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Prime Minister Narendra Modi launches 'Viksit Bharat Sankalp Yatra'

JI NEWS SERVICE

JHARKHAND/ SRINAGAR, NOVEMBER 15

Lieutenant Governor Shri Manoj Sinha attended the launch ceremony of 'Viksit Bharat Sankalp Shri Narendra Modi, virtually, at Raj Bhawan Srinagar.

Yatra was flagged off from Budhal,

Rajouri and Gurez, Bandipora. People, Panchayati Raj institutions and government officials attended the launch function.

The Lt Governor expressed gratitude to the Hon'ble Prime Minister Yatra', by Hon'ble Prime Minister Shri Narendra Modi for starting outreach activities in tribal districts of Bandipora and Rajouri to achieve In Jammu Kashmir, the Sankalp saturation of flagship schemes, on birth anniversary of legendary



Birsa Munda.

Sankalp Yatra initiative aimed at have not benefitted.

reaching the unreached, to gener- under the guidance of ate awareness about tribal, rural

tribal freedom fighter, Bhagwan and urban schemes, to interact with beneficiaries and enrolment He lauded the Viksit Bharat of potential beneficiaries will make a significant contribution in socioreaching out to vulnerable who are economic empowerment of tribal eligible under various schemes but community, poor, deprived and weaker sections of the society," he "This endeavour of the central said. The Lt Governor shared the government with the objective of efforts of the UT Administration,

CONTINUED ON » PAGE 4

TRAGIC: 39 killed, 17 injured in deadly Doda road accident

JI NEWS SERVICE DODA, NOV 15

At least 39 passengers were killed and 17 others were injured after a bus ferrying them plunged down a steep slope near Trungal in the Assar area of Doda district on Wednesday.

An official told news agency that a the bus bearing number JK02CN6555, which could be seen in CCTV footage crossing a checkpoint minutes before the accident veered off the road and fell down 300 meters on another road near Trungal-Assar on the Batote- Kishtwar national highway. He said that soon after the incident, rescue teams involving locals rushed to the scene of accident," he said. to initiate rescue opera-



travelling from Kishtwar to ment Medical College hospitals. State Disaster Response Jammu and was carrying (GMC) Doda while two Force, police, army and 56 passengers at the time died at GMC Jammu after Doda Harvinder Singh said

He said 37 people were people who were injured tion. "The ill-fated bus was brought dead to Govern- are being treated in the

Deputy Commissioner being airlifted while 17 that out of the 56 passengers on board, CONTINUED ON » PAGE 4

The state of the

People in Doda blame 'bad roads' for accidents, demand probe

the Box

LG inaugurates National Academia-Industry Conclave on IUST's 18th Foundation Day

JI NEWS SERVICE AWANTIPORA, NOVEMBER 15

Lieutenant Governor Shri Manoj Sinha inaugurated the National Academia-Industry Conclave, today on the occasion of 18th Foundation Day of Islamic University of Science & Technology, Awantipora.

In his address, the Lt Governor congratulated the Vice Chancellor, faculty members and students on their foundation day.

He welcomed the participatacademia to the two-day conclave which aims to support the innovation, incubation and start-ups initiatives in J&K UT to minimize Industry-Academia gap.

collaboration and must function as one campus.

"What was invented yesterday will build the knowledge founda- the Universities to make tion of a student. But what is going

He said the academic world and to happen tomorrow will be deciding industry leaders, experts, and the industries will require strong ed by the collaboration between academia and industry," the Lt Governor said.

The Lt Governor called upon CONTINUED ON >> PAGE 4

Lt Governor inaugurates 'Chhau Parv' traditional dance form of West Bengal, Odisha & **Jharkhand at Srinagar**



NIA chargesheets Pak national among 2 in J&K terror conspiracy case AGENCIES

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NEW DELHI, NOV 15

The National Investigation Agency (NIA) has filed a Chargesheet against two accused, including a Pakistan national, in the terror conspiracy case involving plans to disturb the

JI NEWS SERVICE

DODA (J&K), NOV 15

Local people in Jammu and Kashmir's Doda Wednesday accused authorities of failing to repair bad roads in the district despite repeated requests and demanded a probe into the devastating accident that left 37 people dead.

A bus carrying passengers skidded off the road and rolled down into a 300-foot gorge in Jammu and Kashmir's Doda district on Wednesday. At least 37 people died and 19 were injured in the incident. The toll is likely to go up.

Sarpanch Mohammad Ashraf said a series of road accidents took place in Doda district recently but the authorities have failed to contain them

"Ten accidents have taken place

contain them," he said.

in Doda over the last few months the first to reach the accident spot for travel. but there is no effect of this on the and begin a rescue operation along

administration. They have failed to with local people.

Ashraf added that he was among very bad condition and is not safe

He also said that the road is in

CONTINUED ON » PAGE 4

220-metre-deep ventilation shaft connected to Zojila main tunnel

JI NEWS SERVICE

GANDERBAL, NOV 15

In a significant development, authorities have successfully completed and connected a 220-metredeep ventilation shaft to the Zojila main tunnel.

shaft, which extends 220 metres pletion by mid-2025, he said. deep from the national highway

metres below NH.

facilitates the crew in advancing portal, he said.

Singh said that the construction ers. of two more ventilation shafts, Harpal Singh, Project Head measuring 391 metres and 500 at the Megha Engineering & metres deep, located on the nation-Infrastructures Ltd (MEIL), the al highway, is progressing rapidly. EPC Contractor overseeing the With 7.4 kilometres of tunnel excaconstruction of the Zojila Road vation already achieved from East around the clock," Executive Direc-Tunnel, informed the news agency and West portals, the remaining tor of NHIDCL (National Highways that the completed ventilation 5.75 kilometres are slated for com- & Infrastructure Development Cor-

near Gumri, has been linked to the All Weather Connectivity between heroes" for their dedication to the Zojila Main Tunnel, situated 220 Srinagar and Leh is now not far project. KNO

etres below NH. away," the Project Head of MEIL This milestone accomplishment added.

The Zojila Tunnel holds strathe remaining 3 kilometres of tegic importance, promising to tunnel excavation from the East reduce travel distance and time and enhance safety for commut-

Despite challenging weather conditions, labourers and engineers from various parts of the country, especially Jammu and Kashmir, are working tirelessly poration Limited), Manoj Kumar, "A national dream of providing said. He hailed these "unsung

Lieutenant Governor Shri Manoj Sinha inaugurated the 'Chhau Parv', traditional dance form of West Bengal, Odisha and Jharkhand at Tagore Hall,

In his address, the Lt Governor lauded the endeavour of Sangeet Natak Akademi, New Delhi, country's apex body of performing arts, in collaboration with J&K Academy of Art, Culture and Languages, for organising three-day festival, workshop and seminar on Chhau Dances and folk dances of J&K to preserve and promote cultural diversity.

"In ancient times, Chhau was con- Jammu Kashmir. sidered a war dance and an art form

Two terrorists killed in ongoing operation along LoC in Uri

was recovered.

the official added.

The operation is still underway,

JI NEWS SERVICE

BARAMULLA, NOV 15

Two terrorists were killed in an the terrorists, and during the operongoing joint operation along Line ation two unidentified terrorists Kashmir's Baramulla district on ing material, arms and ammunition Wednesday while the officials said that the operation is still underway.

An official told the news agency that a group of terrorists were neutralized, who were trying to sneak tralized by vigilant forces. Recov- Army wrote on X. into this side of the LoC, taking ered incriminating materials, arms advantage of low visibility and bad and ammunition. Extensive search added. KNO

meant for the upliftment of the soul. The Chhau Parv aims to generate awareness about aesthetic appeal of this rich tradition, nurture young talents and strengthen the spirit of 'Ek Bharat-Shreshtha Bharat'," the Lt Governor said.

At the inaugural ceremony, the Lt Governor paid tributes to the Bhagwan Birsa Munda and remembered the immense contribution of the tribal icons in the freedom struggle of the country.

He also highlighted the efforts of the UT Administration, under the leadership of Hon'ble Prime Minister Shri Narendra Modi, for reviving the rich intangible heritage and folk culture of

CONTINUED ON → PAGE 4

operations are on", Police wrote on veather.

He said that the alert forces X, formerly Twitter. deployed on the LoC challenged

"In a Joint Operation launched by #IndianArmy & @JmuKmrPolice an infiltration bid has been foiled today of Control (LoC) in Uri area of north were killed, adding that incriminat- by alert troops along #LOC in Uri Sector, #Baramulla.Two Terrorists have been eliminated along with the recovery of O2xAK Rifles, O2xPistols, 04xHand Grenades & other war "Two Infiltrating terrorists neu- like stores", Chinar Corps - Indian

Operations in progress, the post

peace and communal harmony of Jammu & Kashmir through acts of violence and terror.

In a statement issued to the news agency, the accused have been identified as Mohd. Ubaid Malik of Kupwara and Muhammad Dilawar Iqbal @ Maaz Khan Kashmiri @ Maaz Khan @ Maaz Kashmiri @ Azad Kashmiri of Pakistan occupied Kashmir (PoK).

statement The reads that the duo was involved in a criminal conspiracy to carry out terrorist activities in Jammu and Kashmir by unleashing attacks on security forces and socalled 'outsiders'.

"Dilwar, a close associate of Jaish-e-Mohammad (JeM) Chief Maulana Masood CONTINUED ON » PAGE 4

JI NEWS SERVICE SRINAGAR, NOVEMBER 15

Srinagar, today.



Rajouri admin celeberatesViksit Bharat Sankalp Yatra, Janjatiya Gaurav Diwas at Block Budhal Old

JI NEWS SERVICE

RAJOURI, NOVEMBER 15

schemes to vulnerable sections of the society.

The District Adminis- direct interaction with ing the live telecast of the ascertained during the event followed by com- Yatra. mencement of the local Yatra from block Budhal Old today

by the presence of Dis- PM Vishwakarma Yojana, the populace. trict Development Coun- PM Mudra Yojana, PM Ujj-

missioner Rajouri Vikas yojana, Ujjala Yojana, Subhagya Yojana, Digital Pay-Kundal.

The fundamental objec- ment infrastructure, Khelo On the occasion of Jan- tives of the Viksit Bharat India, RCS:UDAN, Vande Jatiya Gaurav Diwas, the Yatra is to encompass criti- Bharat Trains and Amrit Prime Minister of India cal aspects such as reach- Bharat Station scheme and today launched the ambi- ing out to the vulnerable rural areas schemes like tious 'Viksit Bharat Sankalp sections eligible under Ayushman Bharat PMJAY, Yatra'. The 72 day nation- various schemes but yet PMGKAY, DAY-NRLM, PM wide outreach and aware- to benefit, disseminating Awas Yojana Rural, PM ness campaign is aimed at information, and foster- Ujjwala Yojana, PM KISAN promoting Government ing awareness about the Saman, PM Vishwakarma, schemes. The initiative KCC, PM Poshan Abhiyan, further seeks to establish JJM and SVAMITVA.

On the occasion a tration of Rajouri played beneficiaries, sharing per- Mobile Information, Edu- achieving comprehensive tions that added an extra a pivotal role in bringing sonal stories and experi- cation, and Communicathe nationwide launch of ences, while also enroll- tion (IEC) Van, designed this grand event closer to ing potential beneficiaries to traverse all panchayats its residents by organiz- based on information and urban areas was also transformative schemes Flagged off by the District Prabhari, Summit Jarran- ment for their well-being.

Specific focus has been gal. The primary objective placed on key schemes, of the van is to achieve satincluding the urban areas uration of all schemes and marked by the launch of The event was graced schemes like PM Svanidhi, enhance awareness among the 'Viksit Bharat Sankalp

The mobile unit symbolcil Chairperson, Advo- wala Yojana, Start up India/ izes a proactive approach items that captivated the cate Chowdhury Naseem stand up India, Ayushman in making information audience. The celebration into the transformative crucial role in the overall socio-economic land- CMO, Dr Rajinder Sharma; Liyaqat; District Prabhari Bharat, PM Awas Yojana accessible to every corner resonated with the rich Summit Jarrangal, Director (Urban), SBM(Urban), PM of the district. It rein- diversity of our nation, Industries & Commerce eBus Sewa, AMRUT, PM forces the dedication of bringing forth a kaleido-



awareness, ensuring that layer of joy to the occasion.

no eligible individual is Different government left uninformed about the departments contributed to the vibrancy of the initiated by the governevent by setting up stalls at the venue, meticulously Additionally, Jan Jatiya presenting a visual narra-Gaurav Diwas was not only tive of the myriad schemes and programs actively being implemented in the Yatra' but also lit up with a district. Each stall became vibrant display of cultural a microcosm of progress, offering a detailed insight initiatives undertaken by different departments.

Naseem Liyaqat passion- text. This journey, aimed tion, he outlined specific ately emphasized the at fostering development measures and programs significance of the Viksit across the nation, serves designed to address the Bharat Yatra, elucidating as a platform to enhance unique needs and chalits role as a transformative awareness and promote lenges faced by tribal nationwide journey aimed engagement with govern- communities. Through his at promoting government ment schemes. schemes. His eloquent articulation delved into the Deputy Commission- underscored the holistic the far-reaching impact of er expounded upon the approach of the Governthe yatra, underscoring its expansive scope of the ment, aiming not only to pivotal role in ensuring the Yatra, which primarily meet immediate needs but effective implementation aims at ensuring the effec- also to create sustainable of diverse welfare initia- tive execution of the Cen- development pathways

tives across the nation.

Jarrangal, Director of awareness is pivotal for the successful implementa-

District Development ly highlighted the instru-GOI and Deputy Com- Bhartiya Jan Aushidi Pari- the administration in scope of colors and tradi- Council Chairperson, mental role of the "Viksit shed light on tribal welfare ent during the event.

Advocate Chowdhury Bharat Yatra" in this con- initiatives. With convic-

tral government welfare for the upliftment of tribal District Prabhari, Sumit schemes in rural India.

Deputy Commissioner Industries & Commerce in Rajouri, Vikas Kundal, ADDC, Pawan Kumar Parithe Government of India meticulously highlighted har; DDC Member Budhal underscored the signifi- the spectrum of governcance of various welfare ment initiatives aimed Rajouri, Rajiv Kumar; schemes during a recent at comprehensive devel- ADC Koteranka, Surinder address. Emphasizing that opment. He also under- Mohan Sharma; PO ICDS, scored the significance of Shoket Mehmood Malik; various ongoing projects GM DIC, Ashwini Sharma; tion of government initia- and schemes, emphasiz- CPO, Mohammad Khurtives, he highlighted how ing their collective impact shid; ACP, Sheraz Chowinformed citizenry plays a on enhancing the overall han; DPO, Auqil Nuvaid; success of these programs. scape of the district. The CEO Education, Sultana Moreover, he specifical- Deputy Commissioner Kouser besides district and Rajouri Vikas Kundal also sectoral officers were pres-

insightful enumeration, Addressing the event, the Deputy Commissioner populations.

Among the others, Old, Shazia Kouser; ADC

Rich tributes paid to Tribal leader Birsa Munda as Samba admin celebrates Janjatiya Gourav Diwas

JI NEWS SERVICE SAMBA, NOVEMBER 15

The Gujjar and Bakarwal Hostel in Samba witnessed a jubilant congregation organised to commemorate the birth anniversary of Birsa Munda celebrated as Janjatiya Gourav Diwas.

The event was presided over by the District Development Commissioner, Abhishek Sharma and attended by district officers, including XEN, Vijay Kumar Attri, Chief Education Officer, Kewal Krishan, Warden Gujjar & Bakerwal Hostel, Rashid Alam, Local Tribal Officer Samba Saleem Alam and Member DISHA Mukhtiyar Choudharv

Birsa Munda, revered as The vibrant program showa freedom fighter and social cased a myriad of talents, towards spreading aware- speech, dance, and a paint- cance of nurturing and ness among tribal commu- ing competition. nities in remote areas. The



event commenced with a competitions were duly patriotic spirit as students recognized and honored from Gujjar & Bakerwal with prizes, presented by Hostel inaugurated the celthe District Development ebration with the singing Commissioner, Samba. The of the National Anthem. celebration not only paid homage to Birsa Munda's enduring legacy but also reformer, dedicated his life including singing, Gojri emphasized the signifi-

acknowledging the talents The winners of these of the youth.

Agri Deptt Kashmir celebrates 'Janajatiya Gaurav Diwas'

JI NEWS SERVICE SRINAGAR, NOVEMBER 15

To celebrate 'Janajatiya Gaurav Diwas' in Kashmir, the Director Agriculture today inaugurated the function at Directorate of Agriculture Lalmandi, Srinagar. Speaking on the occasion, Director Agriculture gave a detailed presentation on the importance of the day and directed all Chief Agriculture Officers of Kashmir division to celebrate the Janjatiyai Gaurav Diwas with enthusiasm at each district. Meanwhile Joint Director Agriculture Extension Kashmir visited Faqir Gujri area of Srinagar district and took stock of the ongoing Rabi campaign in the area.

Speaking to farmers, JD reiterated the department's commitment to Kashmir division for the the development of farm- promotion of Rabi crops. Lal Sharma and SDAO Sriers belonging to the backward, far-flung areas. He



said that the department shoulder to shoulder with is endeavouring to bring the farming community more and more cultivable lands under the cultivation of Rabi crops including oilseeds so that the

socio-economic transformation of these communities could be achieved. He grammes by the departsaid that agriculture activi- ment. ties are going on across the

concerned officers to work views on the occasion.

and guide them during their cultivation operations.

JD asked the farmers to take benefits from different schemes and pro-

Chief Agriculture Officer Srinagar, Manohar He impressed upon the nagar also expressed their

Advocate General Organization condoles demise of Justice Sanjeev Kumar's father



JI NEWS SERVICE JAMMU, NOVEMBER 15

presided over by Mohsin-The Law Officers and staff ul-Showkat Qadri, Senior members of Advocate Additional Advocate Gen-General Organization, eral. today held a condolence meeting, presided over including Seniors Addiby Advocate General, D tional Advocate Gener-C Raina, to condole the als and other Governdemise of Uttam Chand ment Counsels as well as Shukla, Father of Jus- Officers and employees tice Sanjeev Kumar who paid rich tributes to the

All the participants

meeting was held at Srinagar office which was

DC B'la reviews preparations for **Viksit Bharat Sankalp Yatra**

JI NEWS SERVICE

BARAMULLA, NOVEMBER 15

Syed Sehrish Asgar today ing promotional events. preparations for smooth prehensive schedule individuals. and successful conduct to cover all blocks and alp Yatra.

Pertinently, scheduled duties for a smooth yatra for launch on the 20th passage. of November in Baramulla, this campaign informed that the camaims to saturate flagship paign will leverage Inforgovernment-sponsored mation, Education & efforts. schemes within the dis- Communication (IEC) trict.

During the meeting, mobile apps, pamphlets, the DC directed the Offi- booklets and other cers to ensure maximum means of communication Planning, public participation, par- to disseminate crucial ticularly youth in Yatra information and generwhich is aimed to raise ate widespread publicity awareness about the Gov- about these schemes. ernment's achievements

ciaries. It was informed actively participate in the that Digital Vans will campaign. Each departtraverse all Panchayats ment was tasked with The Deputy Commission- delivering the Prime Min- appointing a dedicated er (DC) Baramulla, Dr ister's message and host- nodal officer respon-

sible for overseeing the convened a meeting of It was also informed that dissemination of schemeall concerned officers to district administration related information to review action plans and has prepared a com- eligible yet uncovered

Furthermore, the DC of the Viksit Bharat Sank- urban areas, with Nodal directed the line depart-Officers assigned specific ments to diligently upload their daily activities on a dedicated cam-

The meeting was paign portal, ensuring transparent and regular updates on the ongoing

Additional Deputy vans, video visuals, commissioner Baramulla, Dr.Zahoor Ahmad Raina; Joint Director M.Yousuf Rather; Assistant Commissioner Revenue, Assistant Commissioner Development besides

Underlining the col- functionaries of all conand extend benefits of laborative nature of the cerned departments Centrally Sponsored endeavor, the DC urged were present in the meet-Schemes among benefi- every department to ing.

B2V5: CS visits Flora Nagbani, stresses on online services and Jan Bhagidari portal

JI NEWS SERVICE JAMMU, NOVEMBER 15

Chief Secretary, Dr Arun Kumar Mehta today visited panchayat Flora Nagbani, in block Marh, and interacted with the locals and PRI representatives in a public event organised under the Back to Village 5 program.

Speaking to the public, Chief Secretary highlighted the significance and transparency of online services and encouraged all to look at government works on Jan Bhagidari portal. He said that paper applications and documentation are discouraged these days and the Jan Bhagidari portal. He Prabhari officer must educate the public about the government online services.

Chief Secretary said new norm. He underlined He laid great importance demands only.



that public participation on self employment and is encouraged by the curswacchata.

DDC Chairman Bharat rent system and the public can view the status of the Bhushan said that the vices in time. He called for rationalisa-

tions for Jammu district panchayats.

The DDC Chairman said that B2V is helping the government improve upon the implementation posals and asked about of schemes through public the status of government participation and the role welfare activities and of Visiting Officers is cruthat all the government delivery of schemes such cial. He encouraged the works are reflected online as KCC, old age pension, public representatives to public disclosure is the functioning of schools etc. raise genuine and effective

passed away here yesterday

Advocate General, besides forbearance to expressed profound the bereaved family to grief and sorrow over the bear this irreparable loss. demise of Uttam Chand They also observed two Shukla.

departed soul and prayed for his eternal peace minute silence in honour

Similar condolence of the departed soul.

B2V-5 successfully concludes at Ganderbal

JI NEWS SERVICE GANDERBAL, NOVEMBER 15

schemes and took feedback on welfare schemes. The VOs inspected vari-

The third and final round of ous government institutions the government's ambitious and visited the sites of ongo-Back to Village (B2V5) phase- ing and completed works V programme concluded under various schemes. successfully today in 41 Pan- They exhorted upon the chavats thus covering all 126 penetration of online servic-Panchayats of the district.

nessed huge public par- delivery in a transparent ticipation across all areas manner. during all three rounds, reflecting the success of District Development Comthe programme and high missioner, Mushtaq Ahmad expectations of the people Simnani participated in in the UT of J&K and District the proceeding of B2V5 Administration in bringing a positive change for development, and prosperity of the district.

The visiting officers (VOs) today along with supporting the public about scores staff and field functionaries of welfare schemes and of the line departments lis- programmes being impletened to villagers participat- mented in the district and ing in the Gram Sabhas and motivated them to avail the prepared the Gram Panchay- benefits of the same. at Development Plan (GPDP) as per their needs.

etration of Govt Schemes eral public and government and service delivery. They officials in a joint effort to also held interaction meet- deliver equitable developings with the general public, ment and ensure that the especially youth, aware- benefits reach the intended ness on Self-Employment beneficiaries in rural areas.

The ADDC maintained

PM-KISAN: 15th Installment boosts up Farmers in Udhampur

JI NEWS SERVICE UDHAMPUR, NOVEMBER 15

The 15th installment under the PM-KISAN scheme (July 2023 to November to partake in the celebration. 2023), totaling Rs 9.97 crore, has been Narendra Modi via virtual mode.

Office Complex Udhampur. Deputy significance for farmers of the District.

District-level officers from Agricul- months. disbursed by Prime Minister of India ture and allied departments were in attendance. In her closing statement, needs, facilitating the procurement of To mark the occasion, a grand event the Deputy Commissioner emphasized agricultural inputs and enhancing the unfolded at the Conference Hall, CAO the PM Kisan Samman Nidhi Scheme's farmers' financial well-being.

Commissioner, Saloni Rai, chaired the Providing an annual income support district-level proceedings, with PRI of Rs 6,000 to eligible farmer families, members and over 20 farmers invited the amount is distributed in three equal installments of Rs 2,000 every four

The scheme aims to address financial

es in the rural population to

The programme wit- expedite the public services Meanwhile, Additional

programme at Panchayat Mammar-A.

On the occasion the resource persons of vari-

ous departments educated

that the B2V-5 programme VOs reviewed the pen- is aimed to involve the gen-

works without any need three tier system estabfor username or passlished since January 2021 words. He also informed has brought positive that 55 officers have been change and given power fined for not providing serto the PRI representatives.

Dr Mehta asked the tion of funds and allocapublic about their experience and knowledge

of online services and underlined the significance of time bound dis-

PM-KISAN scheme **Agriculture Department Jammu organises live** streaming of release of 15th installment by PM

JI NEWS SERVICE

JAMMU, NOVEMBER 15

Department of Agriculture Production and Farmers Welfare Jammu organized live streaming of the release of the 15th installment of the PM-KISAN scheme at Khunti. Jharkhand by Prime Minister Narendra Modi.

Secretary Agriculture Transfer (DBT Mode). Production Department Special Guest.

the financial needs of all well-being. land-holding farmers sub-



of Rs 6,000/- per year in JK Advisory Board for Bharat Bhushan, Chair- three equal installments, development of Kisans, man DDC, Jammu pre- every four months, is PRIs & farmers to extend sided over the function transferred into the bank cooperation to Govt for J&K Board of Advisory for organized at Baba Jitto, accounts of farmers' fami- 100% implementation of Kissan Kendra, Talab Tillo, lies across the country PMFBY in all districts to Jammu. T.K. Bhat, Special through Direct Benefit save farmers from vagaries of weather besides During the main event activation of inactive Kisan

graced the occasion as the at Khunti, Jharkhand Hon- Credit Cards for welfare of orable Prime minister, Sh. farming Community. He The Pradhan Mantri Narendra Modi released informed that e- KYC has Kisan Samman Nidhi the 15th installment of been made mandatory for (PM-KISAN) is one of the around Rs. 18,000 crore receiving benefits under world's largest Direct by click of a button bene- PM - KISAN, which is cur-Benefit Transfer schemes. fitting over 8 crore farmers rently being done with A flagship scheme of the of the country. The total assistance of field staff of JK UT have been benefit-Government of India, it amount transferred to the the department through a exemplifies the contin- beneficiaries since the mobile app with face recued commitment of the inception of the scheme ognition feature to facili-Government of India to has crossed well over Rs tate Farmers. Speaking in all districts, Sub diviinitiate policy actions for 2.80 lakh crore. This finan- on the occasion, Bharat an inclusive and produc- cial assistance will support Bhushan, Chairman DDC, ats in Jammu Province. tive agricultural sector. It farmers in meeting their Jammu said that the purlaunched on 24th Febru- dental needs besides con- Nidhi scheme is to give

ject to certain exclusion Agriculture Jammu, in his emphasized upon farmers farmers, and ensuring the criteria of higher income welcome address, empha- to adopt innovative agri- sustainable development status. Financial benefit sized upon Members for cultural practices under of the agricultural sector.

guidance of Agriculture & allied departments to raise their income level & farm profitability. He appealed to educated youth to adopt farming as a full time profession.

Director Command Area Development, Jammu, Nagendra Singh Jamwal, Abdul Hamid Wani, Secretary and Members, Balbir Kour & Basant Singh Saini of development of Kissans, Joint Director of Agriculture (Input), Joint Director of Agriculture (Ext), Joint Director of Agriculture (SLUB) and senior officers besides more than 150 farmers of Jammu division participated in the Programme.

It was informed that about 8 lakh farmers of ed today under the 15th installment. Similar programmes were organized sions, Blocks and Panchay-

The release of the 15th is a central sector scheme agricultural and other incipose of PM KISAN Samman installment of the PM-KISAN scheme underlines ary 2019 to supplement tributing to their overall respect to 'Annadata' of the Government of India's the nation in the shape commitment to promoting Ram Savak, Director of financial assistance. He agriculture, empowering

Back to Village-5: Last Round commences in 68 Panchayats of Doda District

JI NEWS SERVICE DODA, NOVEMBER 15

The last and 3rd round of the flagship public outreach feedback programme-Back to Village-5(B2V5) commenced today across 68 Panchayats of District Doda.

The Prabhari Officers visited the allotted panchayats to interact and obtain feedback from the locals so as to tailor Government efforts towards improving the delivery of village-specific services. The B2V Programme is aimed at to involve the people and government officials in a joint effort to deliver the mission of equitable development in rural areas.

In district Doda, the outreach programme was divided into three rounds covering all the 237 Gram Panchayats in 17 Blocks. The second round covered 78 Gram Panchayats, while the Prabhari Officers reached the remaining 68 Panchayats for the third and last round during which they would stay for 2-days and conduct the scheduled activities. It is Dr Khalid Hussain Malik, pertinent to mention here JD Employment; Sanjeev that 92 Gram Panchayats Rana, Addl Secretary, have already been covered



Senior government Dr Tahir Firdous, Addl. Doda, under the unique Pawan Singh Rathore, Special Secretary to Govert Hospitality and Protocol Department; Suraj Parkash Rakhwal, Special Secretary DMRR Department; Kanta Devi, Special Secretary, School Education Department; J&K AACL; Mohammad to 10th of November 2023. tor Forensic laboratory;

and detailed reports in this regard have been submitted to the government containing aspirations and feedback of the people of their respective panchayats. The VOs have been exhorted to focus on the penetration of online services in the rural population to expedite the public services delivery in a transparent manner.

ment schemes,

The mega outreach programme in

functionaries including Secretary PDD; Sh Pankaj initiative of the UT Gov-Katoch, Addl. Com. in the ernment, is supervised Div Com office; Bharat and managed by the Dis-Bhushan CEO IWMP; Yasir trict Administration Doda, Sharief, FA&CAO Skill Dev under the leadership of Deptt. and others held District Development interaction with the PRIs, Commissioner Doda Har-Public in their allotted vinder Singh. Gram Panchayats, listened to their issues and ing Officers inspected imparted awareness about government institutions government schemes, ini-

tiatives, and policies. The designated Visitin the first round from 9th Shahid Saleem Dar, Direc- ing/ Prabhari Officers, Patwar khanas, Panchayalong with supporting at Ghars etc. They also of the village. The Prab- ing officers also inaugurathari Officers also ensured ed and laid the foundation ration of all the govern- assets.

Meanwhile, the Visitviz schools, Anganwadi Centres, Ration depots, Health institutions, staff and field functionar- visited the sites of ongoies of the line departments ing and completed works prepared Gram Panchayat under MGNREGA, Capex Development Plan (GPDP) Budget, PMAY, SBM, and as per the wishes of people other such schemes. Visit-

DC reviews Health care scenario in Doda District

JI NEWS SERVICE DODA, NOVEMBER 15

Doda, Harvinder Singh erstwhile district Doda. on Wednesday chaired a meeting of senior health and Pediatric care, it was mini-meeting hall of DC Doda has 10 ICU beds for office complex.

Ministers National Dialysis programme (PMNDP), it was informed that one To review the health care dialysis centre is operascenario in the district, tional at AH-GMC Doda, Deputy Commissioner catering to the needs of

Referring to Maternal functionaries here in the informed that the AH-GMC maternal care and 12 ICU At the outset, Chief beds for pediatrics, while Medical Officer Dr Hamid 4 ICU beds for Maternal Zargar presented a care have been exclusively detailed report on the kept at SDH Bhaderwah. It implementation and was revealed that Oxygen



achievements under plants at AH-GMC, SDH Stationing of Ambulanc- of the general public. He nant ladies for their safe are given immediate health care schemes and Gandoh and SDH Bhad- es, National Tuberculosis emphasized the streamlin- delivery. the healthcare facilities erwah are fully functional Elimination Programme ing of the control rooms in being extended to the with the generation capac- (NTEP), Anaemia Mukht AH, PHCs, and CHCs, with the CMO to share and minimized. The DC has Bharat Abhiyan, Immuni- fully functional helpline publicize the roster of the emphasized to get the The CMO briefed the The DC directed the zation (IMI 5.0), Achieve- numbers. He urged to RBSK teams for overall civil works completed as chair about the func- CMO to ensure that the ments under Developmen- share the roads leading health care of the children. per the set timeline and tioning of the health plants remain functional tal Deliverables and works to all PHCs, & CHCs with He stressed to ensure undergo purchases of department and indica- and are maintained prop- taken up under Capex the PWD/ PMGSY authori- availability of essential the essential equipment While reviewing the ing plans for the ensuing and staff in all the health within a week's time. informed that the district Non communicable Dis- availability of Doctors at winter may be prepared care centers across the has 211 health care institu- eases (NCD), ABHA reg- Associated Hospital and in advance for the better district, especially in the attended by ADC Doda tions, including one GMC, istration, Awareness and other health care centers and timely health care to rural area, so that the Dr RK Bharti, CPO Doda 3 SDHs, 13 PHCs, and 29 Mega health Camps under in the District, the DC the patients, especially people don't suffer during Suresh Kumar, CMO NTPHCs. The meeting was Ayushman Bhava, Blood asked to send the roster pregnant women. The DC the ensuing winter. He Dr Hamid Zarger, DIO also apprised about the Donation Camps, RBSK of Consultants and Doc- also exhorted the health asked the CMO not to (Immunization), MS staff position in the health screening of Children, tors to the Emergency care officials to strive allow any laxity of the AH-GMC Doda, BMOs care centers across the Establishment of Mater- Response cell of the DC towards achieving 100% staff under him and sanc- and other concerned nity care huts at PHCs office and give it wide pub- institutional deliveries by tion the leaves with utmost staff of Health depart Regarding the Prime and CHCs, Positioning/ licity for the information mobilizing ASHAs, Angan- care and prior alternative ment.

wadi Workers, and arrangements so that the manmade barriers the highway towns. may not prevent the

The DC has instructed rals to GMC Jammu are

extensive awareness health care services of any among the pregnant of the centers don't suffer. ladies. He called for He further instructed to having complete data relocate the ALS and BLS of pregnant ladies Ambulances under 108 with their expected services as per the needs date of delivery (EDD) of the area, as decided in to have a proper the earlier meetings. He health care plan for urged to have ALS Ambuthem. He said that lances at Assar and Thathe winter, snow, or thri, with the high risk of any other natural or road mishaps as being

The DC directed the assured health care MS Medical College to facilities to the preg- ensure that the patients attention and the refer-

Machines at Railway Station Faridkot, Phillaur, Kathua. Firozpur Cantt. & Udhampur.

Azadi Ka

the awareness and satu- stone of important public NORTHERN RAILWAY e-Auction Notice The Senior Divisional Commercial Manager, Northern Railway, Firozpur for and on behalf of President of India invites E-Auction from eligible and registered bidders for the following works over Firozpur Division: 1) Auction Catalogue No. : EZRPARCEL64

/ tuble of outlogue her i Ett / ttoEEo				
Auction Date & Time : 28.11.23 at 11:00 Hrs.				
Jame of work : Contract for Leasing of parcel space in Train No. / SLR compartment: 19226-F1, 12030-F1, 14662-F2, 14610-F1, 22462-F1, 14662-F1, 4662-R1, 19224-R1, 14646-F1, 14646-R1, 14632-R1, 14034-F1 12446-F1, 9224-F1 & 12238-F1.				
?) Auction Catalogue No. : FZRPARCEL65				
Auction Date & Time : 29.11.23 at 11:00 Hrs.				
Name of work : Contract for Leasing of parcel space in Train No. / SLR compartment: 12426-F1, 19226-R1, 14601-R1, 14601-F2, 14601-F1, 12238-F2, 4614-F1, 12238-R1, 14682-F1 & 14614-R1.				
B) Auction Catalogue No. : EAFZR-WVM23-8				
Auction Date & Time: 29.11.23 at 11:00 Hrs.				
lama of work . Allatraph of Contract for provision and expertion of Mater Vanding				

patients in the district.

the department. It was about the screening of district

ity of 5400 LPM. tor wise achievements of erly. He further inquired budget.

ties so that road open- medicines, equipment, etc. under Capex budget

Awareness Camps on Special

Summary Revision held at Kupwara

The meeting was

) Auction Catalogue No. : FZRPARCEL66						
	Auction Date & Time : 30.11.23 at 11:00 Hrs. Name of work : Contract for Leasing of parcel space in Train No. / SL compartment: 05733-F1, 12460-F1, 14012-F1, 11450-F1, 12412-F1, 14012-R 11058-F1, 14630-R1, 11058-F2, 11058-R1 & 15532-F1.						
	For other details and registration, please visit Railway web						
	www.ireps.gov.in 3569/202						
	SERVING CUSTOMERS WITH A SMILE						

👉 KIND ATTN. RAIL PASSENGERS! 🚽 **IMPORTANT NOTICE**

In order to clear extra rush of rail passengers. Northern Railway has decided to run the following one way reserved festival special express train as per details given below:

	No. 04662			
ARRIVAL	DEPARTURE	♦ STATIONS		
	23:20	Jammu Tawi		
01:00	01:05	Pathankot Cantt		
02:45	02:50	Jalandhar Cantt		
03:40	03:50	Ludhiana		
05:45	05:50	Ambala Cantt		
06:35	06:37	YamunanagarJagadhri		
07:50	07:55	Saharanpur		
11:00	11:10	Moradabad		
12:45	12:47	Bareilly		
16:10	16:20	Sitapur		
19:20	19:30	Gonda		
20:38	20:40	Basti		
22:15	22:25	Gorakhpur		
01:55	02:05	Chhapra		
03:15	03:17	Hajipur		
05:05	05:15	Barauni Jn.		
05:30	05:32	Begusarai		
06:10	06:12	Khagaria Jn.		
07:15	07:17	Naugachia		
09:00		Katihar Jn.		
		mu Tawi on 16.11.2023 Sleeper & General		

01:00					
02:45	02:50	Jalandhar Cantt			
03:40	03:50	Ludhiana			
05:45	05:50	Ambala Cantt			
06:35	06:37	YamunanagarJagadhri			
07:50	07:55	Saharanpur			
11:00	11:10	Moradabad			
12:45 12:47		Bareilly			
16:10	16:20	Sitapur			
19:20	19:30	Gonda			
20:38	20:40	Basti Gorakhpur			
22:15	22:25				
01:55	02:05	Chhapra			
03:15	03:17	Hajipur			
05:05	05:15	Barauni Jn.			
05:30	05:32	Begusarai			
06:10	06:12	Khagaria Jn.			
07:15	07:17	Naugachia			
09:00		Katihar Jn.			
Days of Run: 04662 Ex. Jammu Tawi on 16.11.2023 Accommodation: 3 Tier AC, Sleeper & General For any kind of information, passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App.					
					Visit RailMadad website www.railmadad.indianrailways.gov.in



Gujjar & Bakerwal Hostel Kupwara
celebrates 'Janjatiya Gaurav Diwas'

JI NEWS SERVICE

KUPWARA, NOVEMBER 15

The Gujjar & Bakerwal Boys Hostel Kupwara today organized a colourful function within the premises of the Hostel to celebrate 'Janjatiya Gaurav Diwas'.

Chairman, DDC Kupwara, Irfan Sultan Pandipori was chief guest on the occasion.

Vice Chairman DDC, Haji Farooq Ahmad Mir; ADC Kupwara, Ghulam Nabi Bhat; CEO Kupwara, Abdul Hamid; DTO, Mohammad Shafi; DDC Members of Kalfunction.

The 'Janjatiya Gaurav getting quality education. country especially J&K. He Birsa Munda who fearlessly



presentation of different

worked for the freedom of spoke and highlighted the India. importance of celebration

Speaking at the occa- of 'Janjatiya Gaurav Diwas' sion, the Chairman DDC and mentioned names aroose/ Hyhama/ Drugmul- Kupwara appreciated the of different personalities la/Rajwar, besides, parents management of the G&B from the Tribal commuand students attended the Hostel for providing better nity who played their role facilities to the students in in the development of the

Divas' is being observed He expressed his good appreciated the students of to mark the birth anniver- wishes to the students for the Hostel for their vibrant sary of iconic tribal leader their brighter future. The Vice Chairman also cultural programmes.

JI NEWS SERVICE

KUPWARA, NOVEMBER 15

In an effort to ensure tion process. accurate and up-to-date Election Office Kupwara organized Special Summary Revision Awareness Camps at various places in the district.

These camps are aimed regarding the importance of voter registration and the ongoing summary revision process.

The camps provided a platform for citizens to verify and update their racy. voter information, ensuring that the electoral rolls individuals in complet- ITI Kupwara and in vari- District Kupwara.

ing the necessary Forms, ous Higher Secondary addressing queries and Schools of the District facilitating the registracovering all the Assembly Constituencies.

ACR Kupwara, Irfan These awareness electoral rolls, the District Bahadur, while address- camps promote incluing the audience at sivity and encourage Degree College Kupwara, eligible individuals to Polytechnic Kupwara and exercise their right to Govt College for women vote. The officials conat sailkoote emphasized ducting these camps on the significance of citi- urged the residents to to enhance awareness zen participation in the actively engage in this among the residents democratic process. He initiative, contributing said that the right to vote to the strengthening of empowers us to particithe democratic founda pate and impact policies tion.

of the govt. This is the These Special Summost powerful weapon mary Revision Aware in our hands in a democ- ness Camps exemplify

camps were held at vari- parency and inclusivereflect their recent and ous places in Main Market ness in the electoral proaccurate details. Elector- Kupwara, Govt Degree cess, fostering a sense al officials, EROs/ AEROs College Handwara, GDC of civic responsibility were present to assist Langate, GDC Karnah, among the people of

the commitment of Similar Awareness administration to trans-



9th IISF 2023 to be held at Faridabad, Haryana from January 17th-20th, 2024

JI NEWS SERVICE NEW DELHI, NOV 15

The 9th edition of the India International Science Festival (IISF) 2023 will be held at Faridabad, Haryana from January 17th-20th, 2024

India's mega Science Fair will be held at the Campus of Translational Health Science and Technology Institute (THSTI) and Regional Centre for Biotechnol- among all stakeholders through ogy (RCB) of Department of Biotechnology in Faridabad.

The theme of the present edition is 'Science and Technology Public Outreach in Amrit Kaal'. form for inspiring public at large shows, etc.

educators, scientists, research- Technology and Innovation for ers, industry professionals, the advancement of prosperous entrepreneurs and science communicators.

and individuals with diverse

17 themes to showcase scientific dra Modi through collaborative achievements offering diverse efforts of the Ministry of Science benefits to participants and the and Technology and the Ministry general public.

The event holds interface various activities such as seminars by national and international experts, interactions with speakers, exhibitions, competitions, workshops, knowledge-IISF 2023 aims to provide a plat- sharing activities, technology Atomic Energy became an inte-

The IISF is dedicated towards levels of interests like students, fostering creativity in Science, India. This event was initiated under the visionary leadership IISF 2023 will have a total of of Prime Minister Shri Narenof Earth Sciences in association with Vijnana Bharati.

Since 2015, the IISF has hosted eight editions in different geographical regions of India and expanded as a mega science festival. In 2021, the Department of Space and the Department of gral part of IISF.

Vikramaditya Singh expresses grief over Doda accident

quate compensation to the

who contested the MP

election from the Udham-

pur-Doda Parliamentary

Constituency, said that the

erstwhile Doda district is

known as an area prone

families of the victims. Vikramaditya Singh,

JI NEWS SERVICE JAMMU, NOVEMBER 15

Former MLC Vikramaditya Singh today expressed deep grief over the tragic accident in Doda district that claimed the lives of 38 people and left 17 others severely injured.

to fatal road accidents. He In a statement issued emphasized the need for here today, the former stricter enforcement of MLC conveyed his heart- traffic regulations, ensurfelt condolences to the ing that only roadworthy bereaved families and vehicles and qualified drivprayed for the eternal ers operate commercial peace of the departed vehicles. He also stressed souls. He also urged the the importance of curbgovernment to provide ing vehicle overloading, the best medical care to a significant contributing the injured and offer ade- factor to these accidents.

Mega Block Diwas held at Kulgam



JI NEWS SERVICE KULGAM, NOVEMBER 15

To reach out to the people for early redressal of their grievances and issues, the grammes in three blocks ments. of the district viz. Devsar,

Kulgam and D.H Pora.

(DC) Kulgam, Dr. Bilal

witnessed participation

Officers and heads of departments responded District Administration to the queries and griev-Kulgam today organized ances of the people perpublic outreach pro- taining to their depart-

PRI members from vari-

ous areas also projected

various developmental

demands of their areas.

The DC after giving patient hearing to the To take firsthand public issues raised during appraisal of issues of the camp addressed some public importance, the grievances of the immedi-Deputy Commissioner ate nature on the spot.

He instructed the Mohi-Ud-Din Bhat pre- authorities of KPDCL to sided over the weekly ensure scheduled power grievance redressal camp supply to people in all at Kulgam. The grievance areas to avoid inconveredressal programme nience to people.

ADDC, Showkat Ahmad of people from Nandi- Rather; ADC, Vikar marg, Qaimoo, Srandoo, Ahmad Giri; ACR, Imtiyaz Ashthal, Modergam and Ul Aziz and other district redressal camp.

FROM THE FRONT PAGE...

Prime Minister Narendra...

Hon'ble Prime Minister, for the welfare of the tribal persons," Sinha posted on X. population

ity by the administration and various initiatives were lives due to the unfortunate bus accident in Assar, Doda. launched cutting across sectors to empower tribal com- Rs. 1 Lakh would be given to those injured. munities of J&K UT, the Lt Governor said.

He said the administration has taken significant initiatives for the holistic welfare of tribal communities.

The Lt Governor called for collective efforts from citizens, stakeholders, community leaders, social organizations and administration to address the focus areas EKLAVYA, Scholarships, Forest Rights titles, Self Help Groups and Van Dhan Vikas Kendra.

Administrative officials to focus on saturation of Individual Forest Rights.

Beneficiaries from Rajouri and Bandipora shared their experiences with the Lt Governor through video help to the injured. In this moment of immense grief, conferencing and expressed gratitude for welfare their thoughts and prayers lie with the families of the schemes

'Hamara Sankalp Viksit Bharat' pledge was also administered on the occasion.

In other districts, the outreach activities will start from 3rd week of November. Route plan for IEC Vans has been prepared and control room has also been accident. It is also the need of time to build the road established at UT and District level for overall coordination.

TRAGIC: 39 killed, 17 injured...

37 have lost their lives, and 19 are injured. "Among the injured people, four have been airlifted to GMC Jammu for special treatment. A thorough examination of the vehicle, including insurance and service life, has been conducted and everything found alright," he said.

The DC Doda said: that "The driver of the vehicle been initiated into the case."

Taking to KNO, Medical Superintendent. Medical

Admin to provide all necessary assistance to affected

He announced an ex-gratia of Rs. 5 Lakh each would Since August 2019 tribal welfare was given top prior- be given to the next of kin of those who have lost their

Four former chief ministers of the erstwhile state and other political leaders also expressed condolences over the loss of lives

PDP president Mehbooba Mufti also expressed grief over the loss of lives. "Deeply shocked & saddened about the tragic road accident at Assar in Doda. Deepfor tribal districts under Viksit Bharat Sankalp Yatra est condolences to the families of those feared dead & including sickle cell anaemia elimination, enrolment in hope the administration expedites rescue operations," she posted on X.

"JKNC President Dr Farooq Abdullah and VP @Oma-He further directed all District Commissioners and rAbdullah are extremely shocked and saddened to hear about the road accident at Assar near Trungal in Doda district in which several are feared dead. They have implored the administration to provide all possible deceased," the National Conference posted on X. Chairman Democratic Progressive Azad Party (DPAP) Ghulam Nabi Azad: "The accident at Assar, Doda is a human catastrophe & I am sharing the grief of all those hapless families who lost their dear ones in this devastating infrastructure of this landlocked region and ensure traffic plying on this road is following rules to avoid such accidents in future. Request LG Manoj Sinha Ji to ensure all possible support to the affected families!'

"Distressed to hear about the tragic accident of a passenger bus in Doda, claiming many precious lives. There are reports of critical injuries to many on board passengers in the mishap. May the souls of those killed in the accident rest in peace in the world hereafter and the grief stricken families be granted with patience. Praying for swift recovery of the injured persons," Altaf also died. There is a possibility that the vehicle might Bukhari, President, J&K Apni Party. J&K People's Confernot have been operated appropriately. An inquiry has ence: "Heart-wrenching news from Doda as a passenger bus met with a tragic accident, plunging into a gorge in

Assar. Our sincere condolences to the families affected

On the occasion, the Lt Governor launched 'Skill to Enterprise Modelling pilot programme, a partnership initiative of SIDBI and IUST wherein skilled youth will be trained for entrepreneurship development. The aim is that every student should develop his/her own enterprise at the end of the programme.

A Memorandum of Understanding was signed between Small Industries Development Bank of India (SIDBI) and J&K UT for financial assistance to MSME cluster infrastructure development projects for modernization, upgradation or establishment of infrastructure, development of industrial estates etc.

At IUST, the Lt Governor also inaugurated the Entrepreneurial Business Exhibition and the Humanity Block of the University.

Prof. Shakil Ahmad Romshoo, Vice Chancellor, IUST; Sh Santosh D Vaidya, Principal Secretary Finance Department; Sh Sivasubramanian Ramann, Chairman and MD SIDBI; Sh Saurabh Bhagat, Commissioner/ Secretary, Skill Development Department; Dr Subi Chaturvedi, Chief Corporate Affairs & Public Policy Officer, InMobi; prominent personalities from diverse fields, industry leaders, faculty members and students of IUST were present.

People in Doda blame...

"People are here to repeatedly collect bodies after every accident ... " Ashraf added.

"As a public representative, we gave them an amount of Rs 6 lakh to repair the road. They failed to repair this road. They might have misappropriated the money. A few months ago, a similar accident took place here and we lost many lives," he alleged.

Sarwar Khan, a resident of the Trungal-Assar area, urged authorities to immediately repair the hilly road, fill the potholes and ensure black topping to save people from getting killed due to bad roads.

"We demand a probe into this accident. Those responsible for failure to maintain the roads should be brought to books," he said.

The bus bearing registration number JK02CN-6555 was reportedly carrying around 56 passengers, officials

JI NEWS SERVICE GANDERBAL, NOVEMBER 15 and other issues of public importance.

The ADDC gave nec-The District Administra- essary instructions to tion Ganderbal today con- the officers for ensuring ducted mega Block Diwas timely redressal of the

other areas who put forth officers and officials were various developmental present in the grievance and welfare demands.



people have been brought to the facility after they were our thoughts & prayers are with them." airlifted. "A minor girl, who is currently stable, is being tion scheduled for tomorrow. Two injured people did not survive the incident. Another person is in critical him," he said.

Officials said that today's accident in Doda seems to be one of the deadliest in the recent years. It may be recalled that a significant portion of the road fatalities in J&K were attributed to accidents on national highways, particularly in hilly Doda-Kishtwar-Ramban areas of Jammu region. According to a recently released report by the Ministry of Road Transport and Highways (MoRTH), an alarming total of 4,287 lives were tragically lost due to road accidents from 2018 to 2022 in J&K.

The report reveals 984 lives were consumed by road accidents in 2018 while the figure was 996 in 2019. In fate. Covid-19-hit years of 2020 and 2021, the numbers came down with 728 and 774 deaths respectively before, rising to 805 deaths in 2022.

ACCIDENT DEATHS WIDELY CONDOLED:

President Droupadi Murmu, Prime Minister Narendra Modi, Home Minister Amit Shah and J&K Lieutenant Governor Manoj Sinha expressed shock and sadness over a bus accident.

"I am deeply saddened by the news of the unfortunate death of several passengers in a bus accident in Doda district of Jammu and Kashmir. I express my condolences to the bereaved family members and pray for the speedy recovery of those injured," Murmu said in a post in Hindi on X, formerly Twitter. Prime Minister near and dear ones. I pray that the injured recover at the earliest," Modi said on X.

He announced that an ex gratia amount of Rs 2 lakh each would be given to the next of the kin of the is being ascertained. KNO deceased and Rs 50,000 each to the injured from the Prime Minister's National Relief Fund (PMNRF).

Union Home Amit Shah also condoled the deaths in accident: Deeply anguished to learn about the loss of precious lives due to a tragic bus accident at Doda, Jammu and Kashmir. The local administration is conducting the rescue operation in the gorge where the bus lies of the deceased and prayers for the speedy recovery of the injured," Home Minister, Amit Shah said on X.

"Extremely pained by the loss of lives in a tragic bus accident in Assar, Doda. My heartfelt condolences to bereaved families & wishing for a speedy recovery of those injured in the accident. Directed Div Com & Dist high life values to achieve long-term success.

College Hospital, Jammu, Dr. Narinder Bhatial said four by this devastating incident. In these difficult moments,

CPI (M) leader Mohamad Yousuf Tarigami: "Expresstransferred to the ICU for further care, with her opera- ing profound shock at the tragic accident in Doda. The recurring accidents in the region demand immediate attention. Earlier, a House Committee was constituted condition and our efforts are focused on trying to save that had submitted its recommendations to minimise the accidents in the area. Unfortunately, its recommendations were not implemented. Appealing to @ OfficeOfLGJandK to provide adequate compensation to the families of the deceased and ensure the best possible treatment for the injured."

> A LOOK AT PAST ACCIDENTS: October 6, 2018: 21 casualties and 15 injuries near Kela Morh, Ramban district, as an overcrowded mini-bus plunged into a 200foot gorge

September 14, 2022: 11 fatalities and 29 injuries in Poonch district as an overloaded mini-bus met a similar

July 1, 2019: 35 lives lost and 17 injured in Kishtwar's Sirgwari area due to an overloaded mini-bus veering off the road.

May 30, 2023: 10 Vaishno Devi pilgrims from Bihar killed and 57 injured in Jammu district as their bus skidded off the road.

DIV COM JAMMU ORDERS PROBE: In an official order, the Divisional Commissioner said that it is imperative to enquire into the circumstances leading to the accident which resulted in the death of several passengers and injuries to others on board. "Therefore, a committee comprising of the following officers is hereby constituted to enquire into the circumstances leading to the tragic incident. The committee shall enquire into the Narendra Modi said the bus accident was distressing. incident and furnish a detailed equity report within a "My condolences to the families who have lost their week's time," the order reads, adding that the probe committee will be headed by ADM Doda with Superintending Engineer PWD, Doda and ARTO Doda as its

members. Meanwhile, the identity of dead and injured

LG inaugurates National...

necessary changes in their curriculum as per industry needs and provide students access to new technology having transformative impact on today's world.

The traditional model of higher educational instituhad the accident. My heartfelt condolences to the fami- tions are no longer adequate to prepare the present and future workforce and meet the needs of industries, which are being transformed by cutting-edge technology changing at an ever-increasing rate, he added.

He also encouraged the students and young entrepreneurs to develop new and original ideas, inculcate

said earlier in the day, adding that it skidded off the road near Trungal-Assar on the Batote-Kishtwar national highway and fell 300 feet downhill.

Lt Governor inaugurates...

Dr Sandhya Purecha, Chairperson, Sangeet Natak Akademi; Sh Bharat Singh Manhas, Secretary, J&K Academy of Art, Culture & Languages; Sh Raju Das, Secretary, Sangeet Natak Akademi; senior officials of Civil Administration, renowned artists from West Bengal, Odisha, Jharkhand and J&K were present.

NIA chargesheets Pak...

Azhar Alvi, was engaged in motivating Kashmiri youth as part of a larger conspiracy hatched by proscribed terrorist organisations and their affiliates to carry out terrorist acts and activities in the region."

It reads that according to NIA investigations, Dilwar was responsible for motivating Ubaid to join the JeM militant ranks.

"Dilwar would incite youth having a militancy background to pursue Jihad by sharing with them inflammatory audio clips and videos as well as images of Maulana Masood Azhar Alvi, showing the latter preaching radical Islam. He would also send videos related to encounters in the Kashmir valley and would provoke the youth to pick up arms."

It added that the accused have been charged under sections 120B & 121A of the IPC, 1860 and Sections 18, 18B, 20 & 38 of the UA (P) Act, 1967. "The terror conspiracy case (RC-05/2022/NIA/JMU) was registered by NIA suo motu on 21st June 2022. It relates to the conspiracy hatched by terrorist organisations to unleash violent terrorist attacks in J&K with sticky bombs, IEDs and small arms, etc. as part of the Pakistan-backed terror groups' conspiracy to carry out acts of terror and violence in J&K. It involves radicalization of local youth and mobilization of overground workers of newly floated terrorist groups, such as The Resistance Front (TRF), United Liberation Front Jammu & Kashmir (ULFJ&K), Mujahideen Gazwat-ul-Hind (MGH), Jammu & Kashmir Freedom Fighters (JKFF), Kashmir Tigers, PAAF and others. These outfits are affiliated to proscribed terrorist outfits like Laskhar-e-Toiba (LeT), Jaish-e-Mohammed (JeM), Hizb-ul-Mujahideen (HM), Al-Badr, Al-Qaeda, etc.

It reads that investigations in the case are ongoing with NIA continuously working to expose and thwart the bigger conspiracy of the terrorist organisations to revive terrorism and disturb peace and communal harmony in Jammu & Kashmir. KNO

at Mammar with the pur- genuine concerns of the pose to listen to the griev- locals and several issues ances of people at their were also redressed on door steps and to ensure spot. immediate redressal of the same.

The camp was presided culture, Health, Sheep over by the Additional Dis- Husbandry, J&K Bank trict Development Com- and others apprised the missioner (ADDC) Gan- participants about the derbal, Mushtaq Ahmad beneficiary oriented and Simnani along with SDM self-employment schemes Kangan, Javaid Ahmad Rather.

The camp witnessed schemes as per eligibility, overwhelming partici- aimed to improve sociopation of PRI members economic condition of and prominent citizens people. The event was of Kangan block who attended by BDC Chairhighlighted the issues person Kangan, Executive and demands pertaining Engineer KPDCL, Tehsilto their areas including dar Ganderbal, CMO, Disdevelopment of roads, trict Social Welfare Officer Panchayat building at and BDO Kangan besides Mammar, augmentation other district and sectoral of water supply scheme, officers.

Meanwhile, various departments like Agriavailable and were urged to take benefit of such

Purnima expresses grief over tragic Doda accident

JI NEWS SERVICE JAMMU, NOV 15

injured.

the best medical care to the injured and offer adequate compensation to the families of the victims.

Adv Purnima Sharma, Spokesperson BJP J&K Purnima expressed con and former Deputy Mayor cern over the alarming fre-Jammu, expressed deep quency of such accidents grief over the tragic acciin Doda district, emphasizdent in Doda district that ing the need for thorough claimed the lives of 38 investigations to identify people and left 17 others In a statement issued the importance of raising today, the senior BJP leader awareness about road conveyed heartfelt con- safety among the general dolences to the bereaved public, especially among

the root causes of these tragedies. She also stressed families and prayed for the youth. She urged the eternal peace of the everyone to follow traffic departed souls. She urged rules and regulations and the government to provide to be careful while driving.

Block Diwas: DDC listens to public grievances at Pargwal Gaurav Diwas' celebrations at Jammu

JI NEWS SERVICE JAMMU, NOVEMBER 15

District Development Commissioner, Sachin Kumar Vaishya, today held Block Diwas here at Block Headquarter Pargwal and interacted with the locals to address their issues and demands.

DDC Vice Chairman, Suraj Singh; BDC Chairperson, Nisha Devi; DDC Member, Bhushan Bral besides Sarpanchs and PRI representatives also participated in the event.

The issue of the project of Sajwal-Indri Bridge, which is vital for the connectivity of the area, was prominently raised and acknowledged by the DDC.

Locals also demanded strengthening of patient care services at Primary Health Centre Pargwal, requirement for veterinary facility, other medical requirements, quality drinking water supply, ration card bifurcation, demand for improved irrigation facilities and other developmental needs of the area

ment schemes benefiting the locals, like delivery employment opportunities under UMEED.

Molu via Rangpur Pindi Road, power requirement of local health centre, and



pensation issues.

of Kisan Credit Cards, Diwas is an important ini-PMEGP initiatives and tiative to reach out to the government.

special camps. He also functionaries for the ing.

The Sarpanchs also assured taking action development of the area highlighted the success on other requests and and the implementation stories of different govern- assured looking into com- of the schemes. He asked them to work with dedica-He said that the Block tion and sincerity for the

welfare of the people. SDM Khour, Anil Kumar people at the grassroots Thakur; Assistant Comlevel and to ensure speedy missioner Development, The DDC asked for and transparent delivery Preeti Sharma; Tehsildar redressal of several of public services. He Pargwal, Manjeet Singh; demands on the spot, such urged the people to avail BDO Pargwal, Virender as the provision of boats the benefits of different Kumar besides other disfor emergency situations, welfare schemes and pro- trict officers were also grammes launched by the present at the occasion. During his visit, the

He also appreciated DDC also inspected Health arrangement of Ration the efforts put in by PRI & Wellness Centre Pargwal Card services through members and the field and reviewed it's function-

'Janjatiya Gaurav Divas' observed at Kulgam

JI NEWS SERVICE KULGAM, NOVEMBER, 15

The 'Janjatiya Gaurav Divas', was today observed at mini-secretariat Kulgam to mark the birth anniversary of iconic tribal leader Birsa Munda. programme The marked participation of masses particularly members of the tribal community, PRIs and locals. Speaking on the historical background of Mohd Afzal Parrey said



Advisor Bhatnagar addresses Janjatiya

JI NEWS SERVICE JAMMU, NOVEMBER 15

Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today addressed the Janjatiya Gaurav Diwas celebrations at Abhinav Theatre here to mark the birth anniversary of the iconic tribal leader Birsa Munda.

celebrations of this Diwas symbolizes profound India's tribal communities to the nation's freedom struggle and cultural richness. He highlighted that against colonial rule.

The Advisor remarked 'Developed India', show- welfare and development among them.



Addressing the large casing the integral role of tribal communities. gathering of different of tribal communities in He highlighted that new tribal communities of J&K, the nation's progress and Advisor Bhatnagar said the unique cultural diversity. He highlighted that the schools in tribal areas, mir like Gujjars, Baker-

tribal communities have and modernizing existing recognition and respect tremendous contribution hostels as well as Eklavya others. These celebrations for the contributions of in every sphere of society, Model Residential Schools are not merely a reflection particularly in the ongoare some significant steps of the past but a conscious ing developmental and aimed at enhancing qualeconomic progress. ity education to tribal chil- heritage alive in today's dren, encompassing not digital and globalized

Highlighting on some of this day reflects the spirit the initiatives of the govonly academics but overof bravery and resistance ernment, Advisor Bhatall development. that tribal communities nagar underlined that the occasion commended mitment to acknowledgembodied in their fight present LG led Administration has started various the members of all tribal ing and preserving the schemes for the empowerthat the celebrations of ment of tribal communi-

communities for presenting their unique culture Janjatiya Gaurav Diwas ties and the Tribal Affairs and traditions through aligns with the broader department has been remarkable performances theme of 'Viksit Bharat' or pivotal in enhancing the and bestowed mementos

activities to celebrate Audit Week from He also visited the stalls Nov 19 to Nov 24 showcasing traditions and **JI NEWS SERVICE** customs of different tribal communities of Jammu JAMMU, NOVEMBER 15

and Kashmir.

wals, Gaddis, Sippis and

effort to keep the tribal

world. The observance

of this day underscores

unique cultural heritage,

traditions, and values of

these communities, there-

by reinforcing their role in

building a more inclusive

and diverse nation.

The Advisor on the the government's com-

Pertinently, Tlthe week-To commemorate founlong Janjatiya Gaurav dation day of Comptrol-Saptah, being celebrated ler and Auditor General by Tribal Affairs departof India (CAC), Audit ment serves as a vibrant week is to be celebrated platform to exhibit the in the whole country rich tapestry of tribal from 19 November 2023 culture, traditions, and to 24th November 2023. lifestyles, particularly In Jammu and Kashtribal hostels, transform- highlighting the diverse mir, the office of Pr. ing schools into smart tribes of Jammu & Kash-

Accountant General Office plans series of

Accountant General (Audit and A&E) is going to organize numerous programmes/activities during the week which include Blood donation camp, Interaction with students, interface with PRIs, Environmental awareness, supports activities and cultural activities

The weeklong activities will culminate on 24th of Nov 2023 and the valedictory function would witness the participation of Lt Governor of Jammu and Kashmir as the Chief Guest.

Final Phase of B2V5 programme commences in Baramulla with massive public participation

JI NEWS SERVICE BARAMULLA, NOVEMBER 13

Marching ahead towards achieving the purpose of ambitious initiative, the fifth and final phase of ongoing "Back to Village" Programme (B2V5) today commenced in Baramulla district with the visiting officers holding public engagements in 98 more panchayats across Baramulla district.

A total of 304 panchayats have already been covered across Baramulla district during the previous phases wherein the respective visiting officers held scores of Gram schemes. With covering issues and concerns of He also gave on spot direcof 98 more panchayats, a general public. target of 402 panchayats of Baramulla district will successfully be saturated, thereby making successful implementation of the ambitious outreach initiative of the government at grass root level. At Baramulla, the mega event was organized at Fatehpora Panchayat ances put forth by the PRIs wherein the visiting officer, and general public per-Secretary Law in General tained to Jal Shakti, R&B, Administration Department, Muzaffar Ahmad Wani, accompanied by Additional District Devel- for which they sought the opment Commissioner, Aijaz Abdullah Saraf, Joint Director Planning, M



Sabhas and informed and other concerned held will be taken up with the people about the central- a day long public interac- concerned quarters for ly sponsored and UT run tion and assessed the core timely and early action.

Release of PM Kisan Installment by Prime Minister: Reasi admin organises Live streaming



Department of Agriculture farmers will be benefited Ramban, in collaboration throughout India with with the District adminis- transfer of more than Rs tration, today organized 18000 crore directly in the live streaming of the their accounts. release of 15th installment of PM Kisan Saman Nidhi scheme has already proscheme by Prime Minister vided significant benefits Narendra Modi.

Additional Deputy country and the latest Commissioner Reasi, installment will boost Abdul Star, Block Devel- their income and contribopment Council Chair- ute to the growth of the person Parveen Begum, agriculture sector in Reasi

their account for purchase of different agriculture inputs. More than 8 crore

He said the PM Kisan to the farmers across the





lighted significance and tribal communities. He added that the occasion, Chairperson the day and said that the government is focused District Development 'Janjatiya Gaurav Divas' is and slew of measures Council (DDC) Kulgam, dedicated to the memory have been taken for the of brave tribal freedom betterment of the tribal that from ancient times, fighters so that coming community. Dr Bilal also tribal community was generations could know gave a brief of projects neglected a lot, how- about their sacrifices for completed and dedicated ever a positive change the country and a trib- for tribals. DDC Member is occurring throughout ute to Birsa Munda who from Manzgam, Jameela and present administra- fearlessly worked for the Chowdary and other tion is focused for uplift- freedom of India. He also speakers from Tribal ment and welfare of trib- highlighted various initia- community threw light als. Addressing the event, tives and measures that on the priceless sacrifices the Deputy Commission- have been taken by the by various tribal leaders er (DC) Kulgam, Dr. Bilal Administration for uplift- on the path of securing Mohi-Ud-Din Bhat high- ment and progress of freedom of the nation.

With massive participation of people from all of issues of public. the adjacent villages, the public and PRIs extended their warm welcome to the Visiting officer and put forth their major demands pertaining to their aspirations.

The demands and griev-PDD, Education, Health, Social Welfare and other concerned departments

intervention of Secretary Law for early redressal.

tions to all the concerned departments for redressal

> Meanwhile, in the opening ceremony of the mega event, the Secretary Law inspected stalls installed by various departments showcasing their services and facilities being provided to the people.

During the ongoing programme, various colorful cultural activities were performed by school children which mesmerized the participants.

On the occasion, the Visiting Officer also distributed school bags, The visiting officer baby kits among school Yousuf Rather, Assistant listened to issues of the children and sanction let-Commissioner Revenue, people patiently and reit- ters and other certificates Peerzada Mumtaz Ahmad erated that all grievances among beneficiaries.

District Sheep Husband- district.

ry Officer Dr. Sarfraz Naseem, Tehsildar Reasi stressed upon utilization Suresh Singh, Tehsildar of PM Kisan Saman Nidhi Pouni Naresh Kumar, Sub Scheme for purchase of Division Agriculture Offi- fertilizer seed and other cer Reasi Vinod Khajuria, agriculture inputs. Kisan Sarpanches PRI members Morcha president Chain and farmers of adjoining singh also addressed the Chief Agriculture Offi- culture planning and mar-

cer Reasi Harbans Singh, keting, Agriculture Offiin his welcome address, cer/officials and about 50 informed that 29463 farm- farmers including women ers of district Reasi will be farmers from adjoining benefited by transfer of Rs villages attended the pro-5.89 crore through DBT in gramme.

villages.

The BDC Chairman gathering. AGMO Horti-

Kathua Admin celebrates 3rd Janjatiya Gourav Diwas JI NEWS SERVICE

KATHUA, NOVEMBER 15

DDC Reasi attends B2V5 activities at Treen Meyari and Aghar Jitto Panchayats

JI NEWS SERVICE

REASI, NOVEMBER 15

here today. The visit aimed area. Accompanied by visit- all basic facilities directly ment. ing officers Rahul Sharma, at the doorsteps of the

Mahajan interacted directly ing public grievances and effective development of Back to Village programme, presence of visiting officer with the residents. The dis- enhancing daily lives.

cussions provided valuable The District Develop-As part of the ongoing insight into pressing issues ment Commissioner shed Commissioner concluded al environment for the bensecond round of the Back such as power supply, water light on various welfare the visit by reiterating the to Village-5 programme, the availability, road conditions, schemes and government District Development Com- land compensation, con- programs designed for the missioner Reasi Vishesh struction of sports stadium, general public, assuring the Mahajan led a comprehen- construction of a new build- community that the Reasi sive tour of Treen Meyari ing for HSS Aghar Jitto, and administration is dedicated and Aghar Jitto Panchayats, shortage of staff in schools. to ensuring the benefits of Addressing the public these initiatives reach every at engaging with the public during the visit, the District individual in the district. tion of developmental plans. physical fitness and tech-

to understand their con- Development Commissioner This commitment reflects cerns and prioritize devel- reiterated the UT administra- the administration's dediopmental initiatives for the tion's commitment to deliver cation to inclusive develop-

During the tour, the Dis-Transport Commissioner, common masses. Emphasiz- trict Development Commis-Commissioner Vishesh of PRIs in efficiently address- formulation of plans for the announcement during the acted with the public in the initiatives.

their respective areas.

The District Development administration's commitment to transparent govpublic that their concerns and suggestions would be given due consideration in the formulation and execu-Shiksha Abhiyan, Deep Raj, of students. announced Rs 1 lakh for the

emphasizing the importance of enhancing the educationefit of the students.

Furthermore, Project Director of Samagar Shiksha ernance and assured the Abhiyan Deep Raj proposed open gym and smart classes ognizing the importance of In a significant develop- nological advancements in ment for the educational education, these initiatives

and Deep Raj, Project Direc- ing the importance of initia- sioner urged Sarpanches, renovation of the Higher Development Commission- es faced by communities, tor Samagar Shiksha Abhi- tives like Back to Village, he Panches, and senior citizens Secondary School (HSS) in er Jyoti Slathia visited Pan- allowing for more targeted yan, District Development highlighted the pivotal role to actively participate in the Aghar Jitto. He made this thal panchayat and inter- and effective developmental

Rachana Sharma Secretary in the Social Welfare Department. She also took stock of developmental issues and concerns of locals.

Speaking on the occasion, ADDC said that the the establishment of an Back to Village programme is an ambitious initiative within HSS Aghar Jitto. Rec- aimed at bringing governance to the grassroots level, fostering community engagement, and addressing the concerns of the public infrastructure in the district, are designed to contribute directly. Through on-the-Project Director of Samagar to the holistic development ground interactions, government officials gain firsthand Meanwhile, Assistant knowledge of the challengDistrict administration Kathua today organised a programme in the premises Gujjar & Bakerwal Hostel Kathua to commemorate 3rd Janjatiya Gourav Diwas.

Chief Planning Officer, Uttam Singh was the chief guest, while Ex President MC Lakhanpur Surmu Din was the guest of honour. The event unfolded with the highlighting of achievements made with regard to the tribal welfare in the district during the current financial year.

The Students of Gujjar Bakarwal community presented the folklores besides throwing light on the life of great tribal freedom fighter Birsa Munda in India's freedom struggle and also highlighted the cause of tribal population. Speaking on the occasion, the CPO said the commemoration of Janjatiya Gourav Diwas is dedicated to appreciate the valued contributions made by the Tribal community in varied fields. He also threw light on the development initiatives undertaken in the district for the uplift of the Tribal community.

Later, the Chief Guest gave away prizes to the students of Gujjar & Bakkerwal Hostel who performed in the cultural programme. Pertinently, the Government of India has decided to celebrate November 15 as 'Janjatiya Gaurav Diwas' to mark the birth anniversary of Tribal Freedom Fighter "Birsa Munda" from year 2021 onwards, who was not only a freedom fighter but also social reformer and led tribal movement, namely Ulgulan (Revolt) against exploitative systems of British Colonial Govt. He is also known as Dharti Abba as he encouraged tribal people to understand their cultural roots & observe unity.

EDITORIAL

Doda accident-a grim reminder of official apathy

Vet another unfortunate fatal road mishap in mountainous Doda district has claimed the lives of at-least 37 people while 19 others were injured when a bus carrying passengers skidded off the road and rolled down into a 300-foot gorge. The incident has again put a big question mark on the safety measures being taken to minimize the fatal road mishaps. Instead of devising strategy to reduce the rising number of road accidents on hilly roads, the law enforcing agencies, including traffic police, have given much thrust on issuing maximum challans to penalize the violators and generate revenue out of it. Last year, the Union Territory government had constituted a high-level panel of experts to find out the reasons for recurring fatal mishaps in three districts (Ramban, Doda and Kishtwar) of Chenab region, especially on 110-km-long treacherous Batote-Doda-Kishtwar national highway. Over the years, several measures had been taken to deal with the fatal road accidents in the region but all efforts, so far, have failed to yield the desired results. If one goes by the official statistics, over 2,850 road accidents have been reported in three districts of Chenab region during the last five years, in which at-least 752 people lost their lives, while over 3,600 were injured-many of them rendered handicapped. In 2022 alone, as many as 129 people were killed and 385 received injuries in 621 road mishaps in these three districts. This year till August, around 400 accidents took place in which 68 persons lost their lives while 523 were injured in three districts of Chenab region. This number is continuously ticking up because no serious efforts are being made to stop fatal mishaps. The decision of the government to form a panel of experts to suggest measures and make recommendations to the government as to how the rising number of road accidents can be brought down in the region was taken after the High Court directed the government for the same. In December last year, a Division Bench of the High Court of Jammu & Kashmir and Ladakh had directed the Government to constitute Committee of Experts (CoE) to ascertain reasons and file Action Taken Report (ATR) on the frequent road accidents in the hilly areas of Chenab Valley comprising three districts of Ramban, Doda and Kishtwar. On December 17 last year, a social activist of Doda district had written a letter to the Chief Justice of J&K and Ladakh High Court requesting for taking suo-moto cognizance of increasing road accidents in the hilly terrain of Chenab Valley. The letter was treated as Public Interest Litigation (PIL) and clubbed with a PIL titled Intakhab Ahmed Qazi Versus State of J&K and Others, which raised the issue with regard to road accidents on the Mughal Road. The letter was written close on the heels of the death of three engineers in a fatal road mishap near the Assar area on the Batote-Kishtwar national highway on November 14 last year. The RSP had envisaged that all existing and new roads would be equipped with standard traffic control features like signs, marking, crash barriers, delineators etc, besides initiatives would be taken to upgrade major roads in the state and classify important roads as state highways. There is a need to formulate some concrete measures to save the lives of the people who died while driving on killer roads in the Chenab region. No complacency in any form is tolerated while keeping a close watch on the implementation of recommendations of experts on ground.

Atrocities in Baluchistan: Unveiling the Struggle for Justice and Human Rights

SIKANDER LONE

conflicts, the province of Baluchistan stands with political struggles and of human rights.

divided between Iran, sions. This article focuses

military clampdowns. The Baluchistan conflict in as a stark reminder of Pakistan dates back severthe human cost entwined al decades, fuelled by the Baloch nationalist's quest power dynamics. Nestled for greater autonomy and at the intersection of South a fairer share of the prov-Asia and the Middle East, ince's abundant natural Baluchistan has been resources. These grievplagued by allegations ances stem from the perof severe human rights ceived economic exploitaviolations and atrocities, tion, political marginalizabringing into question the tion and cultural suppresprinciples of accountabil- sion faced by the Baloch ity, justice and the pro- people. In response, the tection of human rights. state's actions have been This article dives deeper characterized by alleinto the historical context gations of widespread of the Baluchistan con- human rights abuses, flict, uncovers the extent casting doubt on the ethiof the atrocities commit- cal behaviour of military ted, explores the implica- and security forces. The tions of these actions and scope of alleged atrocities underscores the pressing in Baluchistan is deeply need for accountability, unsettling, encompassing justice and the upholding enforced disappearances, extrajudicial killings and Baluchistan, a region the stifling of dissenting

voices. Reports from vari-Afghanistan and Pakistan, ous sources, including rephas endured a long history utable human rights orgaof political and ethnic ten- nizations, independent journalists and Baloch primarily on the Baluch- activists, have painstaking- Human Rights Commis- rights abuses have strained their positions, is pivotal justice and the protection istan conflict within Paki- ly documented instances stan. This conflict traces of abduction, torture and its roots to the struggle summary executions. for autonomy and the Tragically, numerous persons in Baluchistan stage. The international required to pave the way challenges, but it is a path

has often been met with their families in a state n the tapestry of global forceful suppression and of agonizing uncertainty and despair. The region of Baluchistan has morphed into a realm of fear and mistrust, where communities find themselves caught between militants and military forces. The emergence of armed separatist groups has further complicated the landscape, contributing to an atmosphere of violence and instability that undermines the social fabric.

One of the most egregious incidents that continue to haunt the collective memory of Baluchistan is the brutal killing of Nawab Akbar Bugti, a prominent Baloch nationalist leader. In 2006, Bugti was killed in a military operation led by the Pakistan Army. His death sparked outrage among Baloch nationalists and activists galvanizing calls for justice and accountability. Enforced disappearances have also been a recurring theme in Baluchistan's recent ty. On a geopolitical scale, history. According to the reported cases of missing

uncertainty. A comprehensive report published Baloch activists, journalpromoting Baloch identity and autonomy. The impli-Baluchistan are profound and manifold. At a perapart, families are shattered and different communities have been traumatized. The psychological scars of the relentless cycle of violence and fear are immeasurable, deeply impacting individuals and the allegations of human

Baloch identity, which without a trace leaving These cases involve indi- with a dilemma when deal- atrocities in Baluchistan. viduals who were alleg- ing with a nation whose Immediate steps involves edly picked up by security security forces stand the release of individuals forces and then went miss- accused of gross human subjected to enforced dising with their families left rights violations. This not appearances, the cessation in a state of anguish and only affects bilateral rela- of torture and extrajudicial tions but also underscores killings and the restorathe importance of main- tion of civil liberties to the by Amnesty International taining ethical conduct people of Baluchistan. To in 2020 sheds light on the within state institutions. In address the root causes alarming prevalence of the face of allegations of of the conflict, a genuine enforced disappearances atrocities, accountability and inclusive dialogue and extrajudicial execu- emerges as an indispens- between the state and tions in Baluchistan. The able principle. Establish- Baloch nationalist groups report highlighted how ing accountability mecha- is essential. It is imperative nisms is a crucial step in to address the economic, ists and students have addressing impunity and political and cultural been targeted for their holding those responsible grievances that underline alleged involvement in for human rights viola- the conflict and foster an tions to account. This environment conducive sends a powerful message to negotiation and reconcations of the atrocities in that justice prevails, even ciliation. The narratives of within the realm of secu- atrocities in Baluchistan rity forces. However, the serve as a stark reminder sonal level, lives are torn road to accountability is of the multifaceted costs of fraught with challenges, unchecked power, politiparticularly when deal- cal negligence and the ing with powerful state erosion of human rights. institutions. The process The stories of the Baloch necessitates independent people demand our colinvestigations, transparent lective attention, empathy judicial proceedings and and action. It is incumbent safeguards against undue upon the state, civil socitheir perceptions of securi- influence. Ensuring that ety and the international perpetrators are brought community to join hands to justice, regardless of in ensuring accountability, sion of Pakistan (HRCP), Pakistan's diplomatic rela- to restoring trust in state of human rights for the there were around 8,000 tions and eroded its cred-institutions and the rule of people of Baluchistan. The ibility on the international law. A holistic approach is acknowledgment of the individuals have vanished between 2010 to 2020. community is confronted for a future free from that must be taken.

path ahead is fraught with

EDI

Pakistan's Betrayal of Xinjiang's Uyghur Muslims

NILESH KUNWAR

n September 27, 2019, while speaking at the annual United Nations General Assembly [UNGA] meet at Geneva, Pakistan's then Prime Minister Imran Khan passionately spoke on Islamophobia. While his particular concern for what he perceives is persecution of the 'ummah' [the entire Muslim community considered as a whole] should have and the reason for this was his patently selective approach on this issue.

Readers would recall that just a month before his UNGA address, Khan had been asked

understanding of the religion [Islam]," communication religious leaders," and not to perceive the "common popula-"taking the shape of emotions" and advised it to "manage negative sentiments domestically."

plied without any questions Dolkun Isa telling ANI that with lip service." [Emphasis doing anything to facilitate perbeing asked. So, at a time when "Pakistan Prime Minister brings added]. during an interview given to Al Islamabad and Beijing were up the Kashmir issue all the Jazeera, whether he had ever exchanging communications time but when it comes to the community isn't impressed by Beijing to legitimise persecution discussed the issue of Uyghur on this subject, it's well nigh Uyghurs, he closes his eyes and impossible that Khan would be supports China's policy. This is unaware about the Uyghur issue a double standard." However, the cricketer turned politician as he had claimed during the Al Isa isn't the only one who has Jazeera interview. Even if this exposed Islamabad's perfidy on was the case, how could Khan who projects himself as a consummate crusader for Muslim stan's former foreign minisrights, have missed taking note ter Khurshid Kasuri saying of Beijing's 2017 'Sinification' programme which has the impertinence to presuppose [Uvghurs] are Turkic origin that Islam in its present form isn't compatible with socialism and hence needs to be adapted to China publicly." This matterto meet the Communist Party of China's requirements? Pakistan's apathy on the Uyghur issue is heart-rending report confirmed that there and with Khan admitting that Foundation for South Asian "Because of our extreme prox- Studies [EFSAS] commentary imity and relationship with China, we actually accept the Chinese version" [Emphasis that "In the case of the Uyghurs, for the Urdu publication Daily how can Pakistan escape being added], aptly reveals Islam- it is not Pakistan's self interest Jasarat is one such daring scribe. abad's absolute subservience to in the region that is the culprit. Reacting to China's Foreign Min-

These recommendations Beijing's diktats. Not only this, Pakistan's submission to the ister Qin Gang's criticism of Talipersecution and settled down in Pakistan or in parts of Pakistan through "reliable and mature occupied Jammu and Kashmir [PoJK]. Simultaneously, Beijing has put many Uyghur women tion of Xinjiang as a collective married to Pakistani men in threat." Instead of examin- detention camps and the most ing these suggestions, Beijing shameful part is that Isamabad adopted a tough stance and has turned a deaf ear to frantic reportedly told Islamabad that appeals of husbands demanding won him accolades but it didn't, its concerns on Uyghurs were to be reunited with their wives.

Pakistan's duplicity has also been univocally condemned by the protection of Islam is merely Geneva based World Uyghur a convenient weapon that peri-

included the establishment of Pakistan has been rounding up hegemony of China and the ban's ill-treatment of women, 'confidence building measures' and deporting Uyghurs who lure of the Yuan are what are Javed wrote "Yes, this is the in Xinjiang, getting a "better fled Xinjiang to escape religious to blame. The suppression of same China where the women of the small population of Uyghur refugees living in Pakistan and the deportation of hundreds of them to China without due legal procedures being followed nevertheless hopelessly exposes Pakistan's hypocrisy, its utter disregard for Muslims, and the complete absence of any solidarity with them. It demonstrates beyond any doubt that as far as Pakistan is concerned, Islamabad promptly com- Congress with its president odically requires to be greased ity with the Uyghurs, they aren't This is why the international on the other hand, is helping Islamabad's comical charade of Uyghurs both by omission of trying to project itself as the and commission. global leader of the anti-Islamophobia crusade. Despite there Rights Project [UHRP] and Oxus being no formal restrictions on publishing news, views and opinions on the Uyghur issue, Pakistani media generally plays by the 'discretion is the better mentions "...several instances part of valour' rule and avoids publishing unsavoury facts on the brutal way in which Beijing against Uyghurs. In exchange is repressing Uyghur Muslims for development assistance, due to fears of being 'punished' in a number of ways ranging treaties, arrested individuals at from legal action to harassment, abduction and physical abuse.

It's thus but natural that few

out by taking up this issue. How-

ever, there are some who refuse

the Muslim Uyghur community are left naked, handcuffed, and humiliated in front of humanoid dogs and other animals for practising Muslim beliefs"!

Pakistan apologists may argue that when no Islamic nation is being critical of Beijing's ill-treatment of the Muslim Uyghurs, why Pakistan is being singled out as the sole delinquent. The answer is simplewhile other Islamic nations may not be expressing solidarsecution of Uyghurs. Pakistan

Muslims with Chinese President Xi Jinpin. Palpably 'bowled out', clumsily tried to circumvent this query by saying, "No, I have not. We have been facing so many of our internal problems right now that I do not know much about this problem." [Emphasis added]. This reply was again a big fat lie.

About a week and half before Khan's Al Jazeera interview, the media reported that Islamabad had carried out an internal assessment on the impact of the Uyghur issue on public sentiments in Pakistan. This was "seething anger" amongst Pakistanis against the way Chinese authorities were treating Muslim Uyghurs and came out with four recommendations for Beijing.

the Uyghur issue.

The Diplomat quotes Pakithat "Turkey should be vocal about the Uyghur issue. They people. It is not in Pakistan's interest to discuss issues related of-fact statement truly reflects Islamabad's expediency on the Uyghur issue and this sentiment also echoes in the European of June 11, 2021.

The EFSAS report observes umnist Qazi Javed who writes

The 2021 joint Uyghur Human Society for Central Asian Affairs [Oxus] report ['Nets Cast from the Earth to the Sky: China's Hunt for Pakistan's Uyghurs'] in which China rewarded Pakistan for aiding its campaign Pakistan signed extradition China's request, and rebuked critics of China's harsh policies, all of which made it easier for would like to stick their necks China to continue repressing Uyghurs." [Emphasis added].

So, considering its great to fall in line, and Pakistani coldisservice to the beleaguered Uyghur Muslims of Xinjiang, singled out?

Navigating the dual nature of phones and internet

DANISH RAZAQ LONE

ur everyday lives are heavily reliant on technology in a time internet rule the roost. While there are never-before-seen possibilities for communication, access to information, and entertainment with these tools, balance between useful use and potentially time-wasting activities, especially with social media. This article explores The Power of Information and methods for utilizing phones and the Connectivity internet to their greatest potential while time management for education and income

Understanding the Dual Nature of Phones and the Internet

The Allure of Social Media

Social media platforms, which Balancing Act offer channels for communication, **1. Set Digital Boundaries**: when smartphones and the expression, and entertainment, have ingrained themselves into our daily lives. However, these platforms' addictive qualities can result in excessive screen time, which could impede one's there is also a challenge in striking a ability to advance both personally and professionally.

The internet and phones, on the stressing the significance of screen other hand, provide unmatched access to knowledge, virtual learning environments, and social media. Using this potential can open doors to career advancement, skill development, and

even income generation.

Setting up definite boundaries is essential. Establish limits on when you can use social media, and set aside time for concentrated work or study. This aids in preventing the pointless scrolling that can waste time.

2. Prioritize Learning Platforms:

Determine trustworthy online education resources and schedule time for learning. Sites such as Khan Academy, Udemy, and Coursera provide courses in a range of subjects and offer an organized method for developing new skills. 3. Embrace Productive Apps:

Look into time management apps that can help you be more productive. Users can prevent distractions by set- scrolling. ting timers for focused work or learn- 2. Network with Intent: ing sessions with apps like Forest or StavFocusd.

Turn downtime into educational

opportunities. During breaks, listen

to podcasts, read audiobooks, or take

in brief educational content that is rel-

evant to your professional or personal

objectives rather than aimlessly scroll-

Turning Social Media into a Tool for

Examine and select social media

feeds for information that inspires,

informs, and supports your career and

ing through social media.

1. Curate a Purposeful Feed:

Growth:

4. Cultivate a Learning Mindset:

As a tool for networking, use social media. Become a member of communities and professional groups to meet like-minded people, mentors, and possible partners. For instance, LinkedIn can be a very effective tool for career advancement.

3. Showcase Skills and Achievements:

Transform personal social media accounts into expert showcases. Emphasize your abilities, successes, and endeavours to establish a favourable online image that may draw in business.

Unlocking Earning Opportunities 1. Freelancing and Gig Economy:

personal objectives. Unfollow accounts Look into platforms and freelance that promote negativity and mindless opportunities that fit your interests and

skill set. Many websites offer opportunities to make money while working on projects of your own choosing.

2. Online Entrepreneurship:

Think about making a hobby or online business profitable. You can use websites such as Etsy, YouTube, or your own blog to market and make money off of your abilities and creativity.

3. Remote Work Opportunities:

Take advantage of the expanding remote work trend. Use internet job boards to locate remote work opportunities in your industry and broaden your career prospects without regard to location.

The writer is a guide and advisor for students, and the owner of the JK Study Materials platform. He can be reached at danishlone971@gmail.com

HEALTH

Metabolic Fitness: Everything You Need to Know

etabolism is a life-sustaining process. Every reaction in the human body forms an integral part of an organism. From breaking down food to transportation of oxygen- all form a part of metabolism. Metabolic health or fitness is an essential part of overall health. Metabolic health decides how your body reacts to food and exercise.

Å metabolically healthy body ensures that the body can effectively process food without causing abnormalities in blood sugar, cholesterol. and insulin levels. Continuous Glucose Monitoring (CGM) technology helps to inform clients if their blood sugar levels surge beyond the expected range. In addition, a glucose monitor device called BIOS can help you understand the unique relationship one's body has with various foods.

It becomes the doorway to the prevention of metabolic diseases. As a result, the HealthifyMe coaches can help you create better, more individualised diet programs to control and stabilise your glucose spikes and learn what foods are best for your body

While individuals may put in the same effort, the results might vary to putting in minimum effort for due to their different metabolic rates. Improving your metabolic health might be the easiest way to see the desired results. Being metabolically fit also reduces the risk of chronic diseases and obesity. This article explores the concepts of metabolism and how to achieve good metabolic health.

Metabolism: An Introduction

According to research, metabolism refers to the total of all reactions in the body of living organisms. These are life-sustaining reactions. The three primary purposes of metabolism are:

Conversion of food into energy available to run cellular processes Transformation of food into build-

ing blocks for proteins, lipids, nucleic acids, and some carbohydrates

The elimination of metabolic wastes Organisms can develop and

procreate thanks to these enzymecatalysed processes. It also allows us to maintain their structures and respond to their environments.

The two primary forms of metabolism are catabolism and anabolism. Anabolic reactions are positive or building reactions that use energy to make complex compounds from simple compounds. On the other hand, catabolic reactions are adverse or breakdown reactions. Catabolic reactions involve breaking down complex compounds into simple compounds with energy production. For example, the formation of ketone bodies from fats is a catabolic reaction.

The basal metabolic rate, also known as the rate at which your body produces energy, is influenced by gender, race, exercise, food, age, and illnesses. Thyroid hormones also control Basal Metabolic Rate. Harris- accumulation of several disorders, Benedict Equation is the most com- which raise the risk of individuals Aerobic Workouts monly used equation to calculate the developing chronic diseases like dia-



Understanding Metabolic Fitness

According to research, the mitochondrial capacity for substrate utilisation defines metabolic fitness. Therefore, people with high metabolic fitness utilise fat more frequently during rest and exercise.

Being metabolically fit translates maximum gains. A metabolically fit body efficiently ensures that catabolic reactions yield maximum energy from less food. In addition, it means that a good metabolism helps you function optimally both physically and mentally.

Insulin Resistance

The primary consequence of metabolic derangement is insulin resistance, which is the inability of insulin to optimise effective glucose uptake by tissues. It is the primary cause of type 2 diabetes. In addition, insulin resistance contributes to hyperglycemia in type 2 diabetes. It also plays a role in improper excess fat storage in the liver and adipose tissue

This improper storage of fat in the liver creates a negative feedback loop and further aggravates insulin resistance. Insulin Resistance also minimises metabolic flexibility, i.e. the ability of the body to switch between metabolic substrates. This switching depends on which substrate is most readily available. The body loses its ability to switch from using glucose when it is readily available to using fat during starvation periods. This hinders the overall metabolism of the body.

Our body also tries to produce insulin to compensate for the insulin dysfunction leading to a state known as hyperinsulinemia. Hyperinsulinemia leads to metabolic dysfunction resulting in obesity. This change is highly appreciated in individuals switching from a very active to an inactive lifestyle, which shows a rapid elevation in insulin levels and subsequent gain of weight.

Metabolic Syndrome

Metabolic disarrangement can lead to metabolic syndrome. It is an Basal Metabolic Rate. This equation betes mellitus and cardiovascular ail- that increase the heart rate and affected by metabolic syndrome. Being metabolically fit is essential

Being metabolically fit helps you

where your body operates at its highest without causing any abnormalities. A good metabolism prevents unwanted weight gain and other chronic metabolic conditions. As body weight rises, metabolism generally declines. Obese people consume less energy than people of a healthy weight.

mmHg or higher

Note

Ways to Improve Metabolic Fitness

The rate of metabolism is different for every individual. Some individuals have an excellent metabolic rate, while others have a slower metabolism. Individuals with slower metabolism can boost their metabolism by following these essential tips:

Exercise

Regular exercise can boost metabolism while reducing metabolic complications like obesity and type-2 diabetes. According to research, skeletal muscle is an extraordinarily elastic tissue and metabolic fitness changes quickly when the level of physical activity gets altered. In addition, the capacity for glucose metabolism improves in trained muscles.

You can always start with mild exercise and build up if you are a beginner. The intensity of the workout is less important than consistency. Vigorous activities are also not recommended to beginners as they might lead to micro-tears and cause muscle spasms.

Walking

The best exercise to start with is walking. Walking is one of the most basic yet effective strategies to lose weight. It improves cardiovascular and metabolic fitness. It has also been influential in preventing and treating metabolic syndrome. In addition, research has proven that walking helps boost levels of a hormone known as adiponectin which helps improve insulin sensitivity and lower inflammation.

of the whole body. In addition, the muscles trained by high-intensity workouts have an increased ability to oxidise fat and carbohydrates. lead a healthy life. It is the point However, as mentioned previously, starting with low-intensity exercise is better and progressing to highintensity workouts.

Get Proper Sleep

Research shows that sleep and metabolic health are very closely connected. Getting adequate sleep helps maintain metabolic homeostasis, while sleep deprivation and alteration of circadian rhythms cause metabolic derangement. Sleep deprivation also affects hormones involved in metabolisms like growth hormones and cortisol. These hormones regulate glucose, and any changes in them can lead to a decrease in metabolism and cause the storage of fat.

Growth hormones and cortisol get released during sleep. Leptin, a hormone primarily affecting appetite, is generally suppressed during sleep and prevents hunger at night. However, sleep deprivation leads to increased leptin levels which cause hunger surges, and it causes dysregulation in circadian rhythm leading to metabolic disturbances. Hence, it is essential to sleep appropriately to maintain your metabolism.

Dietary Modifications

Since people like things to be straightforward, there is a desire to identify the one diet that will make everything better. Unfortunately, things are rarely that easy. As there is no one size that fits all, there isn't a diet suitable for everyone. How ever, there are a few specific dietary interventions that have worked for a larger number of people:

Mediterranean Diet

The Mediterranean diet typically encourages fruits, vegetables, whole grains, legumes, nuts, seeds, and heart-healthy fats consumption. Packaged foods, added sugar, and refined grains are restricted. The primary source of fats is olive oil in a Mediterranean diet. According to research, adherence to the Mediterranean diet and the change of unhealthy Aerobic workouts are the ones lifestyle significantly impact factors

Intermittent fasting is also called Intermittent Energy Restriction. It is a pattern which involves the restriction of calories during a particular period. Intermittent fasting boosts the metabolism by correcting the circadian rhythm and changing gut microbiota composition. It mobilises the fat stores, which subsequently leads to loss of weight. It reduces insulin levels, which are mainly responsible for converting glucose into glycogen and fat. Intermittent fasting also increases the levels of cortisol in our bodies which counteract the effects of insulin.

Here's an article for you to understand the relationship between metabolic health and intermittent fasting in depth.

De-Stress

According to research, chronic exposure to environmental stress causes hyperactivation of the hypothalamic-pituitary-adrenocortical (HPA) axis. As a result, it may cause metabolic derangement and ultimately leads to chronic disorders. Therefore, it is essential to allow yourself some time to de-stress to allow your body to function better.

You can do this by adopting selfcare activities or can pick up a hobby that helps you relax. Gardening, colouring or painting are some of the most popular options. You can also invest time learning an instrument, or you can dance to your favourite tunes. However, it is important not to indulge in screen time with the excuse of me-time. Research has proven that higher screen time negatively correlates with mental health.

In case you wish to exercise in order to de-stress yourself, we've got you covered. Read this article to know more.

Note

Metabolism depends on factors like age, diet, disease, height, weight and genetics. Three things are of utmost importance to building a metabolically fit body: Diet, exercise and sleep. When subjected to physical activity, it increases the metabolism of muscle tissue. Keeping your sleep and circadian rhythms in check will help you be metabolically fit. Therefore get in those recommended sleep hours to keep yourself healthy. Having a proper diet and de-stressing may also help in boosting your metabolism and your metabolic fitness.

Conclusion

Metabolism is the total of all the reactions in the body of living organisms. The two primary forms of metabolism are catabolism and anabolism. Anabolic reactions are positive reactions that help form complex compounds from simpler ones. In contrast, catabolic reactions do the exact opposite.

The primary consequence of metabolic derangement is insulin resistance. In addition, it leads to abnormal fat storage in the liver. It also leads to the inability of the body to switch metabolic substrates.

BRIEFLY NEWS

Women, you should be visiting These doctors

New Delhi: Visiting doctors every once in a while is extremely important and it is also important that you get regular health check-ups done. This helps to prevent the risk of developing severe health conditions. Also, regular consultations with the doctor can keep the disease contained if you suffer from certain health conditions.

For women, visiting their doctors becomes all the more important because women tend to neglect their health and end up with severe health conditions. They prioritise others over themselves which might not be a good thing to do. The healthcare needs of a woman is equally important to that of a man if not more and visiting doctors can help you keep a check on your health. Here are some of the doctors that women should be visiting.

A physician: This could also be your family doctor or the doctor that you or your family visit frequently for any healthcare needs. They can treat you for common illnesses such as cold or flu and if you've been under their supervision for long, they can also help you if you suffer from diabetes or high blood pressure and several other health conditions

A dermatologist: You should also be visiting a dermatologist on a regular basis to keep a check on your skin conditions. This could be your nails, hair or skin. Also, when you are visiting a dermatologist, make sure to get your moles checked as well because moles could be the early signs of melanoma.

A gynaecologist: Every woman should visit a gynaecologist as they help with all your questions regarding your reproductive organs and system. Moreover, if you are someone who suffers from diseases of the reproductive organs, visiting a gynaecologist becomes all the more important.

An obstetrician: Women who are pregnant should visit an obstetrician for regular check-ups and also to keep a check on the health and growth of the baby. These doctors help with pregnancy and childbirth.

Feeling sleepy after **lunch? Your eating habits** can take the blame

New Delhi: Lunch hour at work or school can often leave one feeling drowsy after. No matter how satisfying or indulging the meal was, the minute the clock strikes three, the eyelids start to drop and it is nothing short of a struggle trying to keep them up. Often, it is due to exhaustion but in most cases, eating habits take the blame.

Read on to know about the worst eating habits that contribute to the post-lunch slump.

Sugar binge: The sugar monster can often take a toll on overall health by increasing insulin production, lowering metabolism, and inducing weight gain. However, sugar does not always sneak into your meals in the most obvious forms. Mid-meal or afternoon snacks like biscuits, chips, cookies, baked goods, and packaged drinks like juices and carbonated beverages. And these can even make you feel sleepy after lunch.

Drinking too much coffee: People often drink coffee for the energising effect of caffeine. However, going on a binge might leave you feeling drowsy after lunch. Try to not drink more than three cups in a day.

Unstructured eating: Eating at random times during the day can also lead to exhaustion, especially in those who rely on snacking or skip meals too frequently. Establishing regular me can also help maintain a steady supply of energy throughout the day. Try eating breakfast by 7-8 am and lunch by 12 noon; conclude with dinner at 7 pm. Binge-eating carbs: Filling up on sources of carbohydrates like pasta, sandwiches, rice bowls, and wraps can be tempting but not a wise call, especially for those who feel too sleepy after lunch. Carbs trigger insulin release to control blood sugar spikes. As a result, blood glucose levels drop leaving you sleepy, drowsy, and sluggish. Try eating healthy fats and proteins instead like nuts, seeds, fatty fish, chicken, tofu, or paneer.



considers the person's age, height and mass

According to research, age is one of the most critical factors that affect metabolism. The basal metabolic rate decreases almost linearly with age: the greater the age, the less the metabolism. Metabolism also decreases with an increase in body weight, and obese individuals burn fewer calories than ideal-weight individuals. Genetics also plays a massive role in metabolism. For example, some individuals are predisposed to insulin resistance, dL or greater leading to metabolic derangement.

based on the following criteria:

The waist measurement is more than 35 inches for women and more than 40 inches for men.

Raised triglycerides in the blood of at least 150 mg/dL or more

Reduced high-density lipoprotein cholesterol (HDL) less than 40 mg/ dL in men or less than 50 mg/dL in women

Elevated fasting glucose of 100 mg/

Blood pressure values of systolic sity workouts are a powerful way to 130 mmHg or higher or diastolic 85 increase the capacity and metabolism Intermittent Fasting

against metabolic disorders. According to studies, aerobic workouts boost metabolism and are suitable High Protein Diet for cardiovascular health. Aerobic exercises include swimming, danc-

ing, jogging, cycling and jumping. You can choose the workout of your metabolism

High-Intensity Workouts

According to research, high-inten- carbohydrates or fats.

ments. According to research, meta- the consumption of oxygen by tis- Therefore, the Mediterranean diet as your overall health depends on bolic syndrome can be diagnosed sues. They are known natural drugs can be the first step in treating this disease

According to research, a high protein diet helps increase satiety and thereby helps in weight loss. Studies also show that protein creates a choice and improve your stamina and higher thermogenic effect, the heat produced due to energy expenditure. As a result, it leads to an overall increase in metabolism compared to

your metabolism. It is a simple way to be maximally efficient while putting minimal effort. Being metabolically healthy also means your body is not prone to chronic disorders like hypertension, hypertriglyceridemia, obesity and type-2 diabetes mellitus.

Three factors, diet, exercise, and sleep, are crucial to developing a body that is metabolically fit. For beginners, walking and aerobic exercise are suitable. To keep your health intact, acquire the recommended amount of sleep and be stress-free. COURTESY: HEALTHIFYME

The benefits of strength training for mental health

SARAVANAN "SHARU" HARIRAM

t is no secret that strength training offers several physical health benefits. These benefits commonly include muscle mass growth, strength and body toning, increased bone density, and fat loss. It also reduces the risk of falls and joint injuries and improves cardiovascular health. However, little do people know about its benefits for their mental health. Several studies show that strength training, in particular, improves low mood, loss of interest, and feelings of worthlessness.

Why Strength Training?

Physical activity has countless benefits for How is my mood? the body, but it also has antidepressant effects. For example, a study published in the journal "PLoS ONE" found that when women participated in resistance training three times a week, their symptoms of depression improved. Remember that several symptoms of depression make an individual feel weighed down; thus, they tend not physically to stay active.

Research has shown that strength training improves mental health. It is due to the simple fact that physical activity releases what is known as brain-derived neurotrophic factors (BDNF). These are responsible for the growth and development of neurons. Other than improving symptoms associated with depression, strength training reduces anxiety and stress levels, and improves sleep habits. So it's clear that there are plenty of reasons to start strength training, not just for your physical health but for your mental health as well!

Assessing Your Mental Health

When it comes to mental health, it's vital to

and physical health. Assessing your physical health includes several measures, including blood pressure, body composition, and cholesterol levels. Likewise, you can assess mental health through self-reporting questionnaires and thorough clinical assessments.

When assessing your mental health, you must consider how you're feeling on a dayto-day basis and over extended periods. You must also consider how you perform in specific areas of your life. Some questions you may want to ask yourself include:

Do I have difficulties concentrating or making decisions?

Do I feel like I'm struggling to cope with things?

Do I feel like I'm experiencing frequent feelings of sadness or loneliness?

Are there times when I feel really good, and other times I feel really bad?

Do I find it hard to make friends or socialise?

Am I having trouble sleeping or staying asleep?

If you answer "yes" to any three of these questions, you may have mental health issues to deal with. In such cases, it is crucial to contact a mental health professional. In addition, you must never self-medicate. While exercise certainly helps with mental health grievances. it is up to a doctor or professional to advise your treatment plan.

Strength Training as a Tool

Strong muscles can help you feel stronger

get an accurate picture of your current state. and more confident. Furthermore, it can help body as you exercise. It means taking a look at both your mental you with improved self-esteem and the ability to manage stress better. That makes strength training a great tool to keep your mental and physical well-being. There are several known ways in which strength training has shown significant improvement in functioning.

Depression

Studies have found that strength exercise can help patients with mild to moderate depression, almost as well as antidepressants. Research shows that maintaining an exercise schedule can prevent you from relapsing or finding yourself with worse symptoms than before

Exercise is a powerful depression fighter because it promotes neural growth, reduces inflammation, and ensures all kinds of changes in the brain that make you feel good. Exercise also releases endorphins, powerful chemicals in your brain that energise your spirits and provide pleasure to the body. Finally, exercise can be a distraction and give you much-needed quiet time to break out of the cycle of negative thoughts that tend to feed depression.

Anxiety

Exercise has scientific advantages in alleviating general anxiety. Interestingly, you will get outstanding results when you focus on vour exercise movements instead of zoning out while you are doing it. Since strength training requires you to use moderate to heavy weights. you will have to focus on the movement more closely to avoid getting injured. Adding mindfulness to your workout can help improve your condition and help to rid yourself of worries by focusing on the sensations going through your

PTSD: Post-traumatic Stress Disorder

To combat PTSD or trauma, people some times focus on how their body feels. By paying close attention to physical sensations, the tense, nervous system can become unstuck and begin to move out of the immobilisation stress response. Strength training most likely helps improve movements that involve cross movement and multi-limb coordination, such as walking or running, swimming, weighttraining or dancing. That is why strength training is such a good option.

Some physical symptoms of stress can include headaches, back or neck pain, and muscle cramps. You may also experience stomach aches and constipation. The physical symptoms can lead to more stress, creating a vicious cycle between the mind and body.

Exercising is an excellent way to break the cycle that this disorder can cause. Additionally, when your body feels better, your mind also feels great.

Chronic Pain

Strength training can help reduce and manage pain from chronic issues. For example, a common form of chronic pain is lower back pain, which a disc injury or muscle strain can cause. Strength training for these issues reduces pain and increases physical functioning for back pain sufferers. Furthermore, strength training may also have mental benefits such as symptom reduction for knee and hip osteoarthritis and fibromyalgia

Boosts Brain Health

With strength training, people of all ages

can have better brain power and less cognitive er goals to build momentum. This way, you're decline. For example, during a study, older more likely to stick with your routine and see adults over 55 who exercised twice weekly for actual results. six months had improved brain scores.

In another study, adults lifted 80% of their Find a Community 1RM or the maximum amount of weight they could lift for one rep. It roughly equates to the amount of weight they could lift for eight essential to continue with the same power and elasticity as you had when you were relatively younger. It helps with daily functioning and obtaining an overall higher quality of life.

Several studies and research prove the positive effect of exercises (particularly strength training) on mental health. Scientific evidence and surveys show that strength training exermental health disorders, be it anxiety, depression or just stress. Therefore, it is vital to stay active. Strength training is one of the most adjustable ways to stay active and does not impair daily functioning.

Overcoming Obstacles to Exercise

Besides regular health benefits, strength training can also help to prevent or reduce the symptoms of various conditions such as heart disease, stroke, osteoporosis, and diabetes. Unfortunately, some people find exercising **Conclusion** or doing so regularly difficult. However, as we have seen, this can be detrimental to your health. It is vital to keep your body active and mobile, no matter what. Therefore, if you experience any issues with the same, here are some tips for overcoming obstacles to exercise:

Set Small Goals

When starting, it can be helpful to set small-

Joining a strength training group or club can be a great way to connect with others who share your interest in fitness and wellness. It reps without breaking form. As you age, it is can encourage you to stay motivated and keep up with your exercise regime.

Set Realistic Expectations

Just because you start exercising doesn't mean you must become a gym rat overnight. Remember that everyone is different and what works for one person might not work for another. Gradually increase the intensity cises can help alleviate symptoms of various and duration of your workouts over time as you see progress

Get Enough Sleep

It is one of the most ignored yet critical practices. Working out or exercising energises you and activates your muscles. However, your body requires enough rest to rejuvenate and recover muscles. Hence, it is vital to get enough sleep and rest to be able to continue with your exercise routines.

Strength training can improve your mental health in a variety of ways. Not only does it help vou maintain or achieve vour fitness goals, but it also has the potential to improve your mood, cognitive function, and even stress levels. Therefore, strength training is an excellent option if you're looking for an effective way to boost your mental well-being.

COURTESY: HEALTHIFYME



Manjit Singh demands release of pending economic package for DPs

JI NEWS SERVICE RAMGARH, NOV 15

Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has demanded release of the pending economic package for the Displaced Persons that was sanctioned by the previous Govt of India.

"The DPs have suffered for decades after their displacement from different Party to discuss the issues lowing hostility between dents in Ramgarh. two countries in 1947, 1965 trict President Legal Cell, years with no reservation and other leader of Apni other sectors.



In his address, he said and 1971. These unexpect- that the DPs who were source of earning. It was ed situations forced them displaced from their own due to the years of sufout of their homes and lands were settled in the fering that the then Govt Samba, Adv Sahil Bharti in education, jobs and 5.5 lakhs was released and

He said that around Rs

"These people lived a plained that the revenue places of Jammu region fol- of DPs, and border resi- life under poverty while department and other agriculture and labour related departments were work was their main asking them for formalities that were not possible for ingly, the land deficiency them to fulfill.

fertile agricultural fields," border belt of Jammu in of India sanctioned Rs 25 development and pendsaid Manjit Singh while different locations in hos- lakhs in favour of each ing package, he said are holding insufficient addressing a worker's tile conditions. However, DP family in J&K. But this that it becomes impera- land in many areas, and meeting in Ramgarh that these DPs managed to amount was not released tive for the Govt of India they should be provided was organized by Dis- survive for all these tough completely," he reminded. to release the pending prescribed land at par amount of economic pack- with other DPs to end the age in favour of the DPs in land deficiency among the many DP families com- Jammu and Kashmir so DPs," he added.

that it could help them for their upliftment.

He also demanded reservation in jobs, professional education and educational institutes. He also demanded that the Govt should hold on to spot recruitment drives for the unemployed youth of DPs in defence, paramilitary and J&K Police.

Meanwhile, he said that the DPs of 1965 and 1971 should be provided proprietary rights on the land they were given by the Govt and accordshould be fulfilled as per In the backdrop of the the promises made by the Govt in the past. "The DPs



Bhalla, Ravinder visit GMC to

JI NEWS SERVICE JAMMU, NOV 15

injured and their family istration should immedimembers and enquired ately provide adequate JKPCC Working Presi- from the doctors about amount of financial relief dent Raman Bhalla, Sr their condition. Doctors to the families of those Vice President and Chief told the visiting leaders killed and the injured to Spokesperson JKPCC that they are doing their arrange for their special-Ravinder Sharma today best to provide all sorts of ized treatment especially evening visited GMC hos- available treatment. The the serious ones. They pital Jammu to enquire Senior Congress Lead- demanded Rs ten lac for about the condition of ers noticed that some the families of deceased injured persons in Doda injured patients require and five lac for seriously accident. They expressed specialised treatment injured and free treatdeep shock over the loss of and urged the authorities ment to them. They also precious lives in the acci- to arrange best treatment demanded thorough dent and conveyed heart- to save their lives. Bhalla investigation into the felt condolences to their & Ravinder Sharma have causes of accident.

families. They met the demanded that LG admin-

National Cultural Jatha: "Celebrating Unity in Diversity: Jammu's Day One Embrace of 'Dhai Aakhar Prem' for Cultural Harmony"

JI NEWS SERVICE JAMMU, NOV 15

The inaugural day of the 'Dhai Aakhar Prem: National Cultural Jatha' in Jammu unfolded with vibrant cultural activities, fostering an atmosphere of love, peace, and harmony. Led by the esteemed Shri Prasanna, the day's events brought together artists, intellectuals, and enthusiasts in a celebration of cultural unity.

The day commenced shares insights into its significance, and cultural with a captivating pro- distinctive features with richness in the city's heart. cession from Panjbaktar National Cultural Jatha. tural enrichment.

temple. Suresh Sharma, revered site harmonizes tence.



the receiver of the temple, rare antiquity, spiritual Jatha.

Ziyarat Peer Mitha, a Mahadev Mandir to Peer Noteworthy for its floor timeless symbol of har-Mitha Sahib Dargah. The adorned with British-era mony, welcoming people colorful parade traversed coins, the temple reflects of all faiths for centuries. the city, symbolizing the a historical and cultural As the 'Dhai Aakhar Prem: journey of love and cul- blend. Serving as a cul- National Cultural Jatha' tural nucleus, it hosts parades through Jammu, Jammu who was very The "Panjbhaktar classical music events in its it echoes the shrine's Mahadeva Mandir," also amphitheater, such as the ethos of unity. Led by Shri known as the "Rupaiye Sawan Mahotsav, Sharad Prasanna, the Jatha's culas Jammu City's oldest centrally in Jammu, this love, peace, and coexis- Dogri Sanstha, Jammu.

afternoon, starting from Maharaja Hari Singh Park and making its way to Abhinav Theatre via Jewel tors lined the

A second veer Akhtar engaged the procession fol- audience in an insightful lowed in the interaction, followed by a dynamic question/answer session. The soulful melody of

peace echoed through the hall as Smt. Seema Anil Sehgal presented a heartfelt song, further enhanc-Chowk Specta- ing the cultural tapestry of the evening. The prostreets, capti- gram concluded with a vated by the captivating performance spirit of the by the talented artists of IPTA, Patna, leaving the

The cultural Jatha audience with a profound reached its pinnacle at appreciation for the arts.

Shri Prasanna's guid-K.L. Sehgal Hall at Abhinav Theatre Complex. The ance and leadership hall resonated with discusplayed a pivotal role in sions on the life and role orchestrating the day's events, infusing them of Comrade Dhanwantri, a freedom fighter from with a spirit of artistic expression and cultural much impressed with the understanding. The 'Dhai ideology of Bhagat Singh Aakhar Prem: National The paper on Comrade Cultural Jatha' continues Wala Mandir," boasts a Mahotsav and dance per- tural odyssey aligns with Dhanwantri read by Dr. its transformative journey, unique and rich history formances. Positioned Ziyarat's spirit, fostering Lalit Magotra, President leaving an indelible mark on the cultural landscape

Pritam Saini urged the

government to provide

the best medical care

to the injured and offer

adequate compensation

to the families of the vic-

He also expressed con-

cern over the alarming

frequency of such acci-

emphasizing the need for

thorough investigations

to identify the root causes

of these tragedies. He

Prasanna and Sh. Tan- of Jammu.

Abhay Bakaya calls on Director **Industries Jammu**

JI NEWS SERVICE JAMMU, NOV 15

Apni Party General Secretary, Youth Wing and Spokesperson, Abhay Bakaya called on Director Industries, Jammu, Dr Arun Manhas here in Jammu and discussed various issues confronted by the unemployed youth.

As per a press release, Abhay met the newly posted Director Industries Jammu Dr Arun Manhas where he held threadbare discussion with him regarding policy of helpin opening industrial small-scale units.

During the meeting, he was conveyed about easing the formalities and support that is being his gratitude to Director important to provide a an innovative manner.



Industries, Jammu for his source of employment or ing the unemployed youth innovative initiatives for self-employment. empowering youth and providing possible sup- Dr Arun Manhas for his port for establishing smallscale units in Jammu and Kashmir.

hand, Abhay expressed therefore, it becomes units/small-scale units in

He also appreciated positive and dynamic approach towards the industrial sector that is

aspirants. On the other unemployed youth and tion to boost the industrial

He said that the grow- the economic backbone provided by the Indus- ing unemployment has for Jammu and Kashmir tries Department to the posed a challenge to the and requires special atten-

NC expresses deep sorrow over Doda Bus Accident Rattan Lal calls for providing best medical treatment to injured, probe into Doda Bus accident

JI NEWS SERVICE

JAMMU, NOV 15

Jammu and Kashmir Nationfuture. al Conference expressed

has claimed the lives of 38 people.

Expressing grief over the said. accident, Rattan Lal Gupta, Provincial President of J&K NC said, "I am deeply saddened by the news of this horrific accident. My heart goes out to the bereaved families during this difficult time. I pray for the speedy been injured.

into the cause of the acci- injured.

dent and take all necessary steps to prevent such tragedies from happening in the

"The National Conference grief over the tragic bus stands in solidarity with the accident in Doda, which bereaved families and urges the Govt to provide all possible assistance to them." he

> Gupta also called the government to streamline the traffic scenario in the region.

"The government must take urgent steps to address the issue of over-speeding on our roads which is a recovery of those who have major cause of accidents, and we must do every-

The senior NC leader thing we can to prevent it, urged the authorities sitting he added. The Provincial at the helm to provide best Body of J&K NC Jammu also medical treatment to the expressed grief over the injured and also conduct loss of lives and prayed for a thorough investigation the speedy recovery of the

Police solves theft case in Ganderbal: 02 arrested JI NEWS SERVICE

GANDERBAL, NOV 15

Police in Ganderbal have solved a theft case by arresting 02 accused persons involved in the commission of crime and recovered stolen property from their possession.

On 11/11/2023, Police Station Lar received a written complaint from one person namely Farooq Ahmad Ganie son of Gh Nabi Ganie resident of Kurhama Ganderbal stating therein that during intervening night of 8/9-11-2023, some unknown thieves have stolen spare parts worth lacs from his Warehouse located at Benhama Lar.

Accordingly, a case vide FIR No. 73/2023 under relevant sections of law was registered at Police Station Lar and investigation was set into motion.

Pritam Saini expresses grief over Doda Accident

tims.

JI NEWS SERVICE

JAMMU, NOV 15

The Ganmanya Samaj Sangathan today expressed deep grief over the tragic accident in Doda district that claimed the lives of 38 people and left 17 others injured.

In a statement issued here today, Pritam Singh Saini, the National Vice President of the Ganmanya Samaj Sangathan, New Delhi and President of J&K Kshtriya Saini Sabha conveved his heartfelt condolences to the bereaved families and prayed for roadworthy vehicles and the eternal peace of the departed souls.

"I am deeply saddened by the tragic accident in importance of raising Doda district that claimed the lives of 38 innocent people. My heartfelt condolences to the bereaved families. I pray for the eternal peace of the departed souls," he and to be careful while added.

JKPCC expresses deep shock over loss of lives, injuries in a tragic road accident at Assar

JI NEWS SERVICE JAMMU, NOV 15

JKPCC has expressed deep

shock over the loss of several precious lives and injuries to several others in a tragic road accident dents in Doda district, at Assar near Doda and expressed sympathies with the bereaved fami-

> lies. Expressing grave shock over loss of 38 passengers and injuries to several others in Assar area of Doda today, JKPCC President shri Vikar Rasool Wani has said that such a huge loss of lives is very painfull and shocking. He conveyed deep sympathies with the bereaved families and prayed for early recovery of the

JKPCC Chief had demanded that the cause Sharief Niaz, Irshad of accident should be Sheikh, Sheikh Mujeeb & investigated and neces- Javed Lone.

sary measures should be taken to prevent maximum number of accidents in the area.

He demanded adequate ex gratia relief to the families of the deceased and the injured besides best medical treatment to them. Several senior leaders

of the Congress party have expressed shock over the incident and expressed sympathies with the bereaved families and the injured. They included Working President Raman Bhalla, Senior Vice Presidents Shri Mula Ram, Thakur Balwan Singh and Ravinder Sharma besides Shri Haider Sheikh, Naresh Gupta, Ashok Dogra, Imtiaz Ahmed Khandey Pyare Lal Shan Sham Lal Bhagat, Nadeem

Police organises drug awareness seminar in Ganderbal

JI NEWS SERVICE

GANDERBAL, NOV 15

On the directions of SSP Ganderbal Shri Nikhil Borkar-IPS, Police in Ganderbal under the aegis of Civic Action Programme organised drug awareness seminar at Govt. Higher Sec. School Safapora under the supervision of DySP Hqrs Ganderbal Shri Gh Hassan-JKPS in which teachers, PRIs, respectable citizens, community members, social activists & students participated with huge enthusiasm.

While speaking on the onset of the Seminar, DySP Hqrs Ganderbal talked about the burning issue of Drug Addiction. He encouraged the participants to refrain from this severe menace & stated that Police is always on toes to eradicate Drug menace & ready to help the youth in promoting sports & games.

Azad expresses JI NEWS SERVICE grief over Doda accident, demand relief for victims' kin

JAMMU NOV 15

The DPAP chairman & former Chief Minister Ghulam Nabi Azad today expressed grief on the death of 39 passen- Lt Governor administration consumes precious human gers who lost their lives in for relief of families of vic- lives. He said that after he in Chenab valley," he said. of Doda district especially future. Azad further said that being landlocked with limtragic road accident in Doda tims and also all the pos- left the chief minister ship Azad further said that there the Highways which have the special police squads ited opportunities for its district. Azad also prayed sible help and specialized no attention has been paid have been serious com- witnessed frequent road should be deployed on the people," he said.

for speedy recovery of the treatment to the injured pas- for improvement of infrainjured passengers who sengers. Azad said the condihave been shifted to various tion of roads and Highways hospitals for treatment. Azad must be improved on war frequent road accidents. termed this as an unfortu- footing basis to avoid tragic nate incident and urged the accidents in future that

structure and roads in Doda district which is resulting in

"The government should probe the reasons behind

plaints that traffic rules are accidents. The DPAP chair- major roads and Highways of not followed by drivers in man said that special com-Doda district. He said that mittee should be formed after his government will by the government which be formed in J&K, the major should provide guidelines region has been ignored by emphasis will be given to to transporters how to the people at the helm of the frequent road accidents upgrade and enhance roads avoid these accidents in affairs, despite the region

Doda district with a mandate to keep an eye on violators. "Over the years the Doda

called for stricter enforcement of traffic regulations and urged the authorities to ensure that only qualified drivers operate

on the roads. He also stressed the awareness about road safety among the general public, especially among the youth. He urged injured. everyone to follow traf-

fic rules and regulations driving.

Congress

committed to serve,

Congress Party is credited

with having granted Dis-

trict to apple town Shopian aiming to empower

people, besides ensuring

facilities on their door

steps. The party has

also vigorously worked

towards developing Shopian, which has great sig-

nificance given its famous

apple industry and the

JKPCC Chief Vikar

Rasool Wani made these

comments while address-

ing a party worker's meet-

that people of Shopian

shall never forget about

the Congress Party's

remarkable move to grant

District and ensure that

the public enjoy every

facilities at their door

these for which earlier

Vikar Rasool Wani said

ing in Shopian today.

topography.

empower people:

Vikar Rasool

JI NEWS SERVICE

SHOPIAN NOV 15

BJP stands for equality, justice to OBCs: Koul

JI NEWS SERVICE JAMMU, NOV 15

BJP OBC Morcha Udhampur team led by district president Sagar Verma, called on Ashok Koul, BJP General Secretary (organization) in presence of Sunil Prajapati, J&K BJP OBC Morcha president and discussed in detail the issues of OBC community in Jammu and Kashmir.

Ashok Koul gave a

ment. He said that the all levels.

BJP has repeatedly stood patient hearing to the for equality and justice to district team to intensify district team and said that all the communities of the the BJP is of the view that society. As far as OBCs, in the ongoing Booth Jan this community has been the BJP stands for socio- Samvad Abhiyaan prodiscriminated against and economic and political grammes and educate ill treated for long and empowerment and the that the political parties Narendra Modi govern- BJP and vote overwhelmin the past were never ment at the centre, is ingly in its favour in 2024 serious for the welfare committed to deliver jusand political empower- tice to this community at

Ashok Koul asked the their political activities the people to strengthen general elections to see Narendra Modi as Prime

JI NEWS SERVICE

JAMMU, NOV 15

Minister of the country for the third term.

He also assures the members that OBC's of Jammu Kashmir will get all their pending constitutional rights in coming times.

Ashok Bandral, Sub. Om Parkash District Vice presidents, Rakesh kumar, Mulkh Raj, Sub. Subash Chander, Gurdeyal Dhiman

Mandal Presidents Krimchi, Majalta, khoon, Tikrialhad, captain Nand lal, Charan Dass Sumbria, Kuldeep Kumar Pathania District General secretaries and Babu Ram vice President Malhad Mandal and others the team members who called on Ashok Koul.

Viksit Bharat Sankalp Yatra begins in Jammu and Kashmir Massive outreach initiative aims to ensure

saturation of flagship government schemes

JI NEWS SERVICE SRINAGAR/JAMMU, NOV 15

In a major step towards attaining saturation of welfare schemes of the government, Prime Minister Narendra Modi launched the Viksit Bharat Sankalp Yatra from Khunti, Jharkhand, the birth place the IEC campaign kicked segment. of Shri Birsa Munda, today off from Dawar Gurez in

on the occasion of the Jan-Bandipora District with jatiya Gaurav Divas. Specially designed IEC (Information, Education and Communication) Vans marking the launch

of the massive outreach programme of the Government were flagged off by important dignitaries like Governors, Chief Ministers, Union Ministers, Ministers of State among ant Governor, J&K, Shri taries. others from 68 districts across the country with and shared their experisignificant tribal popula-

tion.

AAP-J&K appeals LG to look into increasing road accidents in Chenab Region, demanded stern action against concerned authorities

JI NEWS SERVICE JAMMU, NOV 15

While expressing grief & anguish over the tragic Bus accident in District Doda at Assar area in which 36 persons were killed & many others were injured.

Mr. Kuldeep Kumar Rao, State Organization Building & Manifesto drafting committee Member, AAP J&K-UT, Jammu in a press statement issued here have expressed grief over the loss of precious lives and expressed solidarity with the bereaved family & also prayed for speedy recovery of the injured persons. Mr. ing? What the huge deploy-Lt. Governor of J&K-UT, doing on the roads? Pas- Manoj Sinha to look seri-



Manoj Sinha virtually ences about the benefits areas witnessed an overof availed scheme through whelming participation of

interacted with Lieuten- Kundal and other digni-The events organised in both the tribal dominated

Similarly in Jammu

region, a major IEC cam-

they had to travel to erstwhile district headquarter Pulwama for redressal of their grievances and resolution of other problems.

Since J&K has no elected Govt in place for last several years, the issues of public importance and the developmental needs have gone unheard, despite that BJP Govt claims to have done development in J&K particularly after downgrading fullfledged State into to two UT, Wani added and told the workers till the elections are held and people elect their representative, who could hear them and solve their problems the real development is a distant dream, but unfortunately, BJP Govt at Centre doesn't want the democratic process to be restored thereby keeping people at the mercy of Bureaucracy. On this occasion,

JKPCC Chief congratulated party workers for their resolve and enthusiasm towards strengthening the party in Shopian. Wani took the opportunity of worker's meeting to appeal people to come

Raman Suri expresses shock over Doda accident, seeks inquiry



JI NEWS SERVICE JAMMU, NOV 11

Expressing shock over the tragic bus accident near Batote-Kishtwar National several injured, Bharativa Janata Party (BJP) is extremely pained and the injured, Raman Suri hilly roads. said that PM Narendra Modi has announced ex- prayed for strength to gratia of Rs. 2 lakhs from the bereaved families and

already claimed several lives over the years but despite that, adequate corrective measures are not being taken by those deployed to manage traffic, check over-

to the injured.

loading, or set the roads right especially at curves, from where vehicles usu-

ally skid off the road. Raman Suri urged the Trungal - Assar area on Lieutenant Governor Manoj Sinha administra-Highway in Doda district tion to hold an in-depth that claimed more than inquiry into the incident thirty-six lives and left and punish all those who did not perform their duties well, resulting in J&K Executive Member this tragic accident. The Raman Suri said that he punishment, he added, should be exemplary so expressed his condolences that in future, officers do to the bereaved families. their jobs well and people Seeking best treatment for feel safe to travel on such The BJP leader also

Prime Minister's National wished for speedy recov-

BSP pays floral tributes to Som Raj Majotra of each deceased and



Bahujan Samaj party

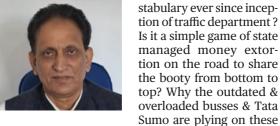
organised Condolence ceremony on uncertain to Majotra BSP J&K UT demise of president BSP JKUT Late Sh. Som Raj Majotra at state Head office satwari and paid lar among the people of floral tributes to Late Som Kathua. Gupta assured Raj Majotra who promoted and spread the mission unturned to bring BSP to in his entire life started by new heights.

various Sant Mahatmas and particularly Baba speakers are Vice Presi-Sahib Bhim Rao Ambeddent Charanjeet Chargotra, & State General kar for the upliftment of drown trodden communi-Secretary Shashi Bhushan ty who were ignored years Thappa, State Coordinator Gurbaksh Gourav together from education religious social and ecospoken on bekalf of party that whole party stands nomical over all development & gave a new direc- at this time with family of tion to the down trodden Late Sh. Majotra and will people and aware them work on the foot print to fight against the atroci- of our beloved president ties inflicted by the other to fulfil all his dreams.

mented on grounds. The poor people are ignored from the benefit of the policies While paying tributes

General Secretary Rajesh Gupta said he was leader of masses and very poputhat we wil leave no stone

The other prominent



the state government roads and there is no check from deep slumber over on these outdated Minibuses & Tata Sumos. Why the years and miserably the enquires are not confailed to formulate concrete policy aimed to the ducted by special technical safety of the commuters exports in all types of irreg-? Is it that the concerned ularities in construction of traffic authorities have no roads, including wrong Surveys of roads & wrong concern for the lives lost or that they take the things as constructions of roads by a matter of routine happen-PWD department? Rao has appealed to the ment of traffic sleuths are Lt. Governor of J&K-UT, Sh.

Sh. Manoj Sinha to imme-sengers often see them ously in to all these irregu-

In Jammu and Kashmir 'Meri Kahani Meri Zubani' masses

Relief Fund (PMNRF) to ery of those injured in the be given to the next of kin accident.

Aryans organizes Legal **Aid Awareness Camp**



JI NEWS SERVICE SRINAGAR, NOV 15

the National Legal Services Authority, New Delhi, Legal Services Day was celebrated by Aryans aid awareness camp was in nearby villages.

and demand justice ser- College of Law were presvices. Also, Legal literacy ent.

helps the weaker section to stay aware & updated of their various legal &

As per the directives of constitutional rights, he asserted. Dr. Devinder Kumar Singla, Principal, Aryans College of Law said that College of Law, Rajpura, such awareness camp Near Chandigarh. A legal always impart practical

knowledge about the basic organized by Aryans LLB legal rights and remedies & BA. LLB students along provided under various with the faculty members women related laws & various machineries of Dr. Anshu Kataria, the Justice delivery system Chairman, Aryans Group available for redressal said that the aim to orga- of their grievances, he nize this free legal aware- added. On the occasion ness camp was to empow- Ms. Navneet Kaur, HoD, er the disadvantaged sec- Dr. Pritika & Ms. Jyoti, Dr. tions of society to seek Baldeep Faculty, Aryans

a preventive strategy to

rich peoples and various The prominent persons present on the occasion organisation.

While addressing the wereCoordinator Badri gathering Ex M.P & Coor-Nath, General Secretary dinator Sh. Raja Ram ji Baldev Raj, Cashier Raja requested the participant Singh, Coordinator Darto work with dedication shan Rana, Coordinator and reach the door steps Bishan Dass Coordinator of the poor masses to Tilak Raj, Coordinator Abdul Gani Aftab, District aware them about the evil designs of the presents President Jammu Koushal Govt. at the Centre and Targotra, District Presi-State who are exploiting dent Jammu Aswani Karthe poor people by rais- loopia Senior leader Jaging all falls propaganda dish Verma District Presiand misleading the public dent Udhampur Mangal about the policies intro- Dass, District President duced but never imple- Samba Sardari Lal etc.

of Kins of poor deceased & also Rs.2 lakh to the seriously injured ones in the Bus accident at Assar in

> Doda District. He also expressed concern over the increasing road accidents in Chenab Region due to overloading of the vehicles / bad conditions of roads. He wonof lives occurred in the road accidents have failed to wake up the concerned Department particularly

diately release Rs. 10 Lakh negotiating with trans- larities which have not so

handed to any traffic con- promise

as ex-gratia relief in favour port operators at different far been controlled sternpoints on the road and ly. Mr. Rao has appealed simply share with them- to initiate enquiries into selves the unholy nexus all types of irregularities between them desper- including wrong Surveys ately. The government in of roads, wrong construcgeneral and the concerned tions etc in the construcdepartments in particular tion of all roads in Chenab owes an explanation to the Region and stern action public at large as to who taken against the defaultis responsible for the loss ers, All the outdated vehiof lives in road accidents, cles should be immediately dered as to how, heavy toll Mr. Rao said and expressed banned from plying on the great astonishment that roads & The traffic sleuths the public has never come should be strictly watched to know about punishment so that they do not com-

Bhalla condoles loss of lives in

Doda accident, demands suitable

ex-gratia, best treatment to injured

He fervently appeals the

forward and support Congress in its endeavors to safeguard their just rights. Wani also said Shopian District has a great significance given its famous apple industry and topography, Congress Party feels committed to put in its strenuous efforts to ensure that people of J&K live a dignified life and enjoy fruit of democracy, for that matter, the Party shall vigorous deal with the challenges and defeat BJP's vendetta and divisive policies.

LG Sinha should own responsibility on Doda accident, give his resignation: BSP

JI NEWS SERVICE JAMMU, NOV 15

Rajesh Gupta, the general secretary Bahujan Samaj Party (BSP) has expressed deep concern regarding the rising number of road accidents in the region. In a statement released today, Gupta specifically referred today's Doda accident, in which 37

people lost their lives and several others sustained serious injuries after a passenger bus from Doda rolled down into 300

meters in deep george. He curb accidents rather than said it is total failure of LG relying solely on post-acciadministration in J&K. LG dent measures. Manoj Sinha should take He highlighted the poor

the responsibility and give condition of roads in hilly his resignation. areas, emphasizing that Expressing shock and their deteriorated state

anguish, Gupta urged the makes them prone to acciauthorities to implement dents.

Gupta stated that and Kashmir.

numerous lives have been lost, and many people have suffered severe injuries due to road accidents in these areas.

Gupta called upon the Lieutenant Governor of Jammu and Kashmir, Manoj Sinha, to prioritize human lives, emphasizing that a person's life is more valuable than anything else.

He further emphasized that Jammu and Kashmir has witnessed a significant number of fatalities last year, marking the highest toll in a decade.

Gupta acknowledged that while the conflict in the region often dominates headlines, it is essential to address the issue of road accidents, which disproportionately affects the youth of Jammu

JI NEWS SERVICE

JAMMU, NOVEMBER 15

Expressing grief over the loss of lives in a road accident in Doda district, JKPCC Working President Raman Bhalla in a condo-

treatment."The critically have become a death trap attention of the Govt.



lence message said, "Sad- injured should be providdened by the road acci- ed specialized treatment dent near Thatri, Doda. In on priority basis," said this hour of grief, I convey Bhalla while demanding my condolences to the adequate compensation bereaved families. I pray for the next of kins who coordination so that the that the people who have lost their lives in the road traffic rule violators can been injured recover at the accident at Assar. He be identified, and action earliest. Bhalla expressed expressed sympathy with can be taken accordingly,' deep shock over the road the bereaved family mem- he said. He said that the accident and demanded bers who lost their loved roads are in shabby condiimmediate airlifting of ones in the road mishap tion across Chenab Valley the critically injured per- and demanded compen- and the commuters often sons to the Srinagar or sation to all the victims of complain of road mishaps Jammu Govt Hospital or the road accident. He said because of the bad roads out of J&K for specialized roads in Chenab Valley that require immediate

and the authorities concerned have failed to fix problems on the road that connects Jammu - Doda Ramban - Kishtwar. "The traffic police should act against the overloading and speedy vehicles on

the hilly roads that often lead to fatal road accidents and loss of lives. The transport department and traffic police should work in





J&K BJP expresses grief over loss of lives in tragic bus accident in Doda

JI NEWS SERVICE JAMMU, NOV 15

cious lives and many ed by this tragedy. others injured, when a Assar Doda.

an unforeseen tragedy lives and express condo- recovery at the earliest.

in solidarity with the (BJP), Jammu & Kashmir, offers the party's support expressed deep shock during this difficult time. and agony over the tragic He urged the authorities accident in which dozens to provide all necessary formers ministers, former of people lost their pre- assistance to those affect- MLAs and MLCs, state

Ashok Koul, General bus they were travelling Secretary (Org.), J&K BJP, nors, also expressed their in skidded off the road conveyed sympathies to sympathies with the famand fell into a gorge in the bereaved families. He ilies who lost their dear Ravinder Raina, Presi- Kishtwar is heart-wrench- administration to prodent, J&K BJP, said that ing. We mourn all those vide medical facilities to

Adv Sajid Yousuf Shah expresses deep

is deeply saddening. He lences to the bereaved said that the BJP stands families, he said. He also prayed to the Almighty Bharatiya Janata Party affected people and for the recovery of the injured at the earliest.

Similarly, the party's senior leaders, MPs, office bearers, morcha presidents, Cells Convesaid that the accident in ones and urged upon the the loss of lives in such who lost their precious the injured ones for their

DPAP shocked over Doda bus mishap, deaths



JI NEWS SERVICE JAMMU NOV 15

Vice chairman dpap GM saroori, General Secretar- areas. DPAP Leaders said ies, Democratic Progressive Azad Party(DPAP) RS Chib, Jugal kishore war on NH 44 has become sharma Provincial president

Ab Majeed Wani, Anita thakur, , advocate ashok sharma provincial vice secretaries- maheswar Manhas zonal President choudary zonal president jammu zone, expressed deep anguish over fatal DoDA NH today morning,

grievously injured

sures to prevent further death on roads in hilly that road accidents on DODA Bhaderwah Kishtregular feature for media

to report, but responsible Traffic and Road management Authorities are behaving like Ostrich to president, prov gen see human dying on roads DPAP has further urged singh, Sobat ali, Vishal upon PRIME MINISTER chopra Gen sec. & Print NARINDER MODI & HOME Media incharge, PR MINISTER AMIT SHAH & CENTRAL GOVT. to Sancpir panchal, Gharu Ram tion Ex Gratia relief of 5 Lakh Rupees to Next kin of the Deceased and one lac to injured persons. Bus accident at Assar DPAP leaders Also visit Govt.Medical hospital killing over 32 and scores jammu to look condition of patients, They further

DPAP activists and conveyed condolences to leadership demanded the aggrieved families and high level judicial enqui- prayed for eternal peace ry into the accident to fix to the departed noble the responsibility for such souls

road accidents and recommend remedial mea-

JI NEWS SERVICE SRINAGAR, NOVEMBER 15

Bhawan Srinagar, today. people of Jharkhand living ery of injured.

mmu & Kas

Lieutenant Governor Shri in J&K, observed two-min-Manoj Sinha, senior offi- ute silence in the memory cials of the Lt Governor's of citizens who lost their The Foundation Day of Secretariat, and the invi- lives in an unfortunate bus Jharkhand was observed in tees including Students, accident in Assar Doda and a solemn ceremony at Raj Security personnel and the prayed for speedy recov-

Jharkhand Foundation Day observed in a

solemn ceremony at Raj Bhavan Srinagar

JDU leaders express deep shock over road accident at Assar, Doda

JI NEWS SERVICE SRINAGAR, NOV 15

JDU State President G M Shaheen and State General Secretary Vivek Bali has expressed deepest condolences on behalf of JDU leaders to the families of Passengers who lost their lives in the tragic road

accident at Assar Doda. G M Shaheen has to requested LG Administration is to immediately press men and machinery to evacuate the bodies and injured with deploy-

Vivek Bali has



ones in the road Accident the bereaved families and ment of Helicopters to lift/ and demanded compen- to the injured also. All are shift the injured to GMC sation to all the victims of requested to pray for fast for specialised treatment. the road accident.

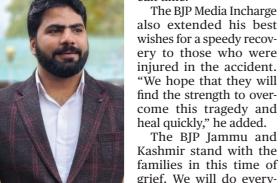
JDU leaders urged and for eternal peace to expressed sympathy with the Administration for the departed souls with the bereaved family mem- release of immediate of solidarity to the bereaved bers who lost their loved ex-gratia payment to all family member.

recovery of the injured

sorrow over Doda road accident **JI NEWS SERVICE** cult time." SRINAGAR, NOV 15 The BJP Media Incharge also extended his best Jammu and Kashmir wishes for a speedy recov-November 15, 2023 - Adv ery to those who were Sajid Yousuf Shah, the BIP injured in the accident. Media Incharge Kashmir, "We hope that they will find the strength to over-

today expressed his deepest condolences following the tragic bus accident in Doda, Jammu and Kashmir, which has left 33 people dead and 22 others injured.

"We are deeply sad-



thing we can to support dened by the loss of life in "Our thoughts and prayers the families of the victims

this tragic accident," said are with the families of the and help them through Adv Sajid Yousuf Shah. victims during this diffi- this difficult time.

LIC's stall at International trade fair inaugurated

JI NEWS SERVICE

JAMMU, NOV 15

LIC stall at the 42nd India International Trade Fair was inaugurated by Executive Director (Corporate Communications), Sh. Aditya Gupta. The occasion was also graced by Zonal Manager, Northern Zone, Sh J PS Bajaj and other senior officials.

During the 14 day national Trade Fair, in also be shared. the LIC stall, information



period of the India Inter- and online services will has come up with better 8976862090.

products in the changing LIC is celebrating its needs and preferences nario, the Corporation regarding various plans 67th Anniversary this year. of the insurable popula- through various tools of the Corporation and Being one of the major tion. Customers can also has made policy servic-Career opportunity for financial institutions of the get information regarding ing more easy and accesrecruitment as agents will nation, LIC has catered to a their policies from Policy sible. Policy holders can be available. Information large number of people for Mitra site by accessing pay premiums through

LIC whatup no

natively they Along with Insurance, can also get LIC also fulfills its social information obligations through LIC's through IVRS Golden Jubilee Foundation by dialing 022that contributes towards 68276827. All education, medical and other social services. LIC policy holders can also has also been contributing connect for towards nation building information projects as well.

and services of their poli-Vahamyaham from Srimad cies through Bhagavad Geeta meaning your welfare is our respon-

LIC's motto-Yogakshem

sibility' truly sums up the In the changing sce- objective of the Corporation.



70th All India Cooperative Week celebrations begin at Budgam

JI NEWS SERVICE

BUDGAM, NOVEMBER 15

The Department of Coop- chalk out the future strat- exemplary performances awareness programme to celebrate 70th All trict Development Com- among various Societies. India Cooperative Week missioner (ADDC), Dr theme of the day Novem- tions. ber - 15 "Revitalization of Non- Credit Cooperatives and Financial Inclusion."

Deputy Commissioner (DC), Budgam, Akshay Labroo, who was chief guest on the occasion, appreciated Cooperative Department Budgam for its exemplary work and efforts to transform the lives of people associated with Cooperative Societies.

The DC encouraged the District Cooperative Department Budgam to keep working hard and pursue it in a way that we are able to create numerous success stories in the district Budgam.

The main objective of the celebrations is to highlight the achievement of the Cooperative Sector, create awareness about

success stories and to were felicitated for their

today held a daylong Cooperative movement. Besides registration certifi-The Additional Dis- cates were also distributed

at Sheikh-Ul -Alam Hall, Akramullah Tak along highlighted the role of Panzan. Budgam. The theme of the with Deputy Registrar Cooperative in the socio-68th All India Cooperative Cooperative Societies Dis- economic up-liftment and Week is "Role of Coopera- trict Budgam Aabida Nabi emphasized on the need including CMO Budgam tive in \$5 Trillion Economy unfurled the Cooperative for formation of new and SDGs" and under the Flag to mark the celebra- Cooperatives in different threw light on their dif-

Various students of and more youth. He also public welfare schemes.

how to uplift the weaker Gousia Cooperative Edu- highlighted the achievesections of society, share cational Institute Panzan ments and success stories of Cooperative Sector Budgam through Powereratives District Budgam egy for strengthening the in studies on the occasion. Point Presentation. A

Cultural programme was performed by the students of Gousia Coopera-The Deputy Registrar tive Educational Institute

On the occasion, different eminent speakers and other district officers fields by involving more ferent department wise

OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION UDHAMPUR

TENDER CANCELLATION NOTICE

Cancellation of tenders for Replacement of Sewerage pipes Name of work:including renovation of washrooms at Associated Hospitals **GMC** Udhampur This office e-NIT No. 125 of 2023-24 dated 03.11.2023. **Reference:-**

Due to some technical issues, the above noted tender is hereby

cancelled with immediate effect and fresh tender shall be invited shortly.

No. 20524-29 DT:- 13 .11-2023

DIP/J-11165/23 Date: 15-11-23

Executive Engineer, WD (R&B) Division, Udhampur

MECHANICAL & HOSPITAL DIVISION, JAMMU

OFFICE OF THE EXECUTIVE ENGINEER,

NOTICE INVITING TENDER (Short Term)

MHDJ/e-NIT 174 of 2023-24

Dated: 13.11.2023 Due : 24.11.2023

On behalf of the President of India, e-tenders in two cover system on turnkey basis are invited from registered/reputed firms having sufficient relevant experience for the work mentioned below:

S. No	Description of work	Project Author ity	Estt	AAA/ TS	Earnest Money Deposit	Cost of tender document	Time of complet ion	
1	COMPLETE SERVICING / REPAIRS TO 250 KW ELECTRICALLY OPERATED HOT WATER GENERATERS No 1 & 2 (FOR WINTER SEASON) INSTALLED AT NEW EMERGENCY BLOCK OF GMCH JAMMU.	Principa I GMC & Associa ted Hospital Jammu	1.85 LACS	ACCORD	Rs.4000.00 in the Shape of CDR/FDR/T DR valid for 12 months pledged to the Executive Engineer M&H Div Jammu	Rs 200.00 in the shape of Challan through J&K Govt. Treasury Indicating Treasury Voucher No. & date and also indicating the name of work duly credited to 0059- PWD (Revenue) and uploading a copy of treasury challan / receipt on e-tendering portal. OR The bidder may deposit tender fee in the shape of e- Challan through Account no. 009701010000216 3 in the name of Executive Engineer Mechanical & Hospital Division Jammu Name of Bank: J&K Bank Town Hall Jammu Branch Code:0097 IFSC code: JAKAOTNHALL MICR CODE: 180051025	10 day	OEM/Authori zed /Registered & Reputed firms having sufficient experience as per Annexure "C" Electromecha nical nature of work

THE NIT CONSISTING OF Qualifying INFORMATION, ELGIBILITY CRITERIA, BILL OF QUANTITIES (BOQ) SETS OF TERMS & CONDITIONS OF CONTRACT & OTHER DETAILS CAN BE VIEWED / DOWNLOADED FROM THE WEBSITE www.jktenders.gov.in.

DIP/J-11143/23 Date: 15-11-23

Sd/-**Executive Engineer** Mechanical & Hospital Division Jammu

Observance of Closing Ceremony of Vigilance Charak demands Heli ambulance for shifting injured in Doda accident, seeks investigation Awareness Campaign 2023 by DoT, Jammu

JI NEWS SERVICE JAMMU, NOV 15

Jammu is observing Vigi-Sardar Vallabhbhai Patel this year, the Central Vigi-

ness Campaign 2023, a token of appreciation. The session was organised on programme was attended "Say No to Corruption: by officers and staff of Department of Telecom- Commit to Nation" by J&K DoT and BSNL as well munications (DoT), J&K LSA, DoT on 15th Novem- as media persons. Other Licensed Service Area, ber 2023 at 3.00 pm at Events organised during Conference Hall, BSNL the "Vigilance Awareness lance Awareness cam- Building, J&K Circle, Tri- campaign 2023". The J&K paign 2023. The focus of kuta Nagar, Jammu. The LSA of Department of Telethe observance of Cam- Session was taken by Dr. communication organised paign is to build awareness Vidyut Vikash, IRS, CBI a number of events during and re-affirm the commit- Head, Jammu. He com- the Vigilance Awareness ment to uphold integrity prehensively covered the campaign 2023. A session in public governance. The entire gamut of vigilance was organised on "Dispos-Central Vigilance Com- and spoke on sources of al of Complaints" by Sh. mission observes Vigi- corruption, impacts of Rajesh Sharma, Retd. IAS, lance Awareness Week corruption, social corrup- on 06 Sept'2023 wherein every year in the week tion, preventive measures it was emphasized to expein which the birthday of and various laws and acts. dite the appropriate dis-Sh. Vijay Kumar, Assis- posal of complaints.

falls i.e 30th October to tant Director delivered the and Sh. Abdul Kayum, lance Commission has Deputy Director General of the Vigilance Aware- shawl to the speaker as a explained.

A presentation was 5th November. However, formal welcome address made by Sh. Sanjay Kumar, Director (Rural) on "Vigilance in Department decided that the Vigilance welcomed the speaker. of Telecommunications Awareness campaign 2023 The proceedings were (DoT)" on 10 November is to be observed from conducted by Sh. Arun 2023 in which an over-16th August 2023 - 15th Agarwal, Deputy Director view of the vigilance November 2023. As part General and presented a mechanism in DoT was

JI NEWS SERVICE JAMMU, NOV 15

BJP leader Rajeev Charak today demanded the Heli ambulance services and other measures to avoid tragic accidents and resultant loss of lives.

Expressing grief very losses of lives in Doda accident, Charak said many Governments came and went but dance of death on J&K roads are continue. He said Government and its agencies have fail to control the menace of overloading, over speeding, talking on mobiles blaringly loud distracting



and of course bad roads. He also coined the introduction of usage of helicopter ambulance service for timely shifting of injured in accident. "Each accident is fol- rules and causes of such

while driving or playing lowed by messages of heinous crimes so that "shock and grief", some innocent lives could be music in public transport ex-gratia grants for the saved.

Kavinder expresses grief over loss of lives in bus accident

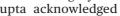
Pays condolences to bereaved families

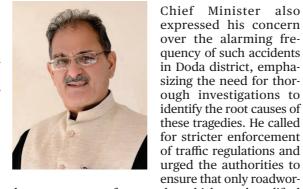
JI NEWS SERVICE

JAMMU, NOV 15

Senior BJP leader and former Deputy Chief Minister Kavinder Gupta expressed profound grief and shock over the tragic road accident in Doda district that claimed the lives of 38 people and left 17 others injured.

here today, Gupta con- that no amount of comveyed his deepest condolences to the bereaved families, expressing the but he assured the affectprofound sorrow that has ed families that the govgripped the community ernment is committed to in the wake of this devastating loss. He offered his heartfelt prayers for the eternal peace of the departed souls and extended his sympathy to behind to grapple with this immense tragedy.





pensation can truly mend the wounds of such a loss, and support during this difficult time. He pledged providing the best postheir lives.

Altaf Bukhari expresses shock over enormous loss of lives in Doda Road mishap

JI NEWS SERVICE

can be taken accordingly,"

Vilakshan Singh expresses grief over tragic bus accident in Doda District JI NEWS SERVICE

JAMMU, NOV 15

dead and injured, strict

checking of the unre-

lated private car owners

and their challans, raised

'collections' from public

transporters at shady

road bends and enquiries

leading nowhere; and the

milieu carries on till the

He demanded the Gov-

ernment to depute some

quite capable officers

to find out the causes of

such tragic accidents and lapses in performing the

duty by the concerned

agencies responsible for

implementing the traffic

next accident," he said.

Vilakshan Singh State President of J&K National Panthers Party has expressed grief over the tragic road accident that took place in Doda District when a bus carrying 55 passengers skidded off the road near Trungal-Assar on Batote Kishtwar National Highway and in which 36 persons lost their lives and 19 persons received severe injuries. He expressed condolences to those who have lost their loved ones. He also wished speedy recovery for those who got injured in the said accident.

Singh said that road accidents are frequently claiming precious lives and no amount of money can compensate for the loss suffered by those who have lost their loved ones. He said that the road traffic accident is the area which is of the least concern for the government. He said that the government mainly focuses on collection of fines but is least concerned about taking the measures to minimize road traffic accidents leading to loss of precious lives. He said that traffic laws should be implemented strictly and security audits of the vulnerable roads should be carried out by the government at regular intervals. He said that besides strict implementation of traffic laws, regular counseling of the drivers of the public transport vehicles should be done so that they may understand the responsibility which they carry while driving public transport vehicles.

Singh said that the government is boasting of unprecedented growth in J&K but the frequent tragic road accidents in hilly areas have exposed the false claims of the UT administration. Singh urged the government to wake up from the deep slumber and take concrete actions for ensuring the safety of passengers particularly in hilly areas.

Prof. Amitabh Mattoo, expresses profound anguish and grief over Assar Doda accident

JI NEWS SERVICE

NEW DELHI NOVEMBER 15

In the wake of the devastating accident near Assar Doda that claimed the lives of more than 40 individuals, Professor Amitabh Mattoo, a distinguished academic and thought leader, has expressed his deep anguish and pain. Prof. Mattoo, known for his insightful contributions to academia and public discourse, conveyed his heartfelt condolences to the families affected by this tragic incident. He remarked, "The loss of lives in the Assar Doda accident is a profound tragedy that has left our hearts heavy with sorrow. My thoughts and prayers are with the families who have lost their loved ones, and my deepest condolences go out to them during this incredibly challenging time." Prof. Mattoo emphasized the need for collective support and solidarity, stating, "It is crucial for us to come together to extend our support to those affected. In times of such immense grief, our unity becomes a source of strength and solace."

He further said that "We must learn from this unfortunate event and work towards implementing measures that ensure the safety and well-being of our communities," he added.

Infantry commanders' conference concluded at the infantry school, MHOW



JI NEWS SERVICE NEW DELHI, NOV 15

37th Infantry Commanders' Conference was suc-14th and 15th November Mhow. This biennial con-(COAS)

and infusion of technolo- ies.

future challenges. During the conference, the Infantry Regiments the Infantry showcased cessfully conducted on its latest acquisitions in Commandants. While

various arenas of lethal-2023 at Infantry School, ity, mobility, battlefield transparency, situational ference was presided over awareness and survivby General Manoj Pande, ability. The demonstra- mode from major Military Chief of the Army Staff tion of recently acquired Stations across the coun-A large number of cur- tion Weapons & Equip- mented the participants rent and futuristic issues ment systems infused for the dedicated and

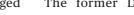
pertaining to Infantry confidence in the emerg- unflinching efforts being in operations, training, ing capabilities of Infantry made at all levels towards capability development to counter the adversar- infusion and adoption of

enhance the capability of als and fourteen officers Infantry in sync with the of the rank of Major Generals besides Colonels of

and Regimental Center many participants were physically present at Mhow, others attended the conference in online advanced New Genera- try. The COAS complilatest technology to trans-

gy were discussed. While The conference was form the Infantry into a assessing the capabilities conducted in hybrid formidable force for the

In a statement issued



dent at Assar.

those who have been left sible medical treatment implement effective meato those still battling for sures that would prevent Gupta acknowledged The former Deputy occurring in the future.

in Doda district, emphasizing the need for thorough investigations to identify the root causes of these tragedies. He called for stricter enforcement of traffic regulations and urged the authorities to ensure that only roadworthy vehicles and qualified drivers are permitted to operate on the roads.

Gupta reiterated his firm commitment to working towards addressproviding immediate relief ing this critical issue and ensuring the safety of all commuters in Doda and that the administration across the region. He would spare no effort in vowed to collaborate with the relevant authorities to similar tragedies from

of Infantry in conven- mode and was attended future. The forum fostional war scenario and in by the Vice Chief of Army tered the Infantry spirit Counter Insurgency and Staff, six General Officers and further strengthened Counter Terrorism opera- Commanding-in-Chief, the bonds of the larger tions, necessary decisions seventeen officers of the Infantry fraternity cutting were made to further rank of Lieutenant Gener- across Regimental lines.

What was secret of Altaf Bukhari's freedom in 2019: Omar Abdullah

JI NEWS SERVICE

BARAMULLA, NOV 15

National Conference Vice President Omar Abdullah Wednesday said that he failed to understand that when he despite being a former Chief Minister, and spending days and nights



tion at Pattan town of North whenever there is anything ground reality.

Kashmir's wrong, but Altaf Bukhari Baramulla can't talk against BJP which district. he is part of," Omar said. While reacting to the Omar said he doesn't assertions of Syed Altaf compro- Bukhari about the Tangm i s e . marg episode in 2010, 'Wrong Omar Abdullah said that is wrong Bukhari should explain

other top politicians were and I speak up against who put Tangmarg on fire the wrongdoings. Despite then. "Conspiracy against in detention in 2019, how being a part of the INDIA a Chief Minister in Jammu come Altaf Bukhari was Alliance I talked about the and Kashmir is not new enjoying freedom. "Please wrong decision of the Con- and it started way back tell us this secret, how and gress government in Karna- in 1953. Let us talk about why you (Altaf Bukhari) taka about the 'headgear' 1984 also," he said adding were free?," Omar Asked. issue. I do talk against this that only MPs meeting was Omar Abdullah was government in Jammu and held in Tangmarg in 2010 addressing a party conven- Kashmir and against LG to apprise them about the

JAMMU, NOV 15

Apni Party President Syed Mohammed Altaf Bukhari and sorrow over a tragic road accident at Assar in District Doda that has resulted into the death of dozens of people and injured many others after a passenger bus skidded off the road and it rolled into a deep gorge on

Wednesday. As per a press release, Altaf Bukhari has and the authorities con- ity both on the public expressed deep shock cerned have failed to fix transport, traffic police over the road accident problems on the road that and civil administration and demanded immediate airlifting of the critically injured persons to the Srinagar or Jammu Govt should act against the Hospital or out of J&K for specialized treatment.

should be provided specialized treatment on priority basis," said Bukhari while demanding adequate compensation for the next of kins who lost their lives in the road acci-

He expressed sympathy he said. He said that the with the bereaved family roads are in shabby condimembers who lost their tion across Chenab Valley loved ones in the road and the commuters often has expressed his grief mishap and demanded complain of road mishaps compensation to all the because of the bad roads victims of the road accithat require immediate dent. attention of the Govt.

He said that the Govt "A safety audit of the should order a detailed roads across Chenab investigation into the Valley should be conductroad accident at Assar and ed regarding its safety for accused persons should the commuters, and corbe brought to book. The rective measures should also be taken. There is a roads in Chenab Valley have become a death trap need to fix accountabilconnects Jammu - Doda to ensure such road acci-Ramban - Kishtwar. dents can be avoided in

"The traffic police future," he suggested. Senior Vice President, overloading and speedy Ghulam Hassan Mir; Vice President Choudhary vehicles on the hilly "The critically injured roads that often lead to Zulfkar Ali; Vice Presifatal road accidents and dent, Aijaz Ahmed Khan; loss of lives. The trans-General Secretary, Vijay port department and traf-Bakaya; General Secrefic police should work in tary, Syed Asgar Ali; Procoordination so that the vincial President, Jammu, traffic rule violators can S. Manjit Singh; State Secbe identified, and action retary, Mohinder Parihar;

expressed grief over bus accident at Assar, Doda

AJKBC holds condolence meeting,

JI NEWS SERVICE

JAMMU, NOV 15

All J&K Backward Classes hold a condolence meeting in Jammu and have expressed grief over the bus accident at Assar of District Doda . In a press note, The Backward Classes have expressed their grief and expressed their condolences to the bereaved families and said that we are with them in this hour of sorrow and expressed grief over the sad demises in District Doda. The backward classes also expressed sympathy with the bereaved families and prayed for eternal peace to the departed souls.

Prominent among those who attended the condolence meeting included Abdul Qadir Kundria, Ghulam Hussain Shair Gojri, Balwant Raj Katria, Fareeq Chand Satiya, Mohd. Shabir, Bansi Lal Choudhary, Ramesh Kumar, Muktiyar Kalia, , Mohd. Iqbal, Reham Din Malik, Mohd. Hussain, Mohd Iqbal, Amit Kumar Mehra, Aashiq Hussain, Mushtaq Ahmed, Kasturi Lal Basotra and others.

Sham Lal Gupta expresses grief over tragic Doda accident

JI NEWS SERVICE

JAMMU, NOV 15

Sham Lal Gupta, Chairman NGO Anti Crime Bureau . expressed deep grief over the tragic accident in Doda district that claimed the lives of 38 people and left 17 others injured.

In a statement issued today, Sham Lal conveyed heartfelt condolences to the bereaved families and prayed for the eternal peace of the departed souls. He urged the government to provide the best medical care to the injured and offer adequate compensation to the families of the victims.

Sham expressed concern over the alarming frequency of such accidents in Doda district, emphasizing the need for thorough investigations to identify the root causes of these tragedies. He also stressed the importance of raising awareness about road safety among the general public, especially among the youth. He urged everyone to follow traffic rules and regulations and to be careful while driving.

Police arrests 4 drug peddlers in Baramulla & Sopore; Contraband substances recovered

JI NEWS SERVICE BARAMULL,NOV 15

Continuing its efforts to a checkpoint established PS Baramulla under the

headed by SHO PS Tangmarg under the supervision of SDPO Tangmarg at Baramulla headed by SHO

Meanwhile, a police traband Brown Sugar like mad Mubarak Mir resident initiated. party of Police Station substance was recovered from her possession.

eradicate the menace of at Sharai Tangmarg inter- supervision of DySP Hqrs of Police Post Watergam at recovered from his possesdrugs from the society, cepted 02 persons. During Baramulla arrested a noto- a checkpoint established Police have arrested 04 drug search, 65 grams of Charas rious and wanted lady drug at Ziyarat Shareef Berhampeddlers including a notori- like contraband substance peddler at Dewanbagh near pura intercepted a suspious & wanted lady drug ped- was recovered from their Grid Station. She has been cious person who after dler in Baramulla & Sopore possession. They have been identified as Afroza Begum noticing police party tried and recovered contraband/ identified as Bashir Ahmad @ Afree wife of Late Fayaz to flee from the spot but custody. Accordingly, cases drugs from the society. We psychotropic substances Magray son of Sonaullah Ahmad Dar resident of was apprehended tactfully. under relevant sections of reassure the community from their possession. In Magray resident of Drooru Ganie Hamam Baramulla He has been identified as law have been registered at members that police will act Baramulla, a police party & Javid Ahmad Ganie son of A/P Hygam Sopore. During Muhammad Nadeem Mir respective police stations tough against the criminals

of Behrampura Rafiabad. sion

All the accused have been arrested and shifted of Police Station Tangmarg Ab Ahad resident of Shrai. the search, 60 grams of con- @Shiaya son of Muham- and investigation has been as per law.

We urge the common During search, 12 bottles masses that if you witness In Sopore, a police party of codeine phosphate were drug peddling or any other crime anywhere near you, feel free to contact nearest

police establishment or dial to respective police sta- to cooperate with police tions where they remain in in curbing the menace of

112. People are requested



'Back to Village' Phase V Yasha Mudgal visits Kunfer Panchayat; **Interacts with PRIs, locals**

JI NEWS SERVICE

RAMBAN, NOVEMBER 15

Commissioner Secretary Cooperative, Yasha Mudgal, today visited Kunfer panchayat in Ramban block as Visiting Officer under ongoing ambitious "Back to Village" Phase V programme to assess the status of development works and beneficiary oriented schemes.

Interacting with the people, she outlined the significance of 'Back to Village' Programme saying that the main motive behind launching this Government-people interface programme is to ensure that not even a single person is deprived of the benefit of development schemes. She emphasized upon the people to ensure their proactive engagement with the district administration in taking the development profile of the district to top place

tion.

Yasha Mudgal had feedback from the general public about implementa- ated the Deputy Commistion of welfare schemes sioner for adopting Kunfar the officers from various as well as developmental activities being executed in their respective areas.

tary also reviewed the action taken by the depart- School, Chanderkote. ments on directions issues in the previous "Back to Village" meetings.

Action plan for smooth conduct of 'Viksit Bharat Sankalp Yatra'



She directed the CEO, the Commissioner Secre-Emphasizing the role Ramban and executing tary about the initiatives of Nasha Mukt youth in agency to complete the being taken up by the developing a flourished Kasturba Gandhi Balika District Administration society, Commissioner Vidyalaya building and in coordination with con-Secretary asked the Dis- make it functional as per cerned officers to resolve trict Administration and directions. She directed all the issues of public people to launch a joint the Deputy Registrar, interest pertaining to their Nasha Mukt campaign on Cooperative to intensify respective departments. mission mode to save the awareness drives to sen- He directed the officers youth from drug addic- sitize the people about of NHAI to construct an schemes of Cooperative overhead bridge at Chansectors

Yasha Mudgal appreci- locals, especially students. panchayat for development as model Panchayat. the people about several She also inaugurated schemes of their respec-

Commissioner Secre- a Carrom Match at Gov- tive departments. ernment Upper Primary

Meanwhile, Deputy issues during Gram Sabha Commissioner, Baseer-Ul- including construction of in large number partici-Haq Chaudhary, briefed overhead bridges, com-

pletion of JJM schemes and augmentation of Water Supply Scheme, up-gradation of local Government High School, Chanderkote, construction of stadium, road connectivity to Magdan, etc.

Commissioner Secretary also distributed certificates among newly registered Cooperative derkote to facilitate the Societies, sanction letters among loan beneficiaries During the programme, besides baby and poshan kits, Nano Urea kits and departments sensitized blankets among the beneficiaries.

Among others, ADDC, Rajinder Sharma, ADC, Earlier, the PRIs and Harbans Lal, ACR, Giasul Haq, ACD, PRIs, other locals highlighted their senior officers and people pated in the programme.

PD&SJ Srinagar & In charge PD&SJ Ganderbal condole demise of father of Justice Sanjeev Kumar

Back to Village Phase -V: Massive Public **Response witnessed in Udhampur District**

JI NEWS SERVICE UDHAMPUR, NOVEMBER 15

The fifth phase of the 'Back to Village' initiative, a flagship program in the Union Territory, garnered significant public engagement in Udhampur district.

Commissioner Jammu Municipal Corporation, Rahul Yadav, as the visiting officer of Panchayat Mantalai, extensively interacted with PRI members and officials of line departments.

The Udhampur District visiting officer actively participated in the Gram Sabha session, inspected Capex works, PMAY house, Patwar Khana and other government institutions.

Throughout the day, the visiting officers engaged with PRIs and the general public across different Panchayats in the district, seeking detailed feedback on the ground-level status of government schemes. The discussions included inquiries about ongoing



developmental works and flagship schemes.

sports and cultural events, other government insti- engagement.

plantation drives, Gram tutions, and awareness Sabhas, inspections of Jal sessions on Nasha Mukht Numerous activities Jeevan Mission (JJM) and Bharat Abhiyan. took place in the Pan- other development works, chayats, such as inaugura- interactions with farmers, were distributed to fur-

Additionally, sports kits tions of various projects, visits to Anganwadi and ther support community

Back to Village-5 Second round takes off in Reasi District

JI NEWS SERVICE REASI, NOVEMBER 15

The second leg of Back to Village-5 (B2V5) programme started today in 62 Panchayats of Reasi district, with much enthusiasm and public participation.

The designated Visiting Officers along with supporting staff remained stationed at their allocated village panchayats and listened to villagers and prepared Gram Panchayat Development Plan (GPDP) as per the needs of people of the village.

On second phase B2V5, administration visited dif-



the officers were accom- respective stations. panied by the concerned tehsildars and BDOs.

ments

the district to monitor the seeds and indoor game kits KCC was also conducted. being implemented in the proceedings of the ambi- were distributed among The Visiting Officers district and motivated tious Back to Village pro- the beneficiaries by the also inspected Amrit them to avail the benefits

The visiting officers were seen interacting

Gram Sabhas were with members of the Gram organised in all the 62 Sabha, administering Panchayats and the visiting pledges to make the system officers garnered feedback and society corruption regarding development free. Besides the formulaactivities and require- tion of GPDP, inspection of public offices, inspection Sports kits, soil health of works taken up under Senior Officers of district cards, sanction cards for various CSS, Jal Jeevan also educated the public old age widow and handi- Mission (JJM), PMAY-G, about scores of welfare ferent Gram Panchayats of capped pension schemes, PMEGP, PM-Kissan, and schemes and programmes

ducted awareness on Self Employment schemes and took feedback on welfare schemes.

They documented all the grievances projected during these days and assured locals of early redressal of their genuine issues and demands.

The resource persons

reviewed at Kupwara **JI NEWS SERVICE**

KUPWARA, NOVEMBER 15

On the directions of Deputy Commissioner Kupwara, the Additional District Development Commissioner (ADDC) Kupwara, Altaf Ahmed Khan today chaired a meeting of concerned officers to review action plan and preparations for smooth and successful conduct of Viksit Bharat Sankalp Yatra in the district.

The ADDC directed the officers to ensure maximum public participation in the Yatra which is aimed to raise awareness about the Government's schemes and achievements.

The Viksit Bharat Sankalp Yatra will be a massive IEC campaign in the country to make people aware about various Govt Schemes

It was informed in the meeting that Digital Vans will traverse all Panchayats delivering the Prime Minister's message and hosting promotional events.

It was also informed that the district administration has prepared a comprehensive schedule to cover 385 panchayats and all wards of three MCs.



words of solace, acknowl-

At the end of the meet-

JI NEWS SERVICE SRINAGAR, NOVEMBER 15

The Principal District and

Sessions Judge (PD&SJ) Srinagar, Jawad Ahmad attended by all the Judiand Chief Judicial Mag- cial Officers of the District istrate (In charge PD&SI) and other staff members, Ganderbal, Fayaz Ahmad emphasized the solidarity Qureshi today condoled and support of the legal the demise of Shri Utam fraternity of District Sri-Chand Shukla, the father nagar with the bereaved of Justice Sanjeev Kumar, family at this difficult Judge High Court of time. The PD&SJ, Srinagar, Jammu & Kashmir and on the occasion shared

Ladakh. In this connection, edging the immense loss

two separate condolence suffered by the bereaved meetings were held at Dis- family. He expressed deep trict Court Complex (DCC) Srinagar and DCC Ganderbal chaired by Princi- the profound impact of pal District and Sessions losing a beloved father. Judge (PD&SJ) Srinagar and Chief Judicial Mag- ing, two-minute silence istrate (In charge PD&SJ) Ganderbal respectively.

In the condolence meet- respect and tribute to the ing held at DCC Momina- departed soul. bad Srinagar, the PD&SJ Srinagar, Jawad Ahmed, Officers of District Ganextended condolences derbal also expressed and expressed deep sym- heartfelt condolences to loss.

pathies on behalf of all the Justice Sanjeev Kumar participants to the grieved Shukla and members family particularly to Jusof the bereaved family, tice Sanjeev Kumar. The on the sad demise of his Condolence meeting, father.

The condolence meeting was convened in the office chamber of Chief Judicial Magistrate Ganderbal by Chief Judicial Magistrate (In charge PD&SJ) Ganderbal, Fayaz Ahmad Qureshi, and was attended by Secretary District Legal Services Authority, Ganderbal, Nusrat Ali Hakak, Judicial Magistrate 1st Class, Kangan, Easrar-Ul Nabi, sympathy for Justice San-Additional Special Mobile Magistrate, Ganderbal, jeev Kumar, recognizing Mehnaaz Qadir & Judicial Magistrate 1st Class, Ganderbal, Mohammad Waseem Mirza.

was observed by all the The Officers observed participants as a mark of Two minutes silence in the condolence meeting and prayed for peace to Meanwhile, Judicial the departed soul and strength to the bereaved family to bear such a great

gramme. On the occasion, visiting officers at their Sarovar projects, con- of the same.

'Back to Village' Phase V Sanjeev Verma reviews development scenario in Maitra panchayat-A, interacts with PRIs, officers

JI NEWS SERVICE RAMBAN, NOVEMBER 15

Commissioner Secretary, General Administrative Department, Sanjeev Verma, Prabhari Officer for Panchavat Maitra-A, Ramban block under "Back to Village" phase V, on Wednesday reviewed implementation of various development and individual-oriented schemes during his visit to the allotted Panchayat.

Deputy Commissioner, Baseer-Ul-Haq Chaudhary, Senior Superintendent of Police, ADDC, ADC, ACR, ACD and other senior officers besides PRIs and people in large number participated in the programme.

Commissioner Secretary interacted with PRIs, locals and officers from different departments and addressed the concerns raised by the PRIs and other people. Responding to the

retary directed the Execu- ects sanctioned under difan audit of all existing and for Forest Clearance. new ongoing water supply



water supply in the pan- Food to ensure proper areas.

Commissioner Secrethe officers of Jal Shakti tary asked the officers of to identify new sources all departments to share for water supply like dug new ration depot to minidetails of bottlenecks hin- well near river Chenab, mize rush at ration depot dering progress on devel- besides ensuring plantaopmental works of public tion in coordination with interest. He exhorted upon concerned departments to Pachal via Duri roads, the officers to conduct in surrounding of the con- completion of construcissues, Commissioner Sec- joint visits of all road projventional sources. tive Engineer, Jal Shakti ferent schemes to upload tary directed the con- of Awass Plus portal to

schemes to ensure proper retary directed the AD He also assured the people schemes.

that their demands and grievances will be taken up with concerned authorities for redressal.

The Executive Engineer, Jal Shakti was asked to immediately start renovation work on filtration plant Maitra to ensure quality and uninterrupted supply of water. Besides, the PRIs and other participants were aksed to sensitize the people to install electric meters in their homes to pay bills as per consumption of electricity. Earlier, PRIs highlighted their issues including, sanction of new Higher Secondary School for Maitra, Ramban, allotment of land to landless chayat and surrounding ration distribution at eligible people under Forest Right Act, start of classes of Kendriya Vidyalaya Ramban, sanction of

Commissioner Secre-

Maitra Depot. He asked

Maitra, start of work on Kanga- Koti Jagir and Gali tion work of Gujjar Hostel, Maitra, bridge, opening Department to conduct reports on Parivesh Portal cerned officers to resolve include new beneficiaall the genuine issues of ries, sanction of irrigation Commissioner Sec- the public at the earliest. kul and completion of JJM

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