM THE FRONT PAGE...

**LG Sinha dedicates...**

opportunities. Under Mission Youth, we have extended handholding to 70,000 young boys and girls to become self-reliant, said the LG Governor.

He said under the Langsuishing Project, J&K UT has successfully completed 50 projects which were pending for the last 10 to 20 years.

Our cities are being transformed into smart cities and our villages are getting more integrated into the mainstream development. The basic infrastructure is being strengthened to realize the potential of every region, the LG Governor said.

The LG Governor called upon the people to cooperate in the government's endeavours to develop tourism and other infrastructure in the region, he said.

The LG Governor announced free entry for all in the Jambu Zoo for one month. He also announced that the Sri Venkateswara Swamy Temple by Tirumala Tirupati Devasthanams will be dedicated to the people on 8th June.

Bharat Bhushan, Chairperson DDC Jammu and Jugal Kishore Sharma, Member Parliament also spoke on the occasion and expressed gratitude to the LG Governor led UT Administration for dedicating the Jambu Zoo to the public and giving impetus to the development of the J&K UT.

Dr Arun Kumar Mehta, Chief Secretary called for exploring all the possibilities to make Jambu Zoo one of the finest in India.

Dheeraj Gupta, Principal Secretary, Forest Department and Suresh Kr. Gupta, PCCF / Chief Wildlife Warden, J&K, gave a detailed briefing on the key highlights of the J&K Zoo.

Senior officials of Civil Administration and Police, PRIs and ULB members and people in large number were present.

**Jambu Zoo to witness...**

in accordance with the approval and latest guidelines of the central zoo authority.

He said the department is moving animals including leopards, black bears, a rare variety of small cats, and different kinds of deer species like Sambar, Chital, barking and hog deer and Nilgai.

"We have a very good variety of snakes and we will also start getting animals like Lion, Tiger, Sloths and Crocodiles from other zoos in the next two months," Gupta said, assuring the visitors altogether a different kind of experience with parks, viewpoints, cafeteria, refreshment points, parking and trekking trails.

He said it will be a complete picnic spot besides serving as a centre for education and awareness about wildlife and biodiversity conservation.

Jammu Wildlife Warden Amit Sharma said the zoo will host several native and exotic animals in its 17 enclosures apart from having various public amenities.

"The work on the project started in 2016 under Compensatory Afforestation Fund Management and Planning Authority (CAMPA) but the work was stopped due to non-availability of funds. Jammu and Kashmir Infrastructure Development Finance Corporation released the funds to complete the project at a cost of over Rs 62 crore," Sharma said.

He said restrictions due to the COVID-19 pandemic also contributed to the delay in the completion of the project.

Sharma said the other attraction for the visitors is the 650-metre zip line for adventure lovers, battery-operated vehicles and bicycles making it a "big attraction" for people of all ages. (Agencies)

**'Sacred spring turns...**

alive with the spirit of togetherness as the Kheerbhawani mela brings devotees and tourists together, bound by a shared reverence for tradition," a Kashmiri Pandit told KNO.

"We have been coming here for the last two years and we feel very happy and joyful here. Nature is very overwhelming and attractive; the people are very helpful and welcoming," said another Kashmiri Pandit, who wished not to be named.

A local Muslim said, "A sign of communal harmony is always revisited at this time during the historical mela which has not only remained limited to the festival but also provides an opportunity for local Muslims to reunite with the Pandit community who unfortunately had to migrate from their homeland three decades ago."

Emotional scenes were witnessed and exchanged between the two communities. This annual festival becomes a source of income as well for the local Muslims who set up stalls outside the temple to sell everything needed to perform the rituals.

The stalls are established by both men and women folk of the area.

The arrangements were made by the district administration through various departments. Other essential services and adequate medical facilities were also put in place.

Union Home Minister Amit Shah extended his wishes and congratulated Lieutenant Governor of J&K Manoj Sinha, CAPFs, J&K Police and the local administration for the 'successful completion' of the Kheerbhawani mela.

"The Kheer Bhawani Mela held on Jyeshtha Ashtami in Kashmir occupies a sacred place in the spiritual realm of the Kashmiri Pandit sisters and brothers," Shah wrote in his official Twitter handle, adding that more than 25,000 devotees attended the mela.

"May the divine grace of Maa Kheer Bhawani always be with us," the Home Minister said.

The LG also greeted the people on the occasion, "Heartiest greetings to all, especially to sisters & brothers from Kashmiri Pandit community, on the auspicious occasion of Jyeshtha Ashtami. May the blessings of Mata Kheer Bhawani continue to guide us in the path of righteousness & shower her blessings on all for years to come," the LG tweeted.

The district administration and district police Ganderbal were on their toes to provide facilities to the devotees. Deputy Commissioner Shyambrir and SSP Ganderbal Nikhil Borkar themselves monitored the situation.

The SSP also extended his warm greetings to the Police Parivar, the people of Ganderbal particularly the Kashmiri Pandit community, on the auspicious occasion. Various political regional parties also provided services as a goodwill gesture towards devotees.

Another Kashmiri Pandit, Sonu Zeahni, said the colour of the spring was pink a fortnight back and now it is blue.

"The blue signifies the colour of peace," he said and expressed hope that there would be peace and tranquillity in Jammu & Kashmir. "If the spring turns red or black, it is seen as a bad omen," Sonu added.

"This type of atmosphere is very overwhelming as our children are very happy here. Our children will meet local Kashmiris here, and this meeting will strengthen their bond, which will benefit us as well," Sonu further said. "We have seen our own lives, but our children have to navigate society, and this mela provides them with a good platform."

Another local Kashmiri, Bilal Ahmad Wani, said, "The LG is the festival of our Pandit brothers, and this festival represents brotherhood and peace. It unites everyone, whether they are Hindu, Sikh, Christian or Muslim. We can say it is a festival for everyone, not only Hindus." KNO

**Delhi HC issues...**

pleaded guilty to a charge under IPC section 121 (waging war against the Government of India) which provides for an alternate death sentence, we issue notice to him... to be served through the jail superintendent," the court ordered.

Let warrants be issued for his production on the next date of hearing.

The court also issued notice to Malik on NIA's application seeking condonation of delay in "re-filing" the present appeal.

Mehta urged the court to condone the delay, saying "technicalities" should not have a bearing in matters such as the present one.

On May 24, 2022, a trial court here had awarded life imprisonment to Jammu Kashmir Liberation Front chief Malik after holding him guilty for various offences under the stringent Unlawful Activities (Prevention) Act (UAPA) and the IPC.

Malik had pleaded guilty to the charges, including those under the UAPA, and he was convicted and sentenced to life imprisonment.

Before the high court, SG Mehta said the NIA's plea was an appeal against the sentencing order as he emphasised that a terrorist cannot be awarded life sentence because he has pleaded guilty and chosen not to go through trial.

Such a tactic by an accused to avoid death penalty, he said, cannot be allowed when he knows that facing trial would lead to imposition of capital punishment.

"Any terrorist can come here, do terrorist activities, plead guilty and court says since he has pleaded guilty, I give him only life term and not capital punishment," said Mehta, adding that even Osama bin Laden would have been permitted to plead guilty here and that "possibly the USA was right" in its dealing with the Al Qaeda founder.

The court responded that there could be no comparison between Malik and Laden as the latter never faced trial and it would not comment on matters affecting foreign relations.

During his submissions, Mehta said Malik crossed over to Pakistan for training, was coordinating stone pelting and spreading "rumours" on social media about oppression by security forces.

"If this is not 'rarest of rare' when someone is continuously, by armed rebellion, killing army people and propagating one region of the nation as separate, there can never be rarest of case. This is rarest of rare case (for awarding a death penalty)... If this is not, what could be," he said.

Mehta said even in the trial court order, the judge has observed that there was "no reformation" even though Malik claimed to have "given up guns in 1994 but he never expressed regret for the violence".

The court asked the NIA to bring its attention to the law commission report on death penalty in its submissions in the matter. It also directed that the trial court record be brought before it.

In its plea before the high court for enhancement of the sentence to death penalty, the NIA has said if such "dreaded terrorists" are not given capital punishment on account of pleading guilty, there would be complete erosion of the sentencing policy and terrorists would have a way out to avoid capital punishment.

A life sentence, the NIA has asserted, is not commensurate with the crime committed by terrorists when the nation and families of soldiers have suffered loss of lives, and that the trial court's conclusion that Malik's crimes did not fall within the category of the "rarest of the rare cases" for grant of death penalty is "ex-facie legally flawed and completely unsustainable".

The agency has emphasised that it has been proved beyond reasonable doubt that Malik spearheaded terrorist activities in the Valley and with the help of dreaded foreign terrorist organisations, had been "masterminding, planning, engineering and executing armed rebellion in the Valley in an attempt to usurp the sovereignty and integrity of a part of India".

"Not giving capital punishment to such dreaded terrorist will result in miscarriage of justice, as, an act of terrorism is not a crime against society, but it is a crime against the entire nation; in other words it is an act of 'external aggression', 'an act of war' and 'an affront to the sovereignty of nation'," the plea has said.

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 forcibly secede Jammu and Kashmir from the Union of India.

It had, however, 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 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 of IPC and sections 15 (terrorism), 18 (conspiracy for terrorism) and 20 (being member of terror organisation) of the 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 the UAPA.

The court had framed the charges against Kashmiri

separatist leaders, including Farooq Ahmed Dar alias Bitta Karate, Shabbir Shah, Masarat Alam, Md Yusuf Shah, Aftab Ahmad Shah, Altaf Ahmad Shah, Nayeem Khan, Md Akbar Khanday, Raja Mehrajuddin 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. (Agencies)

**In 9 Years India...**

country on par with developed nations. All the reforms and schemes were planned with extreme sensitivity with far reaching impact in mind, he said.

In order to understand the value and extent of the change, what is required is to compare the times before 2014 and after 2014, the Minister said.

In the last 9 years, Prime Minister Narendra Modi has given the country an era of new resurgence. Everybody has to guard against the earlier forms of the government which had been virtually very little development before 2014. The journey from 2014 brought an end to pessimism during the last era and ushered in a path of optimism for the new India.

The centre has taken revolutionary steps for the welfare of poor and marginalised sections of the society. He said, the country has witnessed all-round development in the last nine year.

He added that India is touching new heights on the world stage under the leadership of Prime Minister Narendra Modi. The Minister also highlighted that India has emerged as the world's second-largest mobile phone manufacturing country.

Jal Jeevan Mission is envisioned to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India. The most success of the Narendra Modi government has been the revolutionary element shift in the thinking of Indian households that basic sanitation is what every one of them should have in order to live a safe, happy, and healthy life with self-respect, particularly for women.

Pradhan Mantri MUDRA Yojana (PMMY) is a scheme launched by the Prime Minister on April 8, 2015 for providing loans up to 10 lakh to the non-corporate, non-farm small/micro enterprises. These loans are classified as MUDRA loans under PMMY. There is no collateral needed for this loan, so you can borrow without losing any personal or business property. In the event of default, the government assumes responsibility for paying the loan. This loan is most beneficial to entrepreneurs looking to set up their micro enterprise.

PM Modi outlined his 'Panch Pran' Targets to make India a developed country by the time it celebrates its 100th independence Day in 25 years. PM Modi discussed the Panch Pran Goal.

Giving another example of the importance given to revival of our cultural linkages, the Minister told how the Modi gov't was successful in opening the Kartarpur Corridor, connecting Gurdwara Darbar Sahib, near Lahore in Pakistan to Gurdwara Dera Baba Nanak, Gurdaspur district, Punjab in India, allowing the Sikh devotees from India to visit the gurdwara in Kartarpur, Pakistan, without a visa.

**All future military...**

held next year by the Indian Air Force, they said. The exercises till now included only the elements of the Indian Air Force but now it will involve the components of the Indian Army and Indian Navy as well.

The instructions in this regard have been issued by the Department of Military Affairs under the Chief of Defence Staff (CDS) Gen Anil Chauhan.

The CDS who would be reviewing the passing out of 10th Indian Defence Academy has been working towards the creation of the theatre commands which were discussed at the last Combined Commanders' Conference addressed by Prime Minister Narendra Modi in Bhopal.

The government created the new post of Chief of Defence Staff to hasten the process of increasing jointness among the defence forces which have 17 operational commands headed by commander-in-chief rank officers.

CDS Gen Anil Chauhan has already visited the majority of these 17 formations and the steps being taken by the DMA in this regard.

The theatre commands are planned to be raised to create joint warfighting formations to be ready to meet the challenges of modern warfare.

New formations like the Defence Cyber Agency, tri-services Armed Forces Special Operations Division and Defence Space Agency have been created to support the operations of theatres.

**Rains lash J&K parts...**

possibility of hailstorm & gusty winds at scattered places till June 02.

Lotus further said that the weather would remain mainly dry from June 03-June 06.

The MeT director advised the farmers to postpone farm operations like spraying, harvesting of crops till June 02.

Pertinently, Kashmir parts witnessed frequent rainfall, especially in late afternoon in the last week, causing dip in the maximum temperature at most of the places. KNO

**Union MoS defence...**

technologies would not only ensure safer travel but as well reduce the travel times by a considerable period," he stated.

Bhatt was also briefed on various welfare measures undertaken for the entire rank and file.

The Minister later addressed the gathering and interacted with the BRO Karamyogis of Project Sampark.

He appreciated for the commendable hard work by BRO Karamyogis and also paid solemn homage to the bravehearts.

The Minister expressed satisfaction on the progress of ongoing works and applauded Team Sampark to keep up the excellent job, said the Jammu based Defence PRO, Lt Col Divender Anand.

**J&K plans exposure visits for 10343 elected representatives of Panchayats before completion of their term**

JINNAGAR SERVICE  
SRINAGAR, MAY 29

In a move to enhancing the capacity of representatives of the Panchayat Raj institutions (PRIs) in Jammu & Kashmir, the government plans to conduct exposure visits of 10343 elected representatives outside the UT during the ongoing fiscal.

Documents accessed by news agency lay bare that administration of the UT will send 10343 elected representatives outside the UT during the ongoing financial year for cross-learning and getting first-hand experience of the good work done by similar institutions in other states and Union Territories.

The term of Panchayats and Block Development Councils in J&K is coming to end in January 2024. There are strong possibilities that district development councils would also be dissolved when the term of Panchayats and BDCs would end.

The documents state that both the capacity building & training and exposure visits are resource intensive and are to be carried out simultaneously and accomplished at least three months prior to the expiry of the term of the PRIs at panchayat/block level by January, 2024.

It is worthwhile to mention that M/s. Positive Moves (India) Consulting Private Ltd. has been hired as an agency for conduct of 'capacity building & training, including training - cum - exposure visits and related ITC activities'.

The Centre has approved Rs 69.94 crore for the capacity building & training programs for the elected representatives (ERS) of all the three tiers of Panchayati Raj Institutions (PRIs) of J&K.

The funding has been approved under Rashtriya Gram Swaraj Abhiyan (RSGA) for the financial year 2023-24 which was submitted by the UT of J&K and considered subsequently by the central empowered committee in the Ministry of Panchayati Raj, Government of India, in its meeting held on March 17, 2023. KNO

**25,000 devotees...**

Bhawani temple. This year, the fair was celebrated on May 28 with great fervour and enthusiasm by not only Kashmiri Pandits but also by the locals of the Kashmir valley. The temple is located in Ganderbal district, about 25 kilometres from Srinagar.

Comprehensive and elaborate arrangements were made by the Ganderbal district administration to ensure devotees have a comfortable stay, the statement said.

The Ganderbal district police had made elaborate security arrangements with 20 companies of the Central Armed Police Forces along with the Jammu and Kashmir Police, escort vehicles, road opening parties, counter-terror quick reaction teams, and law and order components, while additional naga points were part of the overall deployment plan.

Ten community kitchens (langkas) were set up to take care of the meals of the devotees.

With the evening aarti and puja on May 28, the mela concluded peacefully. Kashmiri Pandits and other local communities prayed for the peace, prosperity and happiness of their beloved ones and the society, the statement said.

Last year, around 18,000 Kashmiri Pandits and devotees visited the Mata Kheer Bhawani temple on Jyeshtha Ashtami.

Kheer Bhawani is considered to be the deity of Kashmiri Pandits. Over the years, the Kheer Bhawani Mela has become a symbol of communal harmony and brotherhood in Kashmir. (Agencies)

**SIA notifies property...**

the SIA of J&K Police. The property has been barred with restrictions on usage and entry.

"To choke the availability of funds for secessionist activities and to dismantle the ecosystem of anti-national elements and terror networks hostile to India's national security, sovereignty, integrity and unity, property belonging to and held by banned Jelt at Kupwara has been notified by concerned District Magistrates in the exercise of the powers conferred under section 8 of the Unlawful Activities (Prevention) Act, 1967 & Notification No. 14017/2019, dated 28-February-2019 of Union Ministry of Home Affairs," said the special investigative agency.

The property is a shopping complex comprising 20 shops along with land falling under survey number 2990/2666/270 and survey number 3551/2973/263. All the property has been sealed. People have been blocked from entry and usage.

"Additionally, 'Red entry' to this effect has been made in the relevant revenue records. With this SIA Kashmir has got 57 properties of Jelt notified till date," said Special Investigative Agency.

SIA says that action taken is expected to dent terror funding in J&K besides being another major step in restoring the rule of law and a society without fear.

Pertinently, SIA has identified as many as 188 Jelt properties across the UT of J&K, which have either been notified or are under the process of being notified for further legal action.

**Security Forces conduct...**

the Army and the CRPF, immediately set up a cordon and conducted house-to-house searches but did not find any suspicious people, the officials said.

Local residents claimed that this was the second time in a fortnight that the movement of suspicious people under the cover of darkness was being picked up by a villager.

They also demanded a permanent security post in the village for protection.

Security forces are on high alert in Poonch and nearby Rajouri districts following three separate terror attacks that left 10 soldiers and seven civilians dead since January. (Agencies)

## Simplify old-age, widow pension verification process to ensure beneficiaries' 'ease of living': Priya Sethi



JJ NEWS SERVICE

**JAMMU, MAY 29:** Priya Sethi, National Executive member Bharatiya Janata Party (BJP) and former Minister has urged the authorities of the Social Welfare Department to streamline and simplify the verification procedure for pension cases of old age, widow and other categories of people. In a statement issued to media per-

sone here today, at Party Headquarters during attending Grievance cell Priya Sethi along with Anshu Mahajan Convener, Maha Sampark Abhiyaan said that providing pension to widows, old-age people and other categories is one of the basic and essential social security measure adopted for the sustenance and facilitation of the beneficiaries and as such it should be implemented on ground without any convenience to the tending section of the society. She said that it is quite a harrowing experience especially for the elders (Old age people) and the widows who have to run from pillar to post for getting their cases verified and it would not be wrong to state that for such people it is literally as also practically more than harassment.

The senior BJP leader said that the authorities dealing with the aforesaid pension cases should be humane in their approach in word and deed.

She demanded that at least in case of old-age citizens above the age of sixty years the concerned authorities must visit personally their homes and verify their cases there on the spot. Emphasizing that the hallmark of the Prime Minister Narendra Modi led Govt is public service and ease of living therefore it is the duty of one and all in the administration of this Union Territory to follow these principles in letter and spirit especially by the Social Welfare Department in dealing with the verification of the pension cases of widows, old-age persons and other beneficiaries. She rued that the present verification process in fact is not ensuring ease of living of the aforesaid beneficiaries but is contradictory to that.

## BJP Govt deprived Jammu people of basic amenities: Uday, Hari Singh

JJ NEWS SERVICE

**JAMMU, MAY 29:** There is strong resentment among people of Jammu North Assembly segment towards BJP which has miserably failed to address even basic issues of the people of the area.

This was stated by Uday Bhanu Chib, President J&K Pradesh Youth Congress while interacting with people of Ramzanpura, Arjan Nagar and Basant Nagar falling under the Jammu North Assembly segment after starting the development work of laying of 4 inch dia and 3 inch dia pipelines to meet the demand of drinking water scarcity in the area. Hari Singh Chib, President DCC Rural was also present.

Uday Chib took stock of the problems being faced by the people of the aforesaid areas in the absence of elected Govt in J&K. He said that the onus is on the BJP which got huge mandate in the last Assembly and Lok Sabha elections besides being the ruling party at the Centre and State being under direct Central rule.

He observed that the majority of people maintained that no new devel-



opments but only facilities of previous works were done in the area. "BJP was in power at the Centre and in the erstwhile J&K State too, it was easy for the party to forward issues of common masses through their Government in the State to the Union Ministry concerned, for mitigating the sufferings of people but they took them casually," he said.

Uday Chib said that BJP leadership has totally failed to fulfil peoples' aspirations. "On the one hand, there is complete uncertainty in J&K, while on the other hand people are confronting with failure of the administration to solve day

today problems", he said, adding that most parts of the city are facing scarcity of potable water and power and dilapidated condition of lanes.

Hari Singh Chib, President DCC Rural in his address, blamed BJP for betraying the people of Jammu on the issue of statehood and misleading the people on various emotive issues.

He asserted that the BJP Government at the Centre has betrayed the status of Jammu by reducing the status of a state to union territory and the Govt is also not coming clear on many issues. Hari Singh said that only Congress is a secular

party and never believes in caste, creed and colour. He claimed that it is only Congress which can keep the whole J&K united. He said that it is most unfortunate that the common people have no medium to raise their voice for their basic necessities due to the neglect of the BJP representatives.

The people have to come on roads to express their anger and seek redressal of their genuine grievances, he added.

Among those who were present include Shahab Ahmad, Barkat Ali, Brij Dubey, Gorkha, Tarun Vaid and officials of Jal Shakti Department.

## Rahul kick-start development work at Gandhi Nagar

JJ NEWS SERVICE

**JAMMU, MAY 29:** With a mission to make his Ward clean and green, Rahul Kumar, Councillor Ward 20 today kick started construction work of laying tiles at A/D Block near Akash Institute in presence of prominent people of the area.

The aforesaid development work will be completed with an estimated cost of Rs 5 lakhs. On the occasion, Mandal General Secretary Rachit Khosla, District Publicity Secretary Sandeep Gupta, Ward President Sathir Singh, Sandeep Sethi, Karan Singh, Manoj Singh & others were present.

Speaking on the occasion, Rahul Kumar has reiterated the commitment of BJP Government at the Centre to provide the basic necessities to the people in every nook and corner of the nation. He said that



Bharatiya Janata Party always works for the welfare of people and will leave no stone unturned to do so.

The Councillor said it is his priority to serve the residents of his Ward as "Sevak" just like our Prime Minister is serving this great nation as its "Pradhan Sevak" and by

improving the infra in the Constituency is an initiative of making our Ward clean and green which will contribute a lot in promoting the vision of our Prime Minister under the banner of "Swachh Bharat."

The senior BJP leader also stressed upon the quality of works to the officials of the corporation and

stated that no spurious type of work will be tolerated in any part of the Ward and directed them to take up the public works on priority so that masses do not suffer.

He said that there are more projects in the pipeline for the area and the same shall be taken up in a phased manner.

## CCE 2023: Bali Bhagat seeks extension of date for filing form

### HAILS LG FOR INCREASING UPPER AGE LIMIT

JJ NEWS SERVICE

'Bali Bhagat, senior Bharatiya Janata Party leader and former minister has expressed gratitude to the Lt Governor for extending the upper age limit for the Combined Competitive Examination-2023 by three years. However, he demanded that the date for filing of forms for the said examinations also be extended as otherwise a substantial number of aspirants who did not apply for the said exam due to age bar will be deprived of the chance to appear in this exam.

The former minister mentioned that last year the same issue of upper age limit was occurred but he resolved the issue by taking up with the Lt Governor and the upper age limit was extended for the welfare of Jammu and

media persons, Bali Bhagat said that though the decision with regard to hiking the upper age limit for Combined Competitive Examination needs to be made meaningful by extending the date of the said examination this year so that candidates who want to benefit those who could not apply due to age bar.

It is pertinent to mention here that a notification was issued by the General Administration Department by the order of Lt Governor, by which the

upper age limit for open merit candidates was fixed at 35 years from the current 32 years.

Similarly, the upper age limit was enhanced for Reserved category candidates and Physically challenged candidates from 34 years to 37 years and from 35 years to 38 years, respectively. This order was issued by Commissioner Secretary, GAD, Sanjeev Verma. It was on May 10 that the Lt Governor Manoj Sinha had approved age relaxation in the upper age limit for JKCEE in view of the demands from aspirants and representations by several delegations.

## JU organises "Crafting Visual Impact: A Workshop on Art of Poster Making"



JJ NEWS SERVICE

**JAMMU, MAY 29:** The Literary Club under the aegis of Utsaah, the Clubs, University of Jammu inaugurated a three day workshop for amateur artists, "Crafting Visual Impact: A Workshop on Art of Poster Making" on May 29, 2023. Mr. Rakesh Sharma, Coordinator, Painting Club, and Head, Department of Music & Fine Arts, IMFA, University of Jammu is the resource person for the three day long art initiative. The programme commenced with the felicitation of Mr. Rakesh Sharma. Prof. Satnam Kour, Chairperson, Utsaah, the Clubs, University of Jammu, and Head, Department of Psychology, in

her welcome address, appreciated the commendable effort on the part of Dr. Sadaf Shah, Coordinator, The Literary Club and stressed upon the importance of promoting the traditional ways of undertaking this art form and the benefits of practical learning through such workshops.

Dr. Sadaf Shah, Coordinator, The Literary Club, and Associate Professor, Department of English, University of Jammu formally introduced Mr. Rakesh Sharma to the audience and congratulated him for his decades of work while discussing the practical outcomes of the workshop.

In her address, she talked about the future course of endeavours of the

Club. Resource person for the workshop, Mr. Rakesh Sharma, while addressing the gathering emphasised the relevance of having such workshops. He introduced the audience to the nuances of poster making while detailing about the importance of typographical choices, the rhythm, and kinds of poster making art.

The programme concluded with the concluding remarks and the official vote of thanks being offered by Dr. Sadaf Shah, Coordinator, The Literary Club, University of Jammu. Also present on the occasion was Ms. Vaneeka Gupta from the Department of Applied Art, IMFA, University of Jammu.

The workshop being held under the able guidance of Mr. Rakesh Sharma in the Seminar Hall of the Department of Psychology, University of Jammu, has garnered a diverse set of student participation from across the departments of the University, who have been provided with the art supplies and necessary information around them, by the Club. The objective of holding this workshop is to provide a platform to the students to hone on their latent talent. And the smooth functioning of the programme was facilitated by the members of The Literary Club, University of Jammu.

## KU VC inaugurates all-women entrepreneurship exhibition, calls it 'true reflection of women's empowerment'

JJ NEWS SERVICE

**SRINAGAR, MAY 29:** Vice-Chancellor University of Kashmir Prof Nilofer Khan on Monday inaugurated an all-women entrepreneurship exhibition which drew a huge attendance of students and faculty members at the varsity's main campus.

The day-long exhibition was organised by Centre for Women's Studies and Research (CWSR) and saw participation of 45 young entrepreneurs from Kashmir who have set up their business ventures to become economically self-reliant. Saying that the exhibition provided an opportunity for women entrepreneurs to showcase their products and gain more visibility, Prof Nilofer said it's the University's endeavor to help promote such business ventures to encourage young students to start their entrepreneurial ventures in future.

work in isolation. We have to connect with the society through initiatives like the present exhibition and draw our youth to contribute to the economic growth of the country," she said.

The Vice-Chancellor went around all stalls set up at the exhibition and interacted with young entrepreneurs who shared their inspiring stories of entrepreneurship.

"These stories are a true reflection of women's empowerment," Prof Nilofer said, and urged the students to draw inspiration from women entrepreneurs.

The stalls showcasing products ranged from apparels to foods and cosmetics, among others. Dean Academic Affairs, Dean Research, Controller of Examinations, Dean Students Welfare, senior faculty members from various departments, senior officers of the administration, besides a large num-

ber of research scholars and students attended the inaugural session of the exhibition in the lawns of the Management Studies Department.

Registrar Dr Nisar A Mir also visited the exhibition later and went around the stalls.

Coordinator CWSR, Dr Roshan Ara and Joint Registrar Dr Ashfaq Zari, who coordinated the exhibition, also spoke on the occasion and apprised the Vice-Chancellor about the

broad objectives of the event.

Dr Ara said the present activity is part of the CWSR's outreach initiative involving young entrepreneurs. She thanked the University authorities for their all-out support to such programmes.

Dr Zari highlighted the need for holding more such events to boost the varsity's journey towards creating an ecosystem for innovations and entrepreneurship in the University.

## DC takes stock of pace/ progress on new Conference Hall at Mini-Secti Kulgam

JJ NEWS SERVICE

**KULGAM, MAY 29:** The Deputy Commissioner (DC) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today visited the construction site of the new Conference Hall at mini-secretariat here to take stock of pace and progress of the work project.

It was informed that the conference hall is under execution of R&B and will come up with an estimated cost of 5.92 crore.

## Guneet Monga pays obeisance at Raghunathji Temples

JJ NEWS SERVICE

**JAMMU, MAY 29:** Guneet Monga Kapoor, Oscar Academy Award winner, along with renowned author and spiritual entrepreneur, Anita Kumar, Producer Moezz Singh, and members of Guneet Monga's family visited Raghunath ji Temple at Octorai Post in Suchetgarh. She was accompanied by Dr. Ritu Singh, wife of MK Ajtashtrusingh.



The distinguished guests later visited the world famous Rambheshwar

Temple in Jammu and performed Pooja. While divulging about

the rich culture and heritage of Jammu region, Dr Ritu Singh said that J&K Dharmarth Trust is running the affairs of over hundred temples and shrines under the patronage of Chairman Trustee Dr Karan Singh ji. She said that the Trust is providing state of art facilities to devotees besides taking care of the temples and shrines located at different places of UT of Jammu and Kashmir.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Gram Nyayalayas remain non-functional

Notwithstanding the tall claims of the government about the empowerment of rural masses in Jammu and Kashmir, there are certain decisions which need to be taken with utmost urgency to ensure that the people get all facilities at their doorsteps. In one of such steps, Gram Nyayalayas-- deemed to be a Court of Judicial Magistrate of First Class with both civil and criminal jurisdiction to settle petty disputes at the village level--have remained a distant dream in the Union Territory. This is despite the fact that over 50,000 criminal and civil cases have been pending in the Union Territory for more than five years. These Nyayalayas were notified under the Gram Nyayalayas Act, 2008 with an aim of making justice more speedy and affordable for the most underprivileged people in rural areas at their door steps. A total of 20 Gram Nyayalayas --one each in a district--were notified for Jammu and Kashmir but none of them has been made functional in the past one decade. The state and UT governments were responsible for establishing Gram Nyayalayas in consultation with the respective High Courts. As per information made available by State Governments and High Courts, a total of 476 Gram Nyayalayas have been notified so far by 15 States and UTs across the country. Out of these, 257 are operational in 10 States at present. A total of 20 such Nyayalayas were notified to be opened in Jammu and Kashmir, while the number of these Nyayalayas to be opened in Ladakh UT was two, but no Nyayalayas was made functional in both the UTs till date, notwithstanding it provides for establishment of Gram Nyayalayas at intermediate panchayat level. As many as 19,771 civil and 34,212 criminal cases had been pending for more than five years in Jammu and Kashmir. Though the Act does not make setting up of Gram Nyayalayas mandatory, the issues affecting operationalization of the Gram Nyayalayas were discussed in the Conference of Chief Justices of High Courts and Chief Ministers of the States in 2013. It was decided that the state governments and High Courts should decide the question of setting up Gram Nyayalayas wherever feasible, taking into account the local issues and situation. The Central Government has been encouraging the States and UTs by way of providing financial assistance for opening of Gram Nyayalayas. The establishment of these institutions is a policy decision. These institutions could have easily performed the role of making justice more accessible and affordable for rural people, as envisioned in the Constitution, they could have eased the problem of overcrowding in sub-ordinate and district courts. It would be a great help to the poor people in rural areas of Jammu and Kashmir. The Gram Nyayalayas were envisaged to make justice delivery more accessible and affordable for the people at the grassroots. However, they are yet to take off and this is in spite of the fact that financial assistance is being given by the Centre to operationalize them. The time has come that the government should take tangible measures to ensure that these institutions are made functional without further delay so that the people get justice at their doorsteps.

A SALUTE TO THE UN PEACEKEEPING FORCES

INDIA IS THE THIRD HIGHEST TROOP CONTRIBUTOR. FOR THE SAKE OF PEACE, WE HAVE LOST 178 INDIANS IN FOREIGN LANDS.

AIR VICE MARSHAL MANMOHAN BAHADUR (RETD)

Today is the International Day of United Nations Peacekeepers; it is also the 75th anniversary of the first UN peacekeeping mission, which was in West Asia. And, as we salute the blue berets for their devotion to the cause of peace, it is necessary to take stock of the effectiveness of peacekeeping operations (PKOs).

The current turmoil in Sudan, for which Op Triveni was launched to evacuate Indian nationals, took me back to my one-year stay in that beautiful land as part of the Indian Air Force's contingent in the UN Mission in Sudan. Ours was the first military aviation unit to be deployed in October 2005, so on the ground, things were in a flux.

Our first exposure to Khartoum made us wonder why we were there. Everything was peaceful -- bustling markets, movie halls and operational public transport (seeing TATA buses and Bajaj three-wheelers gladdened our hearts).

The fact that we were from Hind opened all doors of the common man, but a visit to their Presidential Museum highlighted the official view of India. We expected to see artefacts of Sudan-India relations, especially since for a former NDA (National Defence Academy) cadet like me, the NDA's magnificent Sudan block is a part of the DNA of the Indian armed forces. The Sudan block, which is the main building of the NDA, was made with a grant of 1 lakh pounds from the Sudanese people as gratitude for the sacrifices of the Indian soldiers in World War II. In the Khartoum Museum, however, there was not one word on India; we were left wondering where our diplomacy had been at fault.

But we were in Sudan for a different purpose -- life had, indeed, been violent for the citizens, with South Sudan wanting to secede. The peacekeeping mission's mandate was to usher in peace to enable a referendum in 2011. In the event, South Sudan became independent, but was soon engulfed in sectarian violence, requiring another UN Mission there. The truncated Sudan was relatively at peace, courtesy a dictatorship, till it, too, got subsumed by the recent violence born of a fractured polity.



Would the UN blue berets be required once again in Sudan since the UN-Saudi-brokered ceasefire has been unable to stop violence?

The Sudan narrative is a microcosm of the difficult environment that peacekeepers are thrust into. Opintion is divided on whether they have ushered in lasting peace or are just a waste of money and effort, where the conflicting politics and economic interests of world powers drive the larger agenda.

The rich western nations contribute the maximum to the peacekeeping budget while developing nations provide troops that go into harm's way. This disparity in budget contribution translates to western and P5 countries occupying seats of decision-making in the UN hierarchy, but with negligible contribution of the peacekeepers.

A notable exception in the past decade is China, whose financial contribution for peacekeeping has risen to 15.2 per cent, along with a sizeable number of troops. This is slowly getting into the driver's seat to push its geopolitical and geo-economic interests through peacekeeping. India (budget contribution only 0.166 per cent) has sent 2,75,000 troops for PKOs since 1948. In addition, there have been 15 force commanders from the Indian Army. At present, there are 5,930 uniformed Indian personnel in 11 UN missions, which makes the country the third

highest troop contributor. The Army runs a Centre for UN Peacekeeping, which is renowned for the training it imparts to Indian and international personnel. For the sake of peace, we have lost 178 Indians in foreign lands. This is one big price to pay in blood, and hence, the doubts about the usefulness of peacekeeping.

The PKOs have metamorphosed from peacekeeping to peace-making and peace enforcement to stabilisation or state-building missions.

The reality is that other than the UN, there is no organisation that can address conflict and its multilateral fallout, making the world revert to it for a solution. Each type of mission has its pros and cons and certain failures have given rise to negative perceptions.

But, as an article in Foreign Affairs puts it, "The overriding conclusion from the most up-to-date studies is that peacekeeping missions play an enormous role in reducing violence and preventing conflicts from spreading." It adds, "Since the end of the Cold War, the UN has attempted to end 16 civil wars by deploying complex peacekeeping missions. Of those 16 missions, 11 successfully executed on their mandates, and none of the 11 countries has returned to civil war." The results have a similar trend when one considers missions since the UN's inception.

This, then, is the challenge confronting the world leadership. The Russia-Ukraine war has further accentuated the perceived 'limitations' of the UN in furthering peace. But had it not been for the UN's initiatives in areas such as humanitarian aid in the war zone, evacuation of trapped civilians and movement of Ukrainian grain, the situation would have been far worse, including for countries far removed from the conflict zone.

The conflict has also driven home the most fundamental of all peacekeeping premises -- peace cannot be imposed, and for peacekeeping operations to succeed, there has to be a political will amongst the belligerents. The UN soldier, donning the blue beret these past 75 years, has stood guard for the cause of peace -- the 1988 Nobel Peace Prize to the UN peacekeeping forces was an apt recognition of the tireless work being done by them.

Presenting the award, the Norwegian Nobel Committee Chairman said, "Peace has to be actively protected -- and this protection has its price. As many as 733 young people have sacrificed their lives in the service of the particular form of peacekeeping." Unfortunately, the number now stands at 4,298 worldwide. The UN peacekeepers deserve the world's gratitude for their unflinching commitment to world peace.

New Parliament building, Ram temple central to BJP's poll push

The PM and the BJP are going out of the way to boost the morale of party workers. There is a sense of unease in the BJP.

PROF. (DR.) MANOJ S. KAMAT

EVEN as the new Parliament building has been inaugurated, the debate about its architectural merit or otherwise -- as also whether Opposition parties should have boycotted the event or not -- is expected to continue. However, Prime Minister Narendra Modi and his associates are likely to dismiss this as background noise. But the PM is certainly aware of the political potential of the new building in the Assembly elections that are due in the latter half of this year, to be followed by the Lok Sabha elections next summer.

However, after a chastening defeat in the Karnataka Assembly elections, there is a sense of unease in the BJP, whether it is articulated or not. PM Modi's name is no longer helping the party repeat the kind of electoral success it has achieved since 2014. Signs of discomfort were apparent in the speech he delivered to party workers at Palam airport in the wee hours of May 25 after he deplaned after a tour to Japan, Papua New Guinea and Australia. Union Home Minister Amit Shah's speech in Guwahati last week, accusing the Congress of not accepting Modi as the rightful Prime Minister of the country, revealed a sense of hurt as well as outrage. It showed that despite the Karnataka setback, the BJP wanted



Modi to be its trump card in the 2024 election. But politics is a game of glorious uncertainties. Whatever might be the projections of the BJP's propaganda machinery of Modi's popularity, nine years in power have weakened quite a bit of his aura. There is nothing unusual about this, but for the BJP it is bad news. The party has now become totally dependent on him to win elections. In his impromptu address to the party workers at the airport, Modi had emphasised that the people of India

had endorsed the BJP by giving it absolute majority in Parliament and that was why when he went abroad, world leaders listened to him because he was the representative of a majority government. He told his supporters that they turned up because they loved India, and not because they loved him. It was an unusual early-morning rally that betrayed nervousness in the party ranks. The BJP has realised that it cannot win every election on the basis of the Hindutva ideology and that it

needs a leader who holds the attention of the people. Now, the need is being felt to refurbish the leader's image.

That the PM's charisma is waning can be seen clearly. Two of the government's staunch supporters in matters of economic policy and political tenets have expressed reservations about certain aspects of its functioning. Economist Surjit Bhalla, an ex-member of the Prime Minister's Economic Council and a former Executive Director (India) of the International

Monetary Fund (IMF), said the proposed 20 per cent tax deduction at source on debit and credit card expenses abroad was a regressive step; he wanted the government to withdraw the measure. R. Jagannathan, Editorial Director, Swarajya, said the BJP had the tendency to take the entire credit for itself, leaving no space for others, and that at the end of the day it did not matter to the people whether there was a new Parliament building or who inaugurated it. So, there is a note of disenchantment in the outer circles of the admirers of PM Modi and his government. There is a change in the way the wind is blowing, and the BJP leaders seem to have sensed it.

There are signs that the country has grown restless after nine years of the Modi government. The PM and the BJP are going out of the way to boost the morale of party workers, and at the same time are trying to draw the attention of the generally disinterested masses, who have pressing matters on their mind. The violence in Manipur is but a small symptom of the mood of the nation. The loudness of the BJP leaders proclaiming the heroic qualities of Modi, and this includes the PM praising his own tendency to "challenge the challenges", is not a good sign for the BJP, Modi or his government. People are not enthused by the

now-familiar Modi fanfare. It is to be expected that PM Modi is flaunting the new Parliament building as part of his vision of 'New India' and his effort to 'decolonise' India and remove the 'slavish mentality' of the people.

There is also the Ram temple, which is being built at Ayodhya on the site of the demolished Babri Masjid; it will be ready for inauguration by January next year. It is most likely that Modi will inaugurate that temple too, and it would also be projected as an achievement of the Modi government in the run-up to the 2024 General Election. There is speculation about which of the two edifices -- the new Parliament building, which Finance Minister Nirmala Sitharaman has reminded us is the 'temple of democracy', or the Ram temple in Ayodhya -- is more important for the party. The BJP would want to use both for electoral gains.

With the economy still struggling to regain a robust growth trajectory in the wake of the Covid-19 pandemic, the war in Ukraine and the subdued global market sentiment, the BJP would want to showcase these two new buildings to fight the elections. But the people may not be thrilled by either of the architectural creations. As shown by the voter in Karnataka, the people are more concerned about the issues affecting their daily lives.

## Sara Ali Khan reveals she met Leonardo DiCaprio at Cannes, wanted to walk with Ryan Gosling on red carpet

Several Bollywood celebrities made their Cannes debut this year including Sara Ali Khan. The actor made her red carpet debut in a Abu Jani Sandeep Khosla lehenga and also attended other parties and galas where she experienced the prestigious French festival. Sara shared that while she encountered artists from countries like Lebanon and Egypt, she also got to meet the Hollywood star Leonardo DiCaprio.

Sara wore a Rachel Gilbert gown to the party.

Sara's Cannes experience Speaking with India Today, the actor shared what she learnt from her first Cannes experience. "I think I learnt that every country has their own culture. Of course, we know this, but seeing it being celebrated... I was with actors from Saudi Arabia, Egypt, Lebanon, Paris, I even met Leonardo DiCaprio. I think ultimately despite all our national differences, in terms of regions, the passion that we all feel is the same. Truly, it shows me how cinema transcends all kinds of nationalistic boundaries."

Cannes parties and galas Leonardo DiCaprio was attending the Cannes Film Festival for the premiere of his film Killers of the Flower Moon, directed by Martin Scorsese. Like Sara, he was also spotted at several Cannes parties, including the amfAR gala.

She also attended the Red Sea Women in Cinema Gala in association with Vanity Fair event where she gave a speech in front of all the attendees.

She also added that she would have loved to walk the red carpet with another Hollywood star. She said, "I think right now Vicky Kaushal is the only one I'll say though you said Hollywood, but Ryan Gosling,



## Irrfan would have got an Oscar if Hollywood films were made in Hindi says Sutapa Sikdar



If Hollywood movies were made in Hindi, Irrfan Khan would have got an Oscar, writer Sutapa Sikdar would often tell her actor husband, as she believed English language was a "barrier" for him in the West.

Sutapa in an interview with journalist-author Shubhra Gupta, published in Pan Macmillan India's upcoming book, "Irrfan: Life in Movies", said the iconic actor took a while to get comfortable with the English language.

"His mother tongue was Hindi, he thought in Hindi. So, I personally felt it took him a while to be comfortable in the English language. Very strictly my point of view. I feel that language was a barrier," said Sutapa, as quoted in the book. Irrfan, who died of cancer in April, 2020, transcended geographical barriers and was admired internationally for his roles in movies like 'Life of Pi', 'Jurassic World', 'Inferno' and Oscar-winning 'Slumdog Millionaire'.

"I used to always tell him, 'Hollywood ki picture agar Hindi mein bolti na, ab tak tuhe Oscar mil gaya hote' (If Hollywood movies were made in Hindi, you would have got an Oscar by now)" she added.

Sutapa also found flaws in Irrfan's Bengali in 2006 film 'The Namesake', but acknowledged the hard work put in by the actor in making his English sound effortless.

## 'We drank, she hosted fun parties': Sam Heughan on building chemistry with Priyanka Chopra for Love Again

Actor Sam Heughan has heaped praises on his Love Again co-star Priyanka Chopra and shared what made him be a part of the film. In a new interview, Sam called himself a fan of Priyanka adding that he got 'more sold' on the film knowing that she was part of the project. Sam also responded to how he worked on his chemistry with Priyanka.



Express, Sam said, "I started with (writer and director) Jim Strouse's beautiful script. I loved the story and the characters. And then, when I found out Priyanka (Chopra)

was involved, I was even more sold. I am a huge fan of hers, and she is utterly brilliant as the heart of this movie...We got on so well from day one. She welcomed us all into her world. This is a film about love, but the ultimate love story is that of Priyanka and her wonderful husband, Nick (Jonas)."

Talking about finding his chemistry with Priyanka, Sam added, "We drank! It was actually difficult because we shot in London during lockdown so we had to follow a lot of Covid protocols on set. We had to be very careful."

But Priyanka hosted some fun parties for our little bubble; outdoors, I should add. That really helped build that chemistry, and bond everyone on the cast and crew."

## Unnecessary chatter Vicky Kaushal on viral video of him being blocked by Salman Khan's security



"Sometimes things aren't how they seem in a video," said Vicky Kaushal, reacting to a viral clip that seemingly showed him being blocked by superstar Salman Khan's security team.

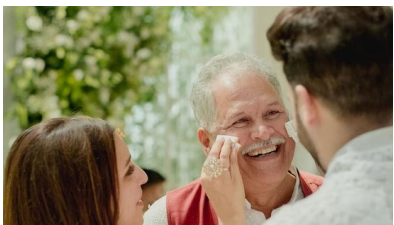
On Friday, the video from the sidelines of the 2023 IIFA Awards and Weekend went viral on social media, showing Khan's security team seemingly pushing the 'Sardar Udham' actor when he stopped to greet Salman.

"Kahi baar bahut baatein badh jaati hain. (Sometimes things are blown out of proportion). There is this unnecessary chatter about things. And things aren't how they seem in a video. There's no point in talking about that," Kaushal told PTI on the green carpet of the IIFA Rocks ceremony. Later at the IIFA green carpet, Khan walked up to Kaushal and hugged him, putting an end to all speculation.

Kaushal is set to host the IIFA Awards ceremony on Saturday with actor Abhishek Bachchan.

## Parineeti Chopra wipes her father's tears during her engagement with Raghav Chadha in more inside pics

Parineeti Chopra and Raghav Chadha got engaged this month but the inside pictures from the star-studded yet emotional ceremony continue to be shared by family and friends. Now Parineeti's brother Shivang Chopra has shared a few family pictures from the day on Instagram.



Sharing the pictures on Instagram, Shivang wrote, "The parents. The family." Parineeti dropped a sarcastic comment as she pulled his leg, saying, "Only problem in these photos is you." He even responded to her comment, "I understand."

The pictures show some emotional and happy moments from the engagement ceremony. The first picture shows Parineeti and Shivang wiping tears of their emotional father. The second picture shows Shivang and his and Parineeti's mom Reena Chopra dancing together along with other family members. He shared two pictures of other family members at the function.

This weekend, Shivang had shared another picture of him and his brother Sahaj Chopra posing with to-be brother-in-law Raghav Chadha. He captioned it: "The boys!" along with a heart emoji. Parineeti had responded to the post, saying, "Best boys in the world."

All about the engagement Parineeti and Raghav's engagement had several high profile guests in attendance. The actor's cousin Priyanka Chopra had flown down to Delhi to attend the ceremony. Delhi chief minister Arvind Kejriwal, Punjab chief minister Bhagwant Mann, P Chidambaram and many others had attended the bash. Fashion designer Manish Malhotra and singer Mika were also present.

Parineeti's mom on engagement Post the ceremony, Parineeti's mom had penned a note on Instagram to express her happiness. She wrote, "There are reasons in your life that make you believe all over again and all the time that there is a God up there. This is one of them ...#trulyblessed #thankyougod. I wish to thank all of you who have reached out and poured your blessings and wishes for them. @parineetichopra @raghavchadha88."

Parineeti looking for wedding venue Parineeti and Raghav are currently in Rajasthan, scouting for a wedding venue.

## Karanvir Sharma: I am not a part of any circle or camp



Actor Karanvir Sharma talks about how connections are responsible for giving a start to many youngsters in the film industry, and how he still feels like an outsider despite doing titular roles in various projects. He also praises actor Sunil Shetty for his accommodating and responsive nature while working on an OTT series. Currently, Sharma is balancing work on other mediums and shooting for a TV daily where he plays the lead.

Actor Karanvir Sharma asserts that you are treated like an outsider no matter how many good projects you have done because you are not a part of that "inner circle." "After doing titular roles in various projects, I still feel I need to do more because I am not part of any circle or camp. My father (Kewal Sharma) is from FTII and NSD both, made a place for himself starting from a scratch, yet till date we have been treated as outsiders. So, even though I am part of this industry, yet I am not! One thing that kept me going has been my middle-class lifestyle that made me what I am. I have never shied away from my 'non-film' background, and I never will. It's talent that makes you stand in the crowd and that is my forte," says the Blank & A Thursday actor. Talking about how connections are responsible for giving a start to many youngsters, he says, "You can see how many star kids cannot even perform when it comes to portraying certain characters as their lifestyle never lets them have real life experiences. They are made to feel important and get endorsements even before they are able to prove themselves."



## POOJA DEY: FAKE CASTING SCAMS ARE ONE OF THE BIGGEST SCAMS IN THE INDUSTRY

ACTOR POOJA DEY WARNS ASPIRING ACTORS ABOUT FAKE CASTING SCAMS IN THE INDUSTRY AND ADVISES AGAINST PAYING ANYONE. SHE FELL PREY TO SUCH SCAMS TWICE IN THE PAST.

Actor Poorna Devis, who forayed into showbiz with reality show Dating in the Dark, continues to struggle to make a mark in the industry. As actors often come forward and talk about challenges they face while trying to find work, Dey says the biggest menace that newcomers face is that of fake casting scams.

"All aspiring actors should be aware of these frauds running in the name of offering you

roles. Only hard work and patience will help you, not paying anyone," says the actor, whose short film Oos has been nominated at the Kashmiri Queer Film Festival in the Indian Narrative Shorts category.

While Dey cautions fresh talent in the industry, she looks back at the initial days of her career and reveals that she was also duped by people on the pretext of giving work. "It happened when I was trying to get

into the industry. It was all very new for me. I used to contact people for work and one day a guy impersonating as a casting director, called me up and asked me about my profile. He told me that I would be cast in two music videos, but for that I would first have to pay him 215,000," she continues, "I was in my hometown and without a clue about such scams and fraud, I took some money from my mother, and gave to that

guy. Soon after I transferred the amount, he vanished from everywhere." Unfortunately, the 26-year-old didn't learn her lesson and fell prey to another such incident after she had shifted to Mumbai.

"I had paid a guy 210,000 who gave me false hopes of giving work. It was really demotivating for me because I got duped two times. However, after that, I decided never to give any money to anyone no matter

what promises they made," notes the actor, who has starred in Vikram Bhatt directorial Sanak and fifth part of erotic web series Gandhi Baat.

Having gone through her share of being exploited financially, Dey, currently shooting for a film in the South Indian industry, adds, "Now, I understand these kind of scammers and the tactics they use to take money from actors. So, I don't fall into any such trap."

# A Psychologist Shares Two Tips To Help You Make Friends As An Adult

Many people come to therapy confused about how to form new friendships in adulthood. They say things like:

"I was really good at making friends when I was young. Does everybody lose this ability with age?"

"I feel like everyone around me already has a solid group of friends. How do I find a group to fit in with? Or is it too late?"

"I'm either working at my office or taking care of my family. How do I find time for making new friends?"



Making friends as an adult can be more complicated than when you were young. The logistical and emotional challenges involved in creating new bonds as an adult sometimes push us to isolate ourselves. Or, they may lead us to believe the false notion that our time to make new friends has passed.

If you struggle to make new friends as an adult, research says you're not alone. The challenges you're facing are real, but they can be managed. Here are two practices you can incorporate into your life that can help you create lasting friendships at any life stage.

A major difference between making friends as a kid versus an adult is spontaneity. As a

child, one has more opportunities to meet new people and form new connections. The expectation is that everywhere you go, you'll make a new friend. However, as our responsibilities increase with age, the odds seem to turn against us.

Simply relying on chance when trying to make friends as an adult might lead to disappointment. In fact, research published in the Journal of Personal and Social Relationships found that people who believe friendship primarily depends on luck tend to be lonelier. Alternatively, people who believe that making friends takes effort report fewer feelings of loneliness (and have more friends).

Here are a few things you can do to be proactive about friendship as an adult:

1. **Initiate.** Waiting for friendship to come to you can be a long and lonely process. Instead, using your pent-up energy and channeling it into small initiatives like introducing yourself to the neighbors, showing up at your local church or community center, or even organizing a movie night can be far more fruitful and fulfilling. Find your community. Finding a person you connect with deeply is rare but not impossible. This journey, for a lot of people, begins with finding like-minded company who share the same interests as you do. Be it a book club, a workout

buddy, a baking partner, or a dog-walking companion — bonding on a shared activity could be a gateway to deep, long-term friendships.

2. **Commit.** Adulthood comes with unavoidable, time-sensitive commitments. For most people, friendship cannot be as laid back as it once was. It is far more practical to schedule meeting your friends and holding yourself accountable than to expect life to make that time for you.

As we get older, the instinct to get up close and personal with someone you've just met dampens. We're not as free as we once were, and our authentic self is reserved for a close few. While this is understandable, it is

important to remind yourself that you cannot form deep relationships by keeping people at arm's length.

Growing up can sometimes lead you to believe that you have to hold back or tweak your original self in order to be liked. Research published in Psychological Bulletin, however, suggests the opposite. It turns out that talking about your secrets, desires, and flaws is what really builds lasting connections.

If you identify as an introvert or a generally guarded individual, you can start small. You don't have to share things that make you uncomfortable. Challenges you might be facing at work or with family, a childhood memory you haven't shared before, or even your favorite art or music are all great personal tidbits that can give your new friend a window into your life without making you feel exposed. Making friends as an adult isn't that much different from when you were a kid. The only thing that needs to be added is intention. Once you have clarity and direction, making friends will become the interesting and fulfilling process it used to be. It may even bring back a bit of childhood thrill into your life.

# DOES HIGH-PROTEIN GRILLED CHICKEN HELP YOU LOSE WEIGHT?



Keeping a track of weight is very important but that weekly. If you want to lose weight, losing about 5 to 10 per cent of your current weight over six months is recommended. However, do not stress if there are minor shifts week after week. It could be due to the volume of water.

Should I drink water before meals to lose weight faster? Drinking water is important for hydration. Although some individuals attempting weight loss drink water before meals to kill hunger pangs, there is a lack of research data supporting this practice. There are certain conditions where excess water intake is contraindicated like kidney disease and cardiac failure.

Can I have all the grilled chicken I want and still lose weight? No. Undoubtedly, grilled chicken is an excellent source of protein, low in fat and is nutrient dense. An 85 gm portion of skinless, boneless chicken breast yields just 102 calories. A high-protein diet is very effective in weight loss, both in the short and long-term. But portion control is very important. Moderation is the key for a healthy weight loss.

Should I skip dinner if I have a heavy lunch? No. When you skip dinner, it increases the period of fasting and has been associated with lower energy levels and nutrient deficiencies. It is going to have negative effects on the body leading to weight gain. Besides, if you make radical changes in your diet, you are more likely to hit the refrigerator at odd hours and undo all the good.

Should I plan every meal for weight loss? Absolutely yes.

# Stubbor- Vitami- D Levels? People Swear By This Supplement To Reach Sufficie- cy

Most of the U.S. population (i.e., 93% to 100%) is failing to consume even small amounts of vitamin D on a daily basis. Thanks to this startling fact, a shocking number of Americans are living with suboptimal vitamin D levels: 41% of U.S. adults are insufficient, and a whopping 29% are straight-up deficient.

What's more, many vitamin D supplements aren't actually effective at raising vitamin D levels thanks to three main factors:

- They feature vitamin D2 instead of D3 (the superior form).
- They don't include a dietary fat or encourage people to take their vitamin D with a meal or snack that includes healthy fats (to enhance absorption and optimize bioavailability).
- As a result, many people supplement with vitamin D for years without moving the needle on their vitamin D levels. If you're struggling to achieve and/or sustain healthy vitamin D status [which leading functional medicine experts agree is a 25(OH)D test result of 50 ng/ml or higher], mindbodygreen's vitamin D3 potency\* might be able to help you out. The result? A truly effective daily supplement that helps people reach and maintain vitamin D sufficiency so they're able to support the body's many D-critical functions—including healthy immune and inflammatory responses, sexual pleasure, oral health, mood support, and muscle function, to name a few.\*

Here's what reviewers have to say about their vitamin D status after taking vitamin D3 potency\*.

# SWEETS AND DESSERTS AREN'T AS BAD AS YOU THINK FOR YOUR HEALTH

CERTAIN SWEETS CAN ACTUALLY BE BENEFICIAL FOR YOUR PHYSICAL AND MENTAL HEALTH.

One of my all-time favorite desserts is warm, sugary bananas Foster, complete with a bowl of rich vanilla ice cream. While indulging in too much of a good thing has negative consequences, treating yourself to your favorite dessert doesn't have to come with a side of guilt. Balance is key here.

When done in moderation, certain sweets and desserts like dark chocolate can actually benefit your physical and mental health. Don't just take it from me; the proof is in the pudding. Here's what research says about consuming desserts and why you don't have to deprive yourself of them, even if you're trying to live a healthy lifestyle.

For more tips on nutrition, learn why you should be eating more carbs, not less and easy ways to add more fruits and veggies to your diet.

Regardless of what your keto friends and family insist, carbohydrates are necessary nutrients that fuel your body and give it

the energy it needs to function throughout the day. While there are healthier forms of carbs, it can provide proper fuel when done in moderation.

Chocolate lovers will be happy to learn that desserts high in cocoa content, like a bar of dark chocolate, are chock-full of nutrients, like:

• Many desserts also incorporate fruit, like chocolate-covered strawberries or blueberry pie. Fruits play an important role in keeping us healthy and lowering risk of heart disease, diabetes and more. In a fruit-forward treat for another opportunity to incorporate essential vitamins and minerals into your diet.

While there needs to be more research done, existing studies show dark chocolate positively affects heart health.

Dark chocolate contains significant amounts of flavanols, plant chemicals that help produce nitric oxide. Nitric oxide has a relaxing effect on the arteries, which promotes better blood



circulation and lowers blood pressure. One study reviewed 42 acute or short-term controlled trials with 1,297 participants involving chocolate, cocoa or flavan-3-ols. After analyzing the data, researchers saw reduced diastolic and arterial blood pressure. Here's another one for the chocolate people: In the same review mentioned above, researchers found that eating dark chocolate three times a week reduced the risk of heart disease by 9% — and it was even greater for those who ate more dark chocolate in a week.

A separate review also concluded similar findings. They found that eating 45 grams of chocolate per week lowered the risk of cardiovascular disease by 31%. It doesn't take a rocket scientist to tell you we feel happier after treating ourselves to a tasty treat, but what's actually happening inside our brain when this occurs? Foods high in carbohydrates stimulate the release of serotonin, which acts as a hormone and helps promote feelings of happiness.

When done in moderation, desserts can give you a positive

boost that fruits, veggies and other foods can't always measure up to. And while it might seem a little counterproductive at first, enjoying a dessert once a week or so can help keep you on the right healthy eating track.

Restricting yourself from sugary foods cold turkey during a health kick makes you more likely to over consume when your sweet tooth returns.

It's traditional to peruse the dessert menu after dinner, but picking your dessert before you eat proves advantageous in your overall food choices.

A group of researchers studied the eating habits of faculty members, staff and graduate students at a school's cafeteria. Dessert options were placed at different points in the food line across four days, and people could choose between fruit or cheesecake.

The results showed 70% of the people who took the cheesecake first went on to eat a healthier main dish and consumed 250 fewer calories overall.

# Chaitra Navratri 2023: 8 easy ways to stay energetic as you focus on fasting and celebrations

Home How To Chaitra Navratri 2023: 8 easy ways to stay energetic as you focus on fasting and celebrations

Chaitra Navratri 2023: So many will be busy with praying, fasting and celebrating. Watch your diet and other lifestyle habits so that your energy doesn't drop during the festivities.

As you gear up for Chaitra Navratri 2023, which is from March 22 to March 30 this year, you need to prioritise your health as well. The nine-day Hindu festival, which is dedicated to the nine avatars of Goddess Durga, is a time of fasting, prayers, and celebrations. While religious devotees fast for nine days, there are many who use this time for rejuvenation and healing. So, fasting may be seen by some as a process of detoxification. As you do fasting, your energy levels will go down. But you can stay energised during Navratri by following easy tips.

HealthShots connected with Neha Pathania, Chief Dietician, Paras



Hospital, Gurugram, to find out how to keep energy levels high during Chaitra Navratri 2023.

1. **Eat small and frequent meals.** Most of the days, you must be eating three large meals. During Navratri, opt for five or six small meals throughout the day. Pathania says that this will help in maintaining blood sugar levels and avoid the feeling of lethargy. Also, using sen

namak (rock salt) while cooking is an excellent way to maintain optimal blood pressure during long hours of fasting. Also, rotis and pooris made out of kuttu (buckwheat flour) are good alternatives to avoid hunger pangs.

2. **Consume high-protein foods.** During Navratri, people generally avoid eating grains and pulses, which are foods high in protein. You can

always make up for this by consuming protein-rich foods such as nuts, milk, yogurt and paneer.

3. **Stay hydrated.** As you do fasting, drink plenty of

water and natural fruit juices to stay hydrated. It helps to detoxify the body and aids in digestion too, says the expert. Another healthy option is to drink coconut water, which can keep your body energised and active during fasting sessions.

4. **Avoid oily, fried, and artificially sweetened foods.** Fried and oily foods are not energy-boosting foods, as they are difficult to digest and can make you feel sluggish. Go for healthier options such as baked or grilled foods, suggests Pathania. Artificial sugars should be avoided during this time as well, and

go for jaggery or honey instead. Raisins may also be considered a healthier alternative.

5. **Include more fruits and vegetables in your diet.**

It is essential to get enough sleep during Navratri to maintain your energy levels, so aim for at least 7 to 8 hours of sleep per night. Taking short 15-20 minute naps also help to recharge the body during active fasting and keeping energy levels balanced. You can also try out tricks to help you sleep better at night.

6. **Exercise regularly.** Light exercises such as walking, yoga, or stretching help in improving blood circulation, reducing stress, and keeping you energised, says the expert. It is crucial to remember that, fasting doesn't mean starving your-

self, but it does definitely mean that physical exercises should be done in moderation to avoid over-exertion and fatigue.

7. **Get adequate sleep.**

Stress can drain your energy levels, so practice meditation, deep breathing, or other stress-reducing techniques to stay calm and energised, suggests Pathania.

CHAITRA NAVRATRI 2023: SO MANY WILL BE BUSY WITH PRAYING, FASTING AND CELEBRATING. WATCH YOUR DIET AND OTHER LIFESTYLE HABITS SO THAT YOUR ENERGY DOESN'T DROP DURING THE FESTIVITIES.





# Secretary Health reviews Food Safety and Standards Act, 2006, assesses FSSAI Eat Right India initiatives

JJ NEWS SERVICE

SRINAGAR, MAY 29: Secretary, Health and Medical Education (H&ME), Bhupinder Kumar, today conducted a meeting to review measures being taken up under Food Safety and Standards Act, 2006 besides assessing FSSAI Eat Right India initiatives.

Among others the meeting was attended by Commissioner, Food and Drugs Administration, Shakeel Ul Rehman, Director Finance, H&ME, Zahoor Ahmad and other senior officers of H&ME and Food & Drugs admin-



istration departments. Commissioner FDA gave a detailed overview of various activities carried out in the financial year 2022-23 by Food Safety

Wing of the organization. He informed that the department has conducted 2942 inspections, tested 11848 legal samples, filed 1606 prosecutions, imposed a penalty of Rs. 14805850/-, compounded 774 cases with a fine of Rs. 1104300/-, realized a revenue of Rs. 41243600/- for granting regulatory clearances (licensing and registrations).

Besides, 11380 testes, 155 trainings, 414 awareness programmes have been undertaken through Mobile Food Testing Vans (MFTV). It was informed that the depart-

ment has organized 19 Eat Right Melas/Walkathons, 162 License/Registration melas, 43 FoSAT training programmes besides certified 588 Hotels/Restaurants/Dhabas/Meat Shops/Sweets Shops under Hygiene Rating, 50 work places including health institutions as Eat Right Campuses, 07 places under Eat Right Places of worship and 15 schools under Eat Right School. Besides, the department also ensured lifting of 16998 litres of Used Cooking Oil from the Food Markets under Eat Right India Initiatives.

Secretary emphasized upon the officers to organize the Eat Right India initiatives particularly preventing reuse of cooking oil and Eat Right Millet Melas/Walkathons by resorting to aggressive awareness programmes in coming months as a part of celebration of International Milliet Year, 2023.

Further, it was also impressed upon the officers to conduct regular inspections and testing of food samples besides ensuring strict action be taken against violators of provisions of Food Safety and Standards Act.

# CMO Doda conducts surprise checking of health centres

INSPECTS HWC-SC PUL DODA, MALHORI, JATHI & RAMGARH (BAGGAR)



JJ NEWS SERVICE

DODA, MAY 29: Chief Medical Officer Doda, Dr. Ab Hamid Zargar conducted a surprise visit to different health centres of Medical Block Ghat/Assar to inspect the patient care facilities and attendance of staff.

He visited HWC-SC Pul Doda, Malhori, Jathi and Ramgarh Baggar and inspected various sections and interacted with the staff, besides the public of the area. He enquired about the medical facilities being provided to them and sought feedback from the public on a variety of issues concerning healthcare.

Further, he also checked the record and attendance and directed the staff to maintain cleanliness and hygiene in and around the hospitals.

Expressing displeasure over the non seriousness and dereliction of duty by some of the employees, the CMO said slackness on the part of health staff will not be tolerated in any case and everyone will be made accountable to his/her duties. He called upon the concerned BMOs to pay regular visits to the peripheral institutions to ensure punctuality of staff and ensure best possible services to the patients. Rishi Kumar Pandita (Head Pst) accompanied the CMO Doda during the visit.

# Reasi emerging as leading district in Sericulture sector: DG Sericulture

Auction market witnesses business of over Rs 36 lakh with sale of 15 MT cocoons in 3 days



JJ NEWS SERVICE

REASI, MAY 29: The district Reasi has lately emerged as the focal point for promotion of Sericulture with more and more people joining the trade and markets witnessing record sales said Director General, Sericulture, Manzoor Ahmed Qadri while virtually addressing a gathering of farmers on the culmination day of three Day Cocoon Auction Market at Gran Morh, here today.

According to the department, 455 growers of the district sold 15.4 Metric Ton (green) cocoons worth Rs 36.65 lakh, setting a new record and bringing a new ray of hope to the growers to see a revolution in this sector in coming days.

It is pertinent to mention that eight firms and buyers from J&K and other states bought the cocoons at the auction market. The cocoon auction market was organized by the Sericulture Development department of J&K Government to facilitate the cocoon growers and further promote the sector in the district. The DG Sericulture Development Department also lauded the endeavours of Additional Director Sericulture Jammu A.K Sharma and District Sericulture Officer Reasi, Sushma Gautam for their dedicated efforts in realizing this important event meant for providing the much needed succor to the cocoon growers of the District.

# Performance of health sector reviewed in Rajouri

SUSTAINABLE DEVELOPMENT GOALS

JJ NEWS SERVICE

RAJOURI, MAY 29: Deputy Commissioner Rajouri, Vikas Kundal, on Monday chaired a meeting to review the performance of the Health Sector towards achieving Sustainable Development Goals (SDGs) as per the District Indicator Framework for monitoring.

Addressing the officers during the meeting, the Deputy Commissioner emphasized that the SDGs serve as a blueprint for a better and more sustainable future for all. These goals are designed to tackle global challenges including poverty, inequality, climate change, environmental degradation, peace, and justice.

Highlighting the significance of the SDGs in the districts development, the Deputy Commissioner urged all officers to work with enhanced dedication. Progress towards the SDGs is paramount for the overall well-being and development of the public. During the meeting, the DC Rajouri, Vikas Kundal emphasized the need to focus on achieving the sustainable development goals related to health and stressed the importance of a collaborative approach. The Deputy Commissioner also said that by fostering cooperation and dedicated efforts, the district administration Rajouri aims to drive positive change and accomplish the SDGs, leading to an inclusive and prosperous future for all residents. He also urged them to continue working with full dedication towards achieving these goals and stressed the importance of sustained efforts in achieving the SDGs in the district. Among others, the meeting was attended by DSE, Sandeep Sharma, Chief Medical Officer, Dr Rajinder Sharma; Dy CMO, Dr Manohar Rana; MS DH, Dr Mehmood Bajar and other concerned officers.

# Seniors accorded warm farewell by GDC Ramgarh

JJ NEWS SERVICE

SAMBA, MAY 29: Government Degree College Ramgarh today organised a Farewell Party for the outgoing batch here in the College auditorium. The day was a fiesta devoted to reminiscing of joyous moments of the years spent together with friends and teachers.

Prof. (Dr.) Geetanjali Andotra, Principal of the College was the Chief Guest on the Occasion. The event commenced with the lighting of the traditional lamp. In her address, Prof. (Dr.) Geetanjali Andotra blessed the students and wished best for their future and encouraged them to never compromise with their principles and abide by the moral values and discipline they have learnt from the college. Further, she motivated the students to work hard for their upcoming examinations.

The event was organized by the students of Semester 2nd and 4th of the College under the aegis of 'MY COLLEGE MY PRIDE' and under the guidance of the Students Welfare Committee. The day was packed with lots of fun and frolic to bid adieu to seniors. The programme was marked by cultural performances including singing, dancing etc. The students performed on the Punjabi and Hindi songs. The highlight of the event was Miss Farewell contest in which the outgoing students walked the ramp gracefully and participated in games.

Avinash Kour was judged as 'Miss GDC Ramgarh' and Amanpreet Kour as 'Miss Farewell'.

Dr. Aditi Khajuria, Dr. Sandeep Kumar, Dr. Shansher Lal, Prof. Risha Kumari, Dr. Anjali Bala, Dr. Rahul Kundal, Dr. Ashish Kumar, Dr. Varinder Kour and Sanjeev Kumar attended the programme.

# Formulation of Environment Conservation Plan discussed at Doda

Activity plan for international Forests Day finalized



JJ NEWS SERVICE

DODA, MAY 29: Deputy Commissioner Doda, Vishesh Mahajan today chaired a meeting of the District Environmental Committee (DEC) and discussed in detail the Environment Conservation Plan. It was decided that the DFO Bhaderwah and EO MC Doda shall compile, get approval and upload the updated District Environment Plan 2023-25 by the 2nd June.

The Committee reviewed in detail the implementation of the directions

issued in previous meetings. It was informed that the stakeholders have submitted the annual plan in accordance with the revised guidelines of National Green Tribunal.

The DC ordered for launching plantation drive in Municipal areas, on the downhill sides of the roads and in all the educational institutions of the district on the 5th June, the International day of Forests. He asked to encourage the school children to bring plastic waste from their homes for recycling at designated locations. He asked for holding pledge cere-

monies, against use of plastic and protection of Environment, on International Forests Day. The CMO informed that ETIPs at Bhadarwah and Gandoh have been made functional while ETIP for Thathri is held up for want of suitable land. The Forest Division Doda informed about the plantation being done under various schemes and said that as many as 2.86 lac plants have been planted in the Division.

The FOK of all the MCs were directed not to give building permission until the rain water harvesting mechanism is put in place in the upcoming buildings. ACD and ACP informed that 112 Waste Segregation Sheds in rural areas as Swachhta Banks have been established in the district to receive plastic, polythene and SUP against cash as a motivating factor for volunteers who wish to collect the solid waste in villages.

It was informed that Amrit Sarovars have been constructed in all the panchayats except in 60 panchayats where land for the same is to be identified.

# Nidhi Aapke Nikat Programme 2.0 held at JMC Townhall

JJ NEWS SERVICE

JAMMU, MAY 29: Nidhi Aapke Nikat 2.0, an outreach program, was held at Townhall, Jammu by EPFO RO Jammu, in collaboration with Jammu Municipal Corporation.

The Employers and employees of Jammu were sensitized about provisions of social security, besides covering themes of EDLI - eligibility, benefits and claims, Keeping track of passbook accounts, Importance of E-nomination, Know Your UAN, UAN Activation, & member profile - KYC, and UAN related issues. The aim of the program was to ensure broad based participation, awareness, grievances redressal and

information exchange network closer to the stakeholders of EPFO.

The session was addressed by Jagpreet Singh Cheema, District Nodal Officer, EPFO through presentation slides which illustrated various social security benefits being provided by EPFO in the UT of Jammu & Kashmir viz. PF, Pension and Insurance schemes framed under the EPF & MP Act, 1952 after the implementation of the said in the UTs of J&K and Ladakh from 01st November 2019.

He stressed about the importance of these schemes to all the employees and workers especially those working in hazardous and risk prone industries and projects such as road and dam construction,

crushers etc.

He appealed to all the employers to get them registered with EPFO and enroll all employees so that no eligible employee is deprived of the social security benefits being provided by EPFO.

The EPFO took this opportunity to provide handholding support to the stakeholders at the venue, besides hearing them (their suggestions, inputs and grievances). Issues and problems faced by the Organizations in implementing the EPF & MP Act, 1952 were heard and necessary guidance was provided accordingly. In addition to above any other relevant issue related to EPFO, which officers or stakeholders desired, were discussed.

Dignitaries participating from different departments and institutions included Rahul Yadav, Commissioner, Rimpri Ohri, Joint Commissioner (A), Sandeep Singh, Chief Accounts Officer and Jyoti Bhagat, Dy. Director (Planning), JMC.

Services and benefits of "Social Security"-Employees' Pension Scheme, 1995 and enhanced quantum (up to Rupees Seven Lakhs) of Employees' Deposit Linked Insurance Schemes, 1976 are being rendered to employees of Union territory of Jammu, Kashmir and Ladakh with effect from November 2019 onwards. EPFO, Jammu, Kashmir and Ladakh is open to every valuable suggestion at the Nidhi Aapke Nikat program.

# Grievances redressal bedrock of responsive admin: DDC Vice- Chairperson Udhampur

LADAKH IMAGES NEWS

UDHAMPUR, MAY 29: District Development Council Vice-Chairperson Udhampur, Juhli Manhas Pathania today said that grievances redressal is bedrock of a responsive set-up. "We need to have a larger perspective and an effort area to ensure that people get access to essential services.

Rather we need to evolve savvy technological skills and best practices to effectively reach out to the people" she said while interacting with public delegations, here.

Several delegations called on Juhli Manhas Pathania, Vice Chairperson District Development Council at her office in DC office complex. Various issues were projected including provision of uninterrupted drinking water, electricity supply, road connectivity.

A deputation from Chenani led by Pinky Devi, the DDC Lati/Marothi called for redressal of paucity of teaching staff in GPS Chapper. Pathania took up the issue with the CEO Udhampur



and assured prompt and speedy redressal of the issue.

A deputation from ST Bastis from Sattian, Laddana of Rammagarh called upon the Vice Chairperson for electricity supply to their houses and immediate start of works of PMGSY roads in the area.

Another deputation from Pattangarh area put up a plea for starting motor service from Chenani to Pattangarh area. Mrs Pathania assured the delegation of a favourable action.

Various other delegations led by DDCs and PRI members had

detailed discussions with the Vice Chairperson regarding key developmental issues pertaining to their areas regarding shortage of drinking water, irregular water supply, electricity supply, paucity of Staff and lack of proper infrastructure in various schools and health institutions of the District.

She took up these issues with the concerned departments and instructed them to provide viable solutions to the people.

She called upon the Groundwater Department to repair out of order pumps. She also vied for regular tanker serv-

ice in dry, arid areas reeling under acute drinking water scarcity.

She further called for liaison between the civil and mechanical wing of Jal Shakti Deptt so that proper supply of water is made available to the people in these

days of scorching heat. She assured delegations of proper redressal to all their demands.

Several other grievances were also raised to which the Vice Chairperson gave a patient hearing.

# Div Com Kashmir reviews power scenario along Baital axis for SANJY-2023

LADAKH IMAGES NEWS

SRINAGAR, MAY 29: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting to review the power supply scenario along the Baital axis for the Shri Amarath Yatra Ji, 2023.

The meeting was attended by Deputy Commissioner Ganderbal, Shyambir, Chief Engineer KPDCCL officers of BEACON and others.

The meeting was apprised by CE KPDCCL that the Power Cable along the axis has got damaged due to the road widening of track by BEACON which is likely to affect the power supply from Grid Station.

On the Occasion, Div Com exhorted all the officers particularly CE KPDCCL to make alternative arrangements immediately to light the route so that yatries and service providers do not face any problem. Div Com further instructed him to make DG sets available in a large number to ensure lights remain functional with constant power support.

# Div Com inspects Shri Amarnath ji Yatra arrangements at Yatri Niwas

JI NEWS SERVICE

JAMMU, MAY 29: Divisional Commissioner Jammu, Ramesh Kumar today visited Yatri Niwas at Bhagwati Nagar to take stock of arrangements being made at the Jammu base camp for the Annual Shri Amarnath Ji Yatra.

The Divisional Commissioner chaired a high level meeting of the stakeholder departments and reviewed in detail the arrangements being put in place for the comfortable stay of the pilgrims and their safety.

The Divisional Commissioner was accompanied by Inspector General CRPF, Mahesh Laddha; DIG, Jammu Kathua Range, Shakti Pathak; Deputy Commissioner Jammu, Avny Lavasa; Director Tourism, Vivekanand Rai; Commissioner JMC, Rahul Yadav; SSP Jammu, SSP Traffic, SSP Security besides senior officers of Health, CRPF, JMC, JAI Shakti, PWD, JPDCI, Information, RTC, fire services, and other senior officers.

During the meeting, the Director Tourism apprised the Div Com about the progress on various works being executed in Yatri Niwas premises for improving the



facilities. It was informed that the work of face-lifting and renovation of Yatri Niwas is in progress.

The Div Com instructed the concerned engineers to expedite the pace of work and ensure completion of all works by June 15. Emphasis was laid on making adequate provision of the basic amenities well in advance by working in close coordination.

Directions were issued for improving sanitation conditions, drinking water and other logistics. The Div Com instructed JMC to start beautification of the city by illumination of the chowks and major rotaries.

Tourism department was asked to install hoardings and banners on prominent locations, right from Lakhnapur to showcase the tourist destinations of Jammu region to attract the tourists to these places.

The provision for transportation of Yatris, emergency/ disaster management, setting up of Langars, setting up of communication centres, medical facilities, deployment of medical team at Yatri Niwas, sanitation, installation of temporary toilets and mobile toilet vans in Bhagwati Nagar area, uninterrupted supply of electricity, adequate water supply,

traffic arrangements were also discussed in detail.

For foolproof security, the Div Com passed directions to the security agencies for deployment of a sufficient number of personnel and installation of additional CCTV cameras.

He also directed for augmentation of the amenities at the yatri niwas.

PWD was asked to start blacktopping of Bhagwati Nagar to Yatri Niwas road and erecting barricades. The JPDCI was instructed to ensure uninterrupted power supply during Yatra days and functioning of DG set well on time.

Fire services department was asked to keep ready fire tenders for deployment at identified places well in time and provision of fire safety measures at Langer sites.

Meanwhile, the Divisional Commissioner along with other officers took a round of Yatri Niwas Complex and inspected the ongoing works. He issued directions for execution of additional works required for comfortable stay of pilgrims at the base camp.

The Div Com asked the concerned to further gear up men and machinery for timely completion of pending works.

# Director Agriculture visits Potato Seed Multiplication farm Ismarg, Gurez

JI NEWS SERVICE



SRINAGAR, MAY 29: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Potato seed multiplication farm Ismarg, Gurez.

During the visit, the Director inspected different blocks of the farm where he was briefed by concerned officers about the latest initiatives and interventions that are being adopted at the farm.

Speaking on the occasion, Director Agriculture said that the agro-climatic conditions of this area are one of the best suited for the seed production and by taking advantage from such conducive environmental conditions we can pioneer the seed production sector.

He highlighted the importance of the quality seed for a successful cropping season and asked the concerned officers to adopt all real time technologies for a healthy virus free potato seeds.

Director Agriculture said that departmental farms are focusing on the development and multiplication of high yielding varieties of agriculture crops (including Potato) appropriate production and protection technologies, Post-harvest management and production of good quality seed.

Director Agriculture also addressed a huge gathering of farmers under Kisan Sampark Abhiyan at Dawar Gurez. He marked the importance of various projects under the Holistic Agriculture Development Programme and asked the farmers to work shoulder to shoulder with the department for the successful implementation of these projects.

Later, the Director Agriculture visited the (under-construction) semi-hi tech polyhouse at Ismarg, Gurez and asked the concerned officers to complete the work in a set time frame.

The Director was accompanied by Joint Director Agriculture Inputs, Mohammad Younis Chowdhury and other officers of the department.

# DC Poonch visits LoC Village Degwar Tarwan/ DaraBagyal

INSPECTS EDUCATIONAL INSTITUTIONS, DEVELOPMENT WORKS, LAUNCHES BLACKTOPPING WORK ON PMGSY ROAD



JI NEWS SERVICE

POONCH, MAY 29: Deputy Commissioner Poonch, Yasin M. Choudhary today conducted an extensive tour of LoC Village Degwar Terwan/ Dara-Bagyal and inspected the development projects and schools in the area.

The Deputy Commissioner was accompanied by AEE PMGSY, Er. Sikander Choudhary and other concerned officers. Sarpanch Bagyalidara Choudhary Mohammad Akbar and locals of the area interacted with the DC and projected developmental

demands of the area.

The Sarpanch and locals raised various issues related to infrastructure, health, education and connectivity. The Deputy Commissioner gave a patient hearing and assured them that their genuine concerns would be addressed on priority.

During the visit, the Deputy Commissioner inspected the PMGSY Dara-bagyal Terwan road constructed under new technology i.e. RBI 81 grade, first in Poonch as well as in Jammu region.

He also initiated the blacktopping work on the said road. The start of

blacktopping work on the PMGSY Dara-bagyal Terwan road is a positive step towards improving connectivity and accessibility to the area.

The Deputy Commissioner also visited several schools in the area, including the Government High School Degwar Terwan, Government Middle school Dalaan and Government Primary School Dalaan.

During the visit to the schools, the Deputy Commissioner interacted with the students and assessed the quality of education being imparted to them.

He emphasized the importance of providing the best education facilities to the students.

He directed the staff to ensure that the mid-day meal provided to the students is of good quality and as per prescribed standards.

He also checked the biometric attendance system introduced to ensure accountability in the education system.

Meanwhile, Sarpanch and locals thanked the Deputy Commissioner for visiting the Border area and AEE PMGSY Er Sikander Choudhary for completing the PMGSY road and starting the blacktopping work.

# DC Budgam reviews progress of flagship projects, schemes of line departments during monthly Sectoral meeting

JI NEWS SERVICE

BUDGAM, MAY 29: The Deputy Commissioner (DC) Budgam, Akshay Labroo today chaired a monthly sectoral review meeting to take stock of the progress of the flagship projects and schemes pertaining to various line departments in the district.

He also took follow up stock of developmental works raised by the general public during Block Diwas held at Panchayat Halaqa Charipora, Pakherpora and Kandoora.

The works included Additional Class room facility, playground, Dalwan- Checkpora Road, PHE and other projects in the area.

He instructed officers to ensure work on all approved projects is executed with full force and all genuine demands of the general public are addressed on priority.

While taking the monthly Sectoral review, the DC emphasized on speedy work completion on all projects including Amrit Sarovars, PRIs, Transit accommodations, development of playgrounds in all panchayat and work on Jal Veeran Mission related projects be completed on foot footing to ensure functional tap water connections to all pending households in a stipulated time frame.

Stressing on proper sanitation and cleanliness, the DC directed EOs of concerned Municipal Committees to strengthen door to door garbage collection besides clearance of legacy waste and ensure proper disposal on daily basis.

He instructed concerned officers to resolve issues halting work on development projects amicably and ensure that a functional playground is provided in each panchayat of the district.

# GCW Udhampur organises symposium on Mission Life

JI NEWS SERVICE

UDHAMPUR, MAY 29: To celebrate World Environment Day 2023, the NCC unit (1 J&K Girls Battalion NCC, Srinagar) of Govt. College for Women, Udhampur is organizing a series of activities with the support and guidance of

the College Principal Prof. Anjali Mahajan under the Mission Life (Lifestyle for Environment), G-20 and Azadi Ka Amrit Mahotsav. In continuation to the series, the College NCC unit organized a symposium on the theme 'Plastic a Bane for Future' to generate environmental awareness.

As many as 17 NCC cadets actively participated and highlighted the various harmful effects of plastic in our day-to-day life.

They also discussed the hazardous impact of plastic on marine/aquatic life and on animal health. Since plastic is a non

biodegradable item, so it also causes harmful effects to environment.

The proceedings of the event were conducted by corporal Manvi Singh and Cadet Kritika Thakur. Principal of the college appreciated the NCC cadets for participating and celebrating the

Mission life campaign with great enthusiasm. The faculty members present in the event were Sarika Mahajan, Assistant Professor of Electronics, Dr. Meena Gupta, Assistant Professor of English, Roopa Kumari, Assistant Professor of Education, Arti Gupta from department of Music.

# Civil society, students join hands with Rajouri admin in fight against Drug Abuse

JI NEWS SERVICE

RAJOURI, May 29: To build a society free from the drugs, District Administration Rajouri, the civil society, including Himalayan Education Mission Rajouri today joined hands to organise a mega anti-drug awareness programme. This collaborative endeavour aims to raise awareness and empower individuals to combat the menace of drug abuse and foster a healthier and safer community.

Deputy Commissioner, Vikas Kundal, was the chief guest, while Senior Superintendent of Police, Amrit Pal Singh, was the guest of honour.

The programme witnessed the overwhelming participation of more than 1000 students, locals, PRI, ULB members, religious /Community leaders and prominent citizens, marking a significant milestone in the collective fight against substance abuse.

Witnessing a series of enlightening lectures delivered by esteemed Ward councillors, senior citizens, media persons, religious leaders and social activists, the programme aimed to educate and inspire the youth to reject drugs and embrace a lifestyle that promotes well-being and positivity.

The event also witnessed the official launch of a compelling signature campaign and the flagging off of a powerful rally, reinforcing the commitment to building a drug-free society.

The event commenced with Deputy Commissioner Vikas Kundal delivering an impassioned keynote address, emphasizing the significance of collective responsibility in tackling the grave challenges posed by drugs. His powerful words resonated with the attendees, inspiring a shared determination to curb this societal menace.

The Deputy Commissioner underlined the pressing need to launch the Nash Mukti Bharat Abhiyan (Drug-Free India Campaign) in the district. Shedding light on the alarming consequences of drug abuse, he stressed the detrimental effects on the human body, both physically and mentally. The Deputy Commissioner also emphasised the district administration's commitment to eradicating this societal menace and highlighted various programmes and initiatives aimed at sensitising the target group. Furthermore, he shared the successful operationalization of the

Advanced Treatment Facility (ATF) and Drug De-addiction Centre in Rajouri, ensuring that individuals struggling with addiction receive the necessary support and guidance on their path to recovery.

He also articulated the future plans of the administration to combat the drug menace comprehensively, leaving no stone unturned in creating a drug-free society. The District administration Rajouri is working to make maximum panchayats drug free and issued directions to constitute ward/ city/ panchayat wise Anti-drugs committee which shall work as eye and ears of administration, he added.

SP Amrit Pal Singh, reiterating his commitment to public safety, expressed his wholehearted support to the Anti-Drugs Awareness Drive. He emphasized the importance of fostering a strong partnership between law enforcement agencies and the community to effectively combat drug-related crimes. SSP Singh assured the audience of the police force's relentless efforts to apprehend drug peddlers and bring them to justice, ensuring a safer environment for all residents of Rajouri.

Later, the Deputy Commissioner and SSP led the procession that traversed the NH144A and market area of Thandikassi. The rally served as a powerful visual representation of the community's united stand against drug abuse, drawing attention from bystanders and reinforcing the urgency of the cause.

Recognising the pivotal role of the youth in shaping the future of our nation, the Senior Superintendent of Police, Amrit Pal Singh, addressed the attendees and emphasised the importance of sports activities in channelling their energy towards constructive pursuits. He highlighted the collaborative efforts of the police force and civil administration in launching a concerted battle against drugs, urging the public to extend their unwavering support in this critical endeavour.

The Additional Deputy Commissioner of Rajouri shared insights into the future plans and strategies for eliminating this menace. These plans include targeted awareness campaigns, community engagement initiatives, and collaboration with various stakeholders to address the issue comprehensively. The ADC's

contribution highlights the administration's dedication to combating drug abuse through a multi-faceted approach, under the guidance of DC Rajouri.

'This collaborative effort between District Administration Rajouri and Himalayan Education Mission Rajouri serves as a beacon of hope and unity, showcasing their unwavering commitment to building a society where individuals can thrive without the influence of drugs' said ADC.

In recognition of their invaluable contribution for creating awareness and combating drug abuse, the Mega Anti-Drug Awareness Programme also extended appreciation to the social activists and media persons present at the event. In a powerful demonstration of their commitment to public education, the distinguished guests, along with the Chief Guest, Guest of Honour, and the management of HEM, launched a poster on hazards of drugs during the event. This visually impactful poster serves as a poignant reminder of the grave consequences of drug abuse and aims to raise awareness among the public.

## PM Modi congratulates Recep Tayyip Erdogan on his re-election as Turkish President



**NEW DELHI, MAY 29:** Prime Minister Narendra Modi on Monday congratulated Turkish President Recep Tayyip Erdogan on his re-election as President of Turkey. PM Modi said that he is confident that the bilateral ties between the two nations and cooperation on global issues will continue to grow. PM Modi tweeted, "Congratulations to Recep Tayyip Erdogan on re-election as the President of Turkey! I am confident that our bilateral ties and cooperation on global issues will continue to grow in the coming times."

PM Modi's congratulatory message on Twitter comes after Erdogan was declared the winner of Turkey's presidential runoff

election on Sunday. Turkish President Recep Tayyip Erdogan has won Turkey's presidential election, extending his rule to a third decade, CNN reported. He defeated opposition leader Kemal Kilicdaroglu in a runoff vote on Sunday. Erdogan received 27,513,587 votes or 52.14 per cent of the votes cast, CNN reported citing the figures released by the country's Supreme Election Council. Meanwhile, Opposition leader Kemal Kilicdaroglu received 25,260,109 votes or 47.86 per cent. Recep Tayyip Erdogan addressed massive crowds of supporters at the Presidential Palace after being re-elected as President of Turkey, as per the CNN report.

Addressing thousands of supporters outside the presidential palace, Erdogan celebrated his election to a third term and called the nation a "winner." He said, "We are not the only winners, the winner is Turkey. The winner is our nation with all its segments, our democracy is the winner," CNN reported. "Now is the time to put aside all the debates and conflicts regarding the election period and unite around our national goals and dreams. We make this call with all our heart," he added. Erdogan's supporters gathered in Istanbul's Taksim Square and chanted his name. Hundreds of Erdogan's supporters stood outside the Istanbul head-

quarters of the ruling Justice and Development (AK) Party after preliminary results showed Erdogan in the lead. Some of its supporters came with children while others waved flags, honked car horns and set off flares and fireworks.

Hundreds gathered outside the Istanbul headquarters of the ruling Justice and Development (AK) Party after preliminary results showed Erdogan in the lead, as per the CNN report. Some of the supporters came with children while others waved flags, honked car horns and set off flares and fireworks.

While speaking at his party headquarters in Ankara, Opposition leader Kemal Kilicdaroglu said he would continue to fight until there is "real democracy" in Turkey. He called it the "most unfair election period" in Turkey's history. Kilicdaroglu said, "This was the most unfair election period in our history..."

We did not bow down to the climate of fear. In this election, the will of the people to change an authoritarian government became clear despite all the pressures." He stressed that what makes him sad is "the hard days ahead for our country."

## Nehru Yuva Kendra Sangathan organises District Level Yuva Utsav 2023-24 at Poonch

**JI NEWS SERVICE**

**POONCH, MAY 29:** Nehru Yuva Kendra Poonch, Ministry of Youth Affairs and Sports, Government of India, today organised District Level Yuva Utsav in the new auditorium of Government Degree College Poonch. The event was organised on the theme "Panch Pran of Amritkaal."

The main objective of the programme was to celebrate the "Azadi Ka Amrit Mahotsav" in the spirit of Yuva Shakti as Jan Bhagdari and to form a fraternity of young artists, writers, photographers and orators of the country under the mentorship of experts. Similar programmes are being organised across all 623 districts of the Country by the Ministry of Youth Affairs and Sports, Government of India.

District Youth Officer, Nitin Hangloo briefed about the objectives of the programme. He said that in one day programme, five different events/competitions will be organised. Youth will participate in Young Writers Contest (Poetry), Young Artists Camp (Painting),

Mobile Photography Contest, Declaration Contest, Cultural Fest - Group Folk Dance. He added that the objective of the programme is to provide a platform to the talented youth of the district.

Er Ishaq Choudhary, Vice Chairperson District Development Council Poonch, presided over the inaugural Ceremony. He appreciated NYKS Poonch for engaging rural youth in Nation Building activities. He said that this is a great opportunity for the youth to showcase their art and talent.

Nazuk Shah along with Gulnaz Chouhan and Vikrant Sharma were the jury members of Cultural Festival, while D Sharma, Adv Itikhar Ahmed Bazzaz and Muzaffar Ahmed judged the participants of Declaration Contest, Ankit Sudan and Tariq Saifi judged the Painting Competition, while Abdul Hamid along with Nazarat Fareed and Rajinder Sharma were the jury members for the Poetry Competition. Ayaz Ilyas Khwaja, Sheraz Sikander and Mohd Inran judged the Mobile

Photography Workshop.

More than 200 young boys and girls from every nook and corner of the district showcased their talent in their respective categories. Students from different educational institutions of the district also participated in the mega event. Cultural teams belonging to the remotest corners of the district added colours to the event.

The Valedictory session was presided over by Malikzada Sheraz ul Haq, Additional District Development Commissioner Poonch. Speaking on the occasion, he said that this program is a wonderful opportunity for the youth of the district to showcase their art and talent. He further said that NYKS is doing a good work in involving the youth in constructive works.

In the valedictory session, appreciation certificates were presented to the Jury Members and mementos to the winners of all the categories. The winners shall now participate in the State Level Yuva Utsav. Special Appreciation Certificates were awarded to

the Jury Members.

Sofia Kabir clinched the first prize in Painting, while Husnain Ahmed Kazmi stood second and Muawiah Rashid came third.

In Declaration Contest, Shazia Ashraf won the first prize, while Faiza Basharat bagged second position and Ateeza Sehra came third. In mobile photography, Mohammad Inran clinched First Position, Rizwan Ahmed and Nadeem Ahmed stood second and third, respectively. In Poetry, Anchal Sharma secured First Position while Mohammad Adnan Mir and Ashiq Hussain secured second and third positions, respectively. In the cultural festival, Cultural Team from Government Gujjar and Bahawal Girls Hostel clinched First position and Team from Government Girls Bahari Hostel secured second position and Shaheed Bhagat Singh Cultural Group secured third position. The National Youth Volunteers assisted in management of the mega celebration. Mohd Shafiq played a very important role in successful organisation of thw Yuva Utsav.

## SBM-G Phase 2: RDD Inderwal organises painting competition on Solid Waste Management

**22 LOCAL ARTISTS SPREAD AWARENESS THROUGH THEIR CREATIVE ART**

**JI NEWS SERVICE**

**KISHWAR, MAY 29:** Department of Rural Development Inderwal, under the close supervision of the Block Development Officer (BDO) Inderwal, Tasleem Wani, organized a Painting Competition on Solid Waste Management under the Swachh Bharat Mission - Gramin (SBM-G) Phase 2. The competition aimed to raise awareness of ODF Plus (Open Defecation Free Plus) among the public by engaging talented youth through the medium of art. The event witnessed an enthusiastic participation of 22 young artists from the region. They showcased their creativity and understanding of the importance of effective solid waste management. The competition provided a platform to the youth to express their

thoughts and ideas visually, emphasizing the significance of maintaining a clean and sustainable environment.

The participants exhibited their talent and commitment to the cause through their artwork with their creativity and innovation. The top three winners were selected based on their artistic expression, adherence to the theme, and overall presentation. Sangeta Devi from Inderwal B bagged first Place, Subhash Chander from Chingam secured Second Place, while Zia Ud Din from Chatroo Upper managed third place. The winners were presented with well-deserved prizes and certificates as a token of appreciation for their outstanding contribution towards raising awareness about solid waste management besides, their paintings were uploaded on official social media sites of District

Administration Kishwar.

The BDO Inderwal said that the main purpose of organising this painting competition was to involve talented youth through their art in order to raise awareness among general public about ODF Plus under Swachh Bharat Mission Graman Phase 2. He further said that under the overall supervision of Commissioner Secretary RDD Mandepour Kour and in close monitoring of Director Rural Sanitation J&K Charandeep Singh at UT level and under DDC Kishwar Dr Devansh Yadav and ACP Kishwar Zakir Wani at District level, the months long campaign have been started through IEC besides various assets being created under SBM-G phase 2 to make every Village a Model Village under ODF Plus by 01 August 2023.

## JKRLM, FICCI FLO JKL organise menstrual hygiene camp in Marh

**JI NEWS SERVICE**

**JAMMU, MAY 29:** To raise awareness about menstrual hygiene and break the unnecessary taboo and stigma associated with the subject, a programme on Menstrual Hygiene Awareness & Sanitary napkin Distribution Drive was today organised by FICCI FLO JKL in collaboration with Jammu Kashmir Rural Livelihoods Mission (JKRLM).

The day-long programme was organised at block Marh of the Mission to sensitise the Self Help Group (SHG) women about vital social and health issues, especially those related to personal health and hygiene.

Director Jammu Kashmir Rural Livelihoods Mission (JKRLM), Indu Kanwal Chib presided over the function as the chief guest, while Varuna Anand, Chairperson FLO JKL; Mridu Salathia, Additional Mission Director JKRLM Jammu, BPM Marh, Reena, Sarpanch of Flora Nagbani & Sarpanch of Gangachak, Mrs Ruchika Gupta Sr. Vice Chairperson & Mrs. Chandni Kapoor JI Secretary FICCI FLO JKL besides a large number of Self help group members promoted under JKRLM showed their participation. The awareness pro-

gramme was organised as a post-event in connection with the Menstrual Hygiene Day being celebrated annually on May 28 to highlight the importance of good menstrual hygiene management. Interacting with the SHG members, the Mission Director, JKRLM Indu Kanwal Chib said that the purpose of the drive was to collectively make a joint outreach to the rural to impart knowledge & support necessary to manage periods with dignity and confidence to maintain good health.

While as Chairperson FICCI FLO JKL Varuna Anand said that the purpose of the drive was to collectively make a joint outreach to the rural to impart knowledge & support necessary to manage periods with dignity and confidence to maintain good health. On the occasion, Dr. Madhu Khullar Gynecologist & Obstetrician (Ex Director Health Services of Jammu) spoke about hygienic practices during menstruation which can prevent infection in the reproductive and urinary tract of women, importance of menstrual hygiene to control harmful infections.

While Mrs. Kanupriya Gangi (Certified Ayurvedic Nutritionist) and Yoga Practitioner laid stress on a good and balanced diet imperative for every woman's well being. During the programme, the SHGs were told about the science behind menstruation and the myths surrounding it. They were also taught about basic hygiene that should be maintained during periods. It helped in sanitizing them on various complications arising out of lack of menstrual hygiene.

## DC reviews Implementation of Agriculture, allied sectors schemes at Udhampur

**JI NEWS SERVICE**

**UDHAMPUR, MAY 29:** Deputy Commissioner, Udhampur Sachin Kumar Vaisya today reviewed the implementation of different schemes in Agriculture and allied sectors meant for strengthening of farmers/peasants here at a meeting held in the Mini Conference Hall DC Office Complex.

While reviewing the sector wise performance, the DC asked officers of agriculture and allied departments to create awareness among the masses about the different income generating schemes by organizing camps in rural areas.

## DEPO inspects functioning of SIKSHSS Udhampur

**JI NEWS SERVICE**

**UDHAMPUR, MAY 29:** District Education Planning Officer (DEPO) Udhampur, Girja Challu visited Shaheed Inspector Kamal Singh Government Model Higher Secondary School Boys (SIKSGMHSS), Udhampur and inspected the functioning of the school. The DEPO was accompanied by the Incharge Principal of the school, Pawan Kumar. She inspected the Kindergarten section of the School and interacted with the kids. The Officer also inspected Science Laboratories of the institution and directed the concerned to maintain proper record and keep the laboratories in good condition.

## Authorities in Pulwama crack whip on illegal mining

**PULWAMA, MAY 29:** On the directions of Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, the Geology and Mining department Pulwama has intensified its efforts to crack the whip on illegal mining of minerals and continues to lay Nakas in several areas of the district. During the exercise, DMO Pulwama, Fayaz Ahmad seized dozens of vehicles carrying illegally mined material in various parts of the district. During the crackdown, around 07 vehicles have been seized and impounded including a JCB besides a mechanised boat has also been seized in the Garghail area of Awantipora. The department team asked drivers to purchase minerals from legal sources only and stay away from illegal mining practices. A senior officer from the administration said that the District Administration has adopted a zero tolerance policy against illegal mining and unauthorized transportation of minerals and people involved in the illegal trade shall be dealt sternly under relevant provisions of law. The locals were also briefed to alert the administration of all illegal mining activities so that strict action could be initiated against those involved.

## OFFICE OF THE DIVISIONAL FOREST OFFICER, URBAN FORESTRY DIVISION, JAMMU

**E-TENDERING**

**Tender Notice: e-NIT No. 05 of 2023-24 dated: 25.05.2023**

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

S. No.	Name of work	Advt. Cost (Rs. in lac)	Earnest Money (0.3%) (in Rs.)	Class of Contractor	Cost of Tender Document	Time of completion	Receiving/Opening Authority
1	DRSM Work 200 Cum at Tawi Herbal Eco Park Mahayana, Sunjwan Range, Urban Forestry Division, Jammu.	2.20	Rs 6600	-I <sup>st</sup> Class	Rs. 600/-	90 days	Tender Opening Committee

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

**Position of funds: State/Union**

**Position of AATS: In Progress**

Publishing Date	25.05.2023
Download Start Date	25.05.2023
Bid Submission Start Date	25.05.2023
Bid submission End Date	02.06.2023
Date of opening of Technical Bid	03.06.2023 (in the Office of Conservator of Forests, East Circle, Forest Complex, Dogra Hall, Jammu).
Date of opening of Financial Bid (online)	03.06.2023 (in the Office of Conservator of Forests, East Circle, Forest Complex, Dogra Hall, Jammu).

- The Bids shall be deposited in electronic format on the Departmental Website:- <https://jktenders.gov.in>.
- The price bids uploaded on the website in time will be opened on 03.06.2023 at 03.00 PM in the office of (Conservator of Forests, East Circle, Forest Complex, Dogra Hall, Jammu). In case of public holiday on the date of opening of the bid, the same will be opened on the next working day at the same time and venue.
- Bids must accompany cost of tender document as shown against each work in the shape of e-challan or treasury receipt in favour of Divisional Forest Officer, Urban Forestry Division, Jammu and earnest money @ 3 % in shape of CDR/DFR pledge to Divisional Forest Officer, Urban Forestry Division, Jammu. The bids for the work shall remain valid for a period of 30 days from the date of opening of bids.
- In case the cost of lowest bidder is found below the advertised amount, the bidder has to deposit an additional security performance in the shape of CDR/DFR before issuance of award of contract to the tune as per below details:-
  - Upto 10% below rate over advertised cost Nil
  - 10% to 20% below rate over advertised cost 3% of advertised cost in shape of CDR/DFR
  - 20% to 30% below rate over advertised cost 5% of advertised cost in shape of CDR/DFR
  - Upto 30% below rate over advertised cost 5% in shape of CDR/DFR of advertised cost & 5% in shape of bank guarantee of advertised cost.
- Bidders are advised to download bid submission manual from the "Downloads" options as well as from "Bidders Manual Kit" on website [www.jktenders.gov.in](http://www.jktenders.gov.in)
- To participate in bidding process, bidders have to get Digital Signature Certificate (DSC) as per IT Act. Bidders can get Digital Signature Certificate from approved vendor.
- The Bidders have to submit their financial bids online in electronic format with digital signature. No financial bid will be accepted in physical hard form.
- Bids will be opened online as per time schedule mentioned above.
- Bidders must ensure to upload scanned copies of all necessary documents i.e CDR, PAN, Treasury receipt/Challan, Registration Card, GST etc for the financial year 2023-24.
- The Department will not be responsible for any delay in online submission of the bid due to any reason (Technical or otherwise).
- The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Information regarding publishing the e-NIT, in any of the newspaper under circulation.
- The accepting department however reserves the right to reject any or all the tenders without assigning any reasons therefor.
- The contractor shall arrange the key materials in his own from authorized dealers for the above said work and quality of material shall be ISI marked and have to be verified/passes by the concerned Asst. Executive Engineer and Officers of the department before start of work.
- All other terms and conditions shall remain same as per PWD Form 25(duplicate leaf) and as per the detailed document.

No: UFD/Tender/ 51-56

Dated: 25.05.2023

DIP/J-2218/23

**SD/  
DIVISIONAL FOREST OFFICER  
URBAN FORESTRY DIVISION,  
JAMMU**

## Sports Council trainees selected for National Championship

J I NEWS SERVICE

JAMMU, MAY 29: Reaching out to women athletes exclusively, J&K Sports Council organised Women's Judo Championship in Kathua and Udhampur districts of Jammu division.

More than 500 female players drawn from different panchayats of twin districts participated in the events. While congratulating the selected players, Secretary Youth Services and Sports, Sardar Hafeez, conveyed best wishes to them for success in the national tournament. He said that the sports training centers are instrumental in identifying and nurturing talent of young generation as they provide them with



SECRETARY YSS COMPLIMENTS PLAYERS, CONVEYS BEST WISHES

the necessary infrastructure, equipment, and expert coaching to realize their potential and achieve dreams. While the championship intended to ripple the aim and objective of organising such sports events in the district headquarters, J&K Sports Council is duty bound to come up with more such initiatives to promote

the overall personality development of women and society as a whole," remarked Secretary Sports Council, Nuzhat Gull while speaking complimenting the players. Secretary Sports Council said that these training centers offer a safe and constructive environment for the children to channelize their energy, build

discipline and develop their physical and mental capabilities.

It was informed that the Water Sports Centre for Excellence in Rowing housed in Dal Lake Srinagar has started training under high performance coach Vikram Singh.

The center aims to produce athletes who shall represent the country at international competitions such as the Asian Games, Commonwealth Games, and the Olympics. Besides, the trainees of Khelo India Boxing Centre Poonch Zaffar Iqbal and Zaher Ahmad have been selected for the Youth National Boxing Championship U-19 for School

National Games.

The event witnessed a massive turnout of athletes, parents, and officials besides various sports activities like Tug-of-War, Rope Skipping, Kabaddi and Carrom.

The sports enthusiasts from the district also congratulated the selected players. They said that the Khelo India initiative in J&K has made a significant impact on sports landscape of the region by providing a platform for development of young and talented athletes. The training centers set up under this program not only promote physical fitness but also contribute to the overall growth of the children by fostering their socio-economic development, they maintained.

## DC Samba chairs NCORD meeting

EMPHASIZES ZERO-TOLERANCE APPROACH TOWARDS DRUG TRAFFICKING



J I NEWS SERVICE

SAMBA, MAY 29: Deputy Commissioner Samba, Abhishek Sharma on Monday chaired a meeting of the Narco Coordination Centre (NCORD) District Level Committee.

The meeting reviewed the action taken by the stakeholder departments in response to the decisions reached at the last meeting and to develop an action plan to end the drug trade and nuisance in the district.

The meeting was attended by Superintendent of Police, Benam Tosh; Additional Deputy Commissioner, Rakesh Dubey; ACR Kusum Chib; Assistant Drug Controller, Chief Agriculture Officer, District Social Welfare Officer, Tehsil Dar Headquarter, SDMs, SHO, and Dy. Commandants from BSF.

During the meeting, the officials discussed different agenda points, including holding of Information Education and Communication activities, Installation of information/feedback boxes for confidential information in educational institutions, Activation of Youth Club and Social Organization, functioning of drug de-addiction centers, Inspection of Pharmacist/chemist Shops, working of the control room, and enforcement drives.

In order to completely eradicate the drug problem from the district, the Deputy Commissioner emphasized the importance of involving youth and social organizations. The Deputy Commissioner demanded in writing from all principals/headmasters of all schools that none of their students, including both boys and girls, are abusing drugs.

The DC also stressed that all departments should identify a suitable building for establishing a de-addiction center in Samba. The Deputy Commissioner further emphasized the need of the Education Department and Head of Colleges and Schools having an active role in raising awareness of the dangers of drugs among students and parents. Also sports activities by the departments should be conducted regularly among youth.

## GCET Jammu gets Accreditation for All UG Engineering Disciplines by NBA

J I NEWS SERVICE

JAMMU, MAY 29: Government College of Engineering and Technology (GCET), Jammu has achieved yet another significant milestone in its relentless pursuit of academic excellence in engineering education. The Institution has become the first in the UT of Jammu and Kashmir to be granted Accreditation Status by the prestigious National Board of Accreditation (NBA) for all five undergraduate engineering courses.

This remarkable accomplishment stands as a testament to GCET's unwavering commitment to enhancing infrastructure, establishing state-of-the-art research laboratories, implementing rigorous measures to elevate teaching standards and organizing extensive capacity-building programs for both students and staff.

In addition to the NBA accreditation, GCET Jammu has also received approval from the All India Council for Technical Education (AICTE), Government of India, to introduce M.Tech programs in the remaining two engineering disciplines, namely Civil Engineering and Electrical Engineering, from the upcoming session of 2023-2024. It is worth mentioning that the college had already introduced M.Tech programs in three disciplines viz. E&C Engineering, Computer Engineering and

Mechanical Engineering, greatly benefiting students in J&K.

NBA accreditation brings significant benefits to students, as degrees from accredited programs are highly valued by employers in the job market. For those seeking to pursue higher studies, accredited institutions are recognized as preferred choices by many international educational establishments for admissions. From an Institution's perspective, accreditation helps institutions identify their strengths, weaknesses, opportunities, prompting continuous program improvement and providing a new sense of direction, identity, and targets. Moreover, accreditation demonstrates accountability to the public, commitment to excellence, and continuous quality improvement. NBA accreditation will also enable GCET to avail performance-linked funding and incentives from the central government. Dr. Samer Sharma, Principal of the Institution thanked Alok Kumar, Principal Secretary to Government, Department of Higher Education for his continuous guidance and support which has greatly contributed to this success. She highlighted that GCET's accreditation is a direct result of the dedication, sincerity, and strenuous efforts extended by the faculty and staff of GCET Jammu, along with the invaluable support provided by the administrative department.

With regard to opening of higher courses in engineering, Dr. Sharma

emphasized that pursuing higher studies provides students with an opportunity to delve deeper into their chosen fields, contribute to research and innovation and foster extensive collaborations in research and development areas with industry. GCET Jammu has also been actively fostering student-industry interaction, enhancing technical skills among students and empowering faculty through Faculty Development Programs (FDP) to augment their competency in emerging fields of engineering and technology. These initiatives have played a vital role in achieving the NBA accreditation. The remarkable achievements of GCET, Jammu, reinforce its commitment to provide top-quality engineering education and shaping the future of engineers of tomorrow. Dr. Sharma appreciated the efforts made by all Heads of Departments and members of the IQAC committee, namely Prof. Bhupinder Singh, Prof. Subash Dubey, Prof. Simmi Dutta, Prof. Sarabjeet Singh, Prof. Sanjeev Kumar Gupta, Prof. Jyoti Mahajan, Er. Rajeev Bali for this great achievement and also thanked NBA committee members Prof. Bhawana Sharma, Prof. Anita Bhat, Er. Baldev Raj, Er. Sandeep, Er. Sanjeev Gupta and Er. Salvant Raj for their exemplary work.

## GDC Kathua organises Poster Making Competition on "Chemistry in Sustainable Development"

J I NEWS SERVICE

KATHUA, MAY 29: Department of Chemistry, Government Degree College Kathua organised a poster making competition on "Chemistry in Sustainable Development".

The event was inaugurated by the College Principal, Prof. Seema Mir, as the Chief Guest, in presence of Prof. Rakesh Singh, Head, Department of Chemistry, Dr. Anupama Arora, Dr. Pankaj Gupta, Dr. Ambica, Dr. Upasna Andotra, Dr. Roshan Lal, Dr. Nisha, Dr. Nitika and Dr. Neha. Prof. Seema Mir, after inaugurating the Poster making competition, stressed on the need for organizing such types of events on regular intervals. She urged the students to take keen interest in Chemistry which is one of the important fields of sciences. Moreover, she congratulated the Convener and members of organizing team for taking an initiative and organizing the event successfully.

Prof. Rakesh Singh, Convener of the event and Head Department of Chemistry, in his address, highlighted the role of chemistry in the different fields of sciences. He laid emphasis on interdisciplinary education which is also the motive of NEP 2020. He made the participants aware about different applications of chemistry in sustainable development. Moreover, he also discussed different chemical products that we use in our day today life. More than 16 posters were presented by students during the competition and they were adjudged by the Jury members, Dr. Deepshikha, Head, Dept of EVS, Dr. Surya Partap, Head, Dept of Zoology and Prof. Neha Mahajan Head Dept of Biotechnology. The first position was shared by Rakshita and Arpan, students of Semester IInd, the second & third positions were bagged by Lakshmi and Nancy (semester II) respectively.

## RTA approves 34 fresh Stage Carriage Permits

COMMITTEE CONSTITUTED TO DESIGNATE AUTO RICKSHAW STANDS

J I NEWS SERVICE

DODA, MAY 29: Regional Transport Authority (RTA) today approved 34 fresh Stage Carriage Permits here at its meeting chaired by Deputy Commissioner Doda (Chairman RTA), Vishesh Mahajan.

Besides sanctioning permits for different categories of vehicles, the meeting discussed the matters related to public transport in the district. The meeting was attended by SSP, Abdul Qayyum (Member RTA, Doda), ADC, Dr. R K Bhatti; ACD, Phulail Singh; ARTO, Rajesh Gupta ( Member Secretary, RTA), besides others.

A committee headed by ACR and comprising Dy SP Traffic, Dy. SP Headquarter, ARTO and E.O Municipal Council Doda was constituted to designate Auto Rickshaw Stands at different locations in Doda Town.

The Committee will also assess the feasibility of the change of Route applications of Mini-Bus owners. The grant of Fresh Auto Rickshaw Permits and Change of Route Applications were deferred till the submission of report by the Committee.

## MVD, Traffic Police Doda conduct vehicle checking drive



J I NEWS SERVICE

DODA, MAY 29: Motor Vehicle Department Doda, along with Traffic Police conducted vehicle checking drive near Bagar area on Jammu-Doda National Highway (NH244).

ARTO, Rajesh Gupta and DTI along with the team of officials, inspected vehicles commuting on the NH244 (Jammu-Doda National Highway) to enforce compliance to the provisions of the Motor Vehicle Act, 1988.

The team asked the Transporters to adhere to the traffic rules and carry valid vehicular documents. The Load carriers and public transport operators were specifically directed to operate within the prescribed carrying capacity mentioned in their registration certificates.

The ARTO warned that any driver found driving recklessly, overloaded, overcharging or violating route permits would face serious consequences. In such instances, their permits would be suspended or even cancelled altogether. This measure aims to ensure the safety and well-being of both drivers and passengers, as well as to maintain law and order on the roads of Doda District.

To heighten the surveillance and keep check on rash driving, the district administration is going to install CCTV cameras at Assar naka, Pul Doda Bridge. The groundwork has been completed and the cameras would be installed and used by the end of June.

## Webinar on Legal Training for Effective Compliances of POSH Act held at GDC Vijaypur

J I NEWS SERVICE

SAMBA, MAY 29: Internal Complaint Committee (ICC) of Government Degree College Vijaypur on Monday organized a webinar on Legal training for effective compliances of POSH (Prevention of Sexual Harassment) Act.

The aim of organising the lecture was to sensitize the ICC committee members including stu-

dent members about prevention of sexual harassment and creating awareness about the issue.

The programme started with the welcome address by Dr. Shital Sharma (Presiding officer, ICC). She introduced the resource person Dr. Anupama Mahajan (Professor in the Marketing, Department of Commerce, Presiding Officer ICC, Bharati College, New Delhi and External Member, ICC DGC Vijaypur and

gave details of the subject of the webinar consisting of two sessions.

The resource person, Dr. Anupama Mahajan, in her first session, enlightened the student members of ICC about the importance of creating sensitization about gender equality and equity. She presented a detailed talk on the dynamics of women prevention of sexual harassment at work place and its value for human

existence.

In the second session that is only for staff members of ICC where she stressed upon various laws regarding sexual harassment and demonstrated various solutions to deal with such cases supported by various examples. She further demonstrated key responsibilities of ICC.

The webinar was organised under able guidance of Dr. Vandana Gupta, Principal of the

College. She congratulated the resource person for enlightening the committee members on such a sensitive and prevalent issue. She also appreciated the efforts of the organising team. The whole event was coordinated by Dr. Shital Sharma, Presiding Officer ICC and Co-ordinated by Poonam Kundan (Member Secretary ICC). The formal vote of thanks was presented by Poonam Kundan.

## One day awareness cum outreach programme on "Nidhi Aapke Nikat 2.0 held at Udhampur

J I NEWS SERVICE

UDHAMPUR, MAY 29: To address the grievances of the stakeholders, including employees and employers by bringing them on a common platform and to sensitize them about the new initiatives under taken in their interest by the organization (EPFO), Nidhi Aapke Nikat 2.0 programme was today conducted here at

Conference Hall of DC Office Complex in collaboration with District Administration Udhampur. Additional District Development Commission- officer, Ghan Sham Singh; Additional Deputy Commissioner, Joginder Singh Jasrotia; Chief Planning Officer, Mudassar Yaqoob Zargar; GIC DM, Pankaj Anand; ACD, Dr. Ranjeet Kotwal, other officials besides stakeholders attended the meeting.

Deputy Commissioner, Udhampur Sachin Kumar Vaishya was the chief guest, while Rizwan Uddin, P F Commissioner, J&K and Ladakh presided over the programme.

After the inaugural session, Deputy Commissioner Udhampur pointed out the relevance of social security to the families of working class, who in the eventuality are protected financially through Insurance and Pension. He asked the participants to sensitize the organized workers in their respective departments to enable them to avail the benefits of PF scheme.

During the programme, P F Commissioner gave a detailed power point presentation on the benefits of EPF scheme. He informed that after abrogation of 370 all the EPF related acts are applicable in the Union Territory of Jammu and Kashmir. He apprised the participants about the



employees' provident fund scheme 1952 and Pension Scheme 1995 (EPS-95) as well as Employees Deposit Linked Insurance Scheme (EDLI) and their benefits. He informed the participants about the salient features of employees deposit linked insurance scheme 1976.

Under this scheme, maximum assured benefit up to Rs 7 lakh is

paid to the nominee or legal heir of an EPF member, if death occurs while in service, he added. It is noteworthy to mention that benefits of pension and insurance are available to workers through Employees' Pension Scheme, 1995 and Employees' Deposit Linked Insurance Scheme, 1976 with effect from November, 2019 in Jammu, Kashmir and Ladakh.

Later, PF Commissioner, Rizwan Uddin also interacted with media and threw light on the salient features of Employees' Provident Fund Scheme, Employees' Pension Scheme 1995 (EPS-95) as well as Employees' Deposit Linked Insurance Scheme (EDLI), with special emphasis on Pension and Insurance Schemes, as these schemes have driven home for the people who work in risky zones.

He urged the officers and other stakeholders to deposit the EPF of organized workers so that the workers may get these benefits. Officers/stakeholders were asked to comply with the provision of EPF and MP Act 1952. He reiterated that EPFO Regional Office, Jammu is always committed in providing prompt service delivery to all the stakeholders in a transparent, accessible, and convenient manner.