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"Awaam Ki Awaaz": LG shares inspiring DGP J&K visits Rajouri; stories of Progressive Farmers of J&K interacts with field officers

JI NEWS SERVICE

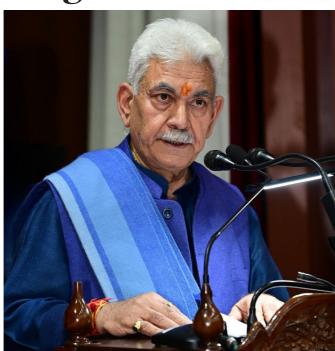
JAMMU, NOVEMBER 19

Lieutenant Governor Shri Manoj Sinha during this month's 'Awaam Ki Awaaz' programme reiterated the resolve of J&K UT Administration to promote equitable and inclusive development, based on the ideals of Dr. Babasaheb Bhimrao Ambedkar.

"The principal architect of the Indian Constitution and one of the greatest social reformers of India Dr. Babasaheb Ambedkar had observed in constituent assembly that social democracy means that way of life which recognizes liberty, equality and fraternity as principles of life," the Lt Governor said.

Through his speech, Baba Saheb had drawn the country's attention towards social equality. In the last 9 years, under of UT Administration envis- paign gives another big mesthe leadership of Hon'ble ages a renewed focus on the Prime Minister Shri Narendra social and economic empow-Modi, this cherished goal is erment of villages. Its main being realized and a record objective is to bring about cooperation a permanent 13.5 cr people moved out of a paradigm shift in the rural multidimensional poverty, he socio-economic system and

He said the Back to Village of J&K's development.



campaign, a unique endeavour make villages a vibrant force

"The Back to Village camsage that many challenges can be tackled through Janbhagidari. We must make mutual feature in the development journey of our villages," the Lt has started a dairy unit that is Governor said.

The Lt Governor shared the

inspiring journey of progressive farmers of J&K. He said the farmers with their hard work and innovative approach are achieving the ambitious target of doubling the income.

He made a special mention of Bandna Devi of village Malothi, Doda; Ganderbal's Shafeeqa Shora and Sunita Devi of Basohli who have emerged as a source of motivation for other women through their awe-inspiring success stories.

Bandna Devi is a living example of Nari Shakti's ability to show the way to prosperity. She has created a new revolution in Malothi village with successful diversification from 'maize to marigold farming',

He appreciated Sunita Devi of Basohli for transforming her land into a flourishing integrated farm, combining dairy, vegetables, spices and traditional

Ganderbal's Shafeeqa Shora, with her skills, knowledge, determination and support from the administration, contributing to

CONTINUED ON → PAGE 4



JI NEWS SERVICE

JAMMU, NOVEMBER 19

Jammu and Kashmir Police is best force to fight terrorism as and Poonch. He also chaired no one knows the topography meeting of officers from Army, problems being faced by the & demography as we do, this CRPF, BSF and sister agencies citizens of the border districts. was stated by Director Gen- besides range & district Police eral of Police J&K Sh. R R Swain officers. while addressing the darbar of officers and jawans at District the officers of different forces forces was also discussed. Mea-Police Line Rajouri.

The DGP J&K was on a day- cers agreed upon more actions

long visit to border district against terrorism and their Rajouri where he interacted supporters. with the jurisdictional DySPs Officers agreed upon clean & SHOs of district Rajouri

besides sister agencies, all offi- sures for strengthening

and green operations while taking due care about the

Revisiting and rejuvenating Border Police Posts with the During the meeting with support and synergy of other

CONTINUED ON → PAGE 4

ICC World Cup | Australia defeats India by six wickets to win sixth title



AGENCIES

AHMEDABAD, NOV 19

Chasing a target of 241, Australia maintained their killer instinct and pressure from the huge number of fans at the stadium to beat India comprehensively during the ICC Cricket World Cup 2023 final in Ahmedabad on November 19. India was comprehensive beaten in all departments at

Travis Head took a brilliant catch to dismiss Rohit Sharma and scored an excellent century to take his team to the title. Australia reached the target in 42.5 overs with six wickets in hand. Australia lost David Warner (7) early in the

CONTINUED ON → PAGE 4

Train journey is considered as a voyage to transform present form of knowledge: LG



JI NEWS SERVICE KATRA, NOVEMBER 19

Lieutenant Governor Shri Manoj Sinha flagged off "Gya-

nodaya Express- College on Wheels", the first-of-its-kind mobile educational endeavor in Jammu Kashmir, from Shri Mata Vaishno Devi Railway Station, Katra.

ernor commended the unique and it will be an educational and unprecedented effort of pilgrimage for the students. the Higher Education Coun- The journey endeavors to cil, University of Jammu and dissolve boundaries of classeveryone associated with the rooms, streams and evolve initiative aims at empowering education by providing approximately 700 girl stu- immersive, collaborative, and dents from across Universities of the Union Territory.

"Gyanodaya Express will

In his address, the Lt Gov- travel through various states project-based learning experiences, the Lt Governor said.

CONTINUED ON → PAGE 4

CIC updates Dr Jitendra about RTI disposal rising above 90%

NEW DELHI, NOV 19

The Chief Information Commissioner of India, Shri Heeralal Samariya today called on Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Per- 19,604 appeals were regissonnel, Public Grievances, tered and in 2020-21, a total Pensions, Atomic Energy and of 19,183 RTI Appeals were Space, Dr Jitendra Singh. He registered. The figures for RTI also updated the Minister about the RTI disposal rate this year rising above 90%.

between the CIC and the DoPT Minister since Samariya, who was working as an Information Commissioner for three years, was sworn in as the CIC on 6 November, 2023

ing with the Minister, Samariya informed the Minister that the disposal rate of Right to Information (RTI) Appeals/ Complaints has, for the first time, crossed 90% in the current Financial Year of 2023-24.

Central Information Commission for achieving consistent the RTI appeals.

As per CIC data available as

RTI Appeals/Complaints were disposed of while a total of 12,695 were received, marking a disposal rate of 90.5%. In 2022-23, a total of 19,018 Appeals were registered, while in 2021-22, a total of Appeals disposed of in 2022-23, was 29,210;in 2021-22, 28,793 Appeals were disposed This is the first meeting and in 2020-21, a total of 17,017 Appeals were disposed. Figures include the backlog of pending RTI Appeals also dis-

on November 9, 2023, 11,499

The Minister applauded the During an hour-long meet- office of Chief Information Commission for being the first Government body to use Artificial Intelligence for study, analysis and pattern of RTIs and also checking credentials

posed of during the respective

of RTI applicants. CIC also apprised the Minis-Dr Jitendra Singh lauded the ter of the hybrid mode, - physical cum video conferencing, introduced in the office of CIC decline in pendency with corfor hearing and disposal of RTI responding rise in disposal of appeals. Dr Jitendra Singh told the CIC to urge the

CONTINUED ON → PAGE 4

Army Commander compliments troops for two successful operations in J&K



JI NEWS SERVICE JAMMU, NOV 19

Northern Army Commander Lieutenant General Upendra Dwivedi visited troops deployed in the counterterrorism grid in Rajouri and Kulgam districts of Jammu and terrorists in two separate successful operations.

While five Lashkar-e-Taiba (LeT) terrorists were killed in Nehama village during an cessful conduct of operations 18-hour long operation on Friday, another terrorist was recovery of war-like stores," eliminated in an encounter in the Northern Command said. Budhal area of Rajouri district the same day.

In a post on X, Northern Kashmir terror-free, it said.

Command of Indian Army said Dvivedi visited the troops deployed in the counter-terrorism grid at Budhal in Rajouri district of Jammu region and Kulgam in Anantnag district of south Kashmir on Saturday.

"The Army Cdr (com-Kashmir and complimented mander) complimented the the troops for neutralising six Cdrs (commanders), troops & @JmuKmrPolice for their meticulous planning, jointmanship & synergy, displayed in precise execution & sucin eliminating six terrorists &

> The Army stands by its commitment to keep Jammu and

Cricket should be played in sporting spirit, not treated like war: Mufti

JI NEWS SERVICE

SRINAGAR, NOV 19

PDP president Mehbooba Mufti on Sunday said cricket should be played in a sporting spirit and not treated as if it were a war.

"Cricket is a sport and it should be played like one. It is not a war," Mufti said when asked about her views on the ongoing Cricket World Cup.

The PDP president said the then prime minister Atal Bihari Vajpayee and Pakistan president Pervez Musharraf attended India-Pakistan cricket matches in each other's countries.

"When an Indian player played well, the Pakistani crowd appreciated it and the same was done by the Indian crowd for Pakistani players. That is how the game should be seen," she added.

Mufti also hit out at the Jammu and Kashmir

CONTINUED ON → PAGE 4

Imphal Airport on high alert after small-sized drone detected in Airspace



JI NEWS SERVICE

IMPHAL (MANIPUR), NOV 19

Imphal Airport was put on high alert after a small-sized drone was spotted by security personnel on Sunday afternoon, sources said.

According to sources, the drone was spotted by a security personnel at 3 pm thereafter alert was issued.

postponed till security clear- thereafter."

ance," sources said. Three flights were affected due to the security clearance and flight operations later resumed at

In this regard, the Eastern Command of the Indian Air Force said that it activated its Air Defence response mechanism. In a post on X, Eastern Command said, "IAF activated its Air Defence response "An alert was also issued mechanism based on visual to other agencies at the air- inputs from Imphal airport. port and operations were The small object was not seen

Directorate of Rural Sanitation J&K Commemorates World Toilet Day in Udhampur, **Emphasizes Sustainable Sanitation Practices**

UDHAMPUR, NOV 19

In a dedicated effort to underscore the importance of sanitation and hygiene, the Directorate of Rural Sanitation Jammu and Kashmir celebrated World Toilet Day at an event held in Udhampur which was attended by DDCs, BDCs, PRIs, Students, and staff members of Government Higher Secondary School Barolla, locals, RDD staff and sanitation workers.

Addressing the gathof World Toilet Day as a hygiene that lasts," stated platform to raise aware- the director. ness about sanitation challenges and promote effect there was a critical need the block. tive solutions. Emphasiz- for sustainable sanitation urged the community to munities. adopt measures that conproper sanitation is not put on all CSCs. Various



tainable practices that go

He emphasized that GOBARdhan project in 6000.

only a matter of health but initiatives from Single Pit nity leaders attended the

also a fundamental right. to Twin Pit, Compost Pits We must focus on sus- and Soak Pits, and projects Director asked the field aimed at promoting susering, the Director Mr. beyond just building toi- tainable sanitation were Charandeep Singh high- lets. It involves creating a showcased at Government lighted the significance culture of cleanliness and Higher Secondary School, Barallo Udhampur. The Director also visited the eficiary would be given Rs

The director called for ing the role of sustainable practices to ensure the active public support in demo of twin pit in school practices, the director overall well-being of com- implementing these measures, emphasizing that During the event, the community involvement tribute to long-term clean- Director launched Toilet is essential for the success liness. "Ensuring access to Etiquette posters to be of any sanitation program.

Residents and commuwriting competition.

commitment to sup- forming students in slogan porting initiatives that writing competition. Miss promote cleanliness. Gudiya Sharma got the Discussions revolved 1st, Miss Madhu Devi 2nd around the need for and Miss Manisha Devi collective efforts to 3rd position respectively maintain a clean and in slogan writing competihealthy environment. Chairman DDC Lal

Students also highlighted the importance of sanitation by participating in cultural programs organthat sanitation in rural ised by the authorities.

Chand also emphasized

on the importance of

sanitation. He informed

phenomenally.

areas have improved The director concluded the event by calling for a On the occasion, the united front in the pursuit of sustainable sanitation staff to inform the public practices. "Cleanliness is a shared responsibilabout the twin pit technology and conduct a survey ity, and together, we can for construction of twin create a lasting impact. Let us work hand in hand to pits. Each twin pit benbuild a healthier and more sustainable future for our The Director lauded the communities," the directeachers for constructing tor urged.

As the World Toilet Day and making students celebration concluded, the aware and praised the focus now shifts to implestudents for participating menting the discussed initiatives and garnering in rangoli making related continued public support to swachhata and Slogan for sustainable sanitation Awards were distrib- practices in the rural J&K.

DC Jammu inaugurates **Painting Exhibition on life** and culture of J&K Tribes

JI NEWS SERVICE JAMMU, NOVEMBER 19

Deputy Commissioner, Sachin Kumar Vaishya today inaugurated a painting exhibition showcasing the life and culture of tribal groups in Jammu and Kashmir. The exhibition, held at the Master Sansar Chand Gallery at Kalakendra, was organized by the Tribal Affairs Department. It forms part of the ongoing Janjatiya Gaurav Saptah celebrations taking place across the Union Territory of Jammu and Kashmir.

The event was attended by numerous dignitaries, artists, and members of the tribal community, who gathered to appreciate and celebrate the region's unique cultural diversity.

During the inauguindigenous tribes.

ration, Sachin Kumar Department, expressed Javaid Rahi, a renowned Vaishya highlighted the his belief that such cre-tribal researcher, prosignificance of tribal ative endeavors are cru-vided insights into the communities, focusing cial in drawing attention exhibition. He noted that

the participating painters Dr. Abdul Khabir, were tasked with creating ethno-cultural ethos of Deputy Director Tribal portraits reflecting the Scheduled Tribes groups. Affairs Department, lives and culture of Jammu Drawing from his experi- emphasized that the main and Kashmir's tribes. The trate in various districts, to showcase the inherent of 20 oil paintings, each display, noting the great with the 'Janjatya Gourav was further underscored cultural richness among Saptah' celebrations in by the many visitors who Jammu and Kashmir, with recorded their views and Musheer Ahmad Mirza, more activities planned experiences in the visitor's



on the need to project to tribal culture. and preserve the diverse ences as District Magis- objective of the program is exhibition featured a total Vaishya commended the creativity in tribal life and offering a unique perspecexhibition participants for culture. He mentioned tive on the theme. The sigtheir remarkable works on that the event aligns nificance of the exhibition

Director Tribal Affairs during the week. Dr. book.

Kathua wins divisional level round of Kala Utsav for 3rd consecutive year



JI NEWS SERVICE

KATHUA, NOVEMBER 19

position among all disthe early Divisional Level Round of Kala Utsav.

was conducted from 17th November to 18th November at Teachers' Bhawan, Jammu. The students from dis-

trict Kathua participated in all 20 competitions Ahmed, Sahira Tabasum & he recognizes the work held under 10 different Anshika Sharma. categories of art forms arts ,drama in which the petition. district level winners from all districts from Jammu Kathua, P.L. Thapa con-smoothly.

division competed with gratulated the winners each other.

Kathua registered a divisional level competi- respective zones and all resounding win in the tion had also won con- the concerned HOIs and recently concluded Divitests held at school and teaching community of sional Level round of Kala zonal levels. In the overall district Kathua for a bril-Utsav 2023-24, as the sturesults, district Kathua liant performance. He said dents from the District was declared champion that it gives him immense bagged maximum first and in 20 competitions, pleasure to be part of the seven first positions, Six winning district for the tricts of Jammu division. 2nd Positions and two third consecutive year. It was the third consecu- third positions meant tive win of the district in overall 15 positions were wishes that district Kathua won by Kathua district. shall lead on all fronts and The winners included Pra- all the competitions. He The two-day long event gati Mishra, Shivam Singh further said that he had

of dance, music, instru- round would be compet- ciates District Incharge mental, indigenous toy ing with the winners from Cultural & Education Cell making, 2-dimensional the Kashmir division at the Kathua headed by Monika and 3-dimensional visual UT level Kala Ustav com-

mentor teachers, DICCs, The winners of the ZICCs, SICCs, ZEOs of

The officer said that he , Rubby , Manish Kumar seen himself, the partici-,Bhumika Singh ,Vaishnavi pants and all other stake-Parasher ,Kushal Kumar holders working very hard Suhani Mehta, Pratham, and wished that they win, Suvanshika, Sahil Kumar at UT level and National ,Shivanshi Thakur , Riyaz level as well. He said that done by all the stakehold-The first winners of this ers and specially appre-Khosla and her team of all Zonal Incharges in con-Chief Education Officer ducting the whole event

Audit Diwas Week Celebration takes off in Jammu on high note

JI NEWS SERVICE

JAMMU, NOVEMBER 19

The week-long Audit Diwas celebration, being observed from 19th to 24th November 2023, took off in Jammu on a high note as Principal Accountant General, Jammu and Kashmir, Jammu, organised Audit-Run-Marathon drive here today.

Amid enthusiastic par- Ranji Player. ticipation of 300-350 people including senior ed from Canal Walk way Accounts/Regional Train- 10:A.M and culminated at year old was awarded a dren and Family mem- way Near Pawan Ice cream 4.2 Km male. In the 4.2 km bers, besides Ace Athletes at around 11:00 AM. and civil society mem-

Flagged off the 4.5 Km tic support. and 2 KM Audit Marathon in presence of Ravinder winners of the Audit Wattal Stood 3rd. Singh, Sr. Dy. Accountant Marathon followed by dis-



functionaries of Audit/ Opposite PAG office at pant Shreyan Kumar, 8 ing Institute, their chil- the exit point of the walk- consolation prize in the

Senior officers, employ- shika emerged winner, bers, the Audit Marathon ees and people from Civil while Veena Sharma stood Started from Muthi Side society attended the clean- 2nd and Navneeta Kumari Flyover at 8:15 A.M. and liness drive in great num- ended as 3rd. In the 2 Km Culminated at Canal head bers. The Officials from male category Adil Singh Jammu Municipality along stood 1st, Vipin Kumar, The Chief Guest, Surya with man and machinery 2nd and Arvind Verma Bhanu Pratap Singh, Inter- were also present on the 3rd. In the 2 Km female national Wushu Champion occasion to provide logis- category,. Shivani Sharma

and a mega cleanliness Sanjay Sharma, Sr. Ranji tion, Arjun Singh was first Player and Ranjit Bali, Sr. runner up and Samanyu Cyrish finished as second Cleanliness Drive start- runner up.

The Youngest particifemale category Antekhstood 1st, Sanjana Kachroo Prize Distribution for Stood 2nd and. Kiran Jyoti

The mega event was General, Jagbir Singh, tribution of light refresh- coordinated by Manish Dy. Accountant General, ments among all those Sambyal, Senior Audit Sukhdarshan Singh, Dy. who participated in the Officer and Nodal Offi-Accountant General, twin events. In the 4.2 cer, Audit Marathon and Surinder Kumar, Assis- Km male Category, Ram- Cleanliness Drive and his

tant Accountant General, dayal Ji secured 1st Positeam. One-Day Conference-Sangoshthi held at GMC Udhampur

JI NEWS SERVICE UDHAMPUR, NOVEMBER 19

The Department of Obstetrics and Gynecology GMC Udhampur, in collaboration with the North India Gynae Forum and Indian Fertility Society, today organized a one-day Conference-Sangoshthi.

The Conference was inaugurated by Dr. Mrityunjay Gupta, Principal GMC Udhampur, in the presence of Dr. B.L. Choudhary, Medical Superintendent, Associ-Bhatnagar, Additional Director of J&K AIDS Conimproving patient care. trol Society, delivered the keynote address on HIV.

Dr. Mrityunjay Gupta vote of thanks. highlighted the concept



ated Hospital. Dr. Manu ing its role in creating an hana Sharma, Dr. Sudha academic atmosphere and Sharma, Dr. Surender

behind organizing this ees were former HODs Udhampur, was also presconference, emphasiz- of GMC Jammu, Dr. Sad- ent.

Kumar, and a galaxy of Later, Dr. Dinesh Kumar, experts from the entire Assistant Professor at GMC province of Jammu. Dr. In his welcome address, Udhampur, delivered the Arun Arora, HOD of the Department of Obstetrics Among the attend- and Gynecology at GMC

District-Wide Crackdown on **Traffic Violators Continues** in Doda District



DODA, NOVEMBER 19

Under the decisive leadership of Deputy Commissioner Doda, Harvinder ed challans underscored Singh, a rigorous drive has the seriousness of the been launched to clamp enforcement measures. down on traffic violations In a notable developacross the district. This ment, one driving license comprehensive effort tar- has been recommended

of road users. On the fourth consecu-

the staff, spearheaded an commuters. Hundreds of enforcement drive. The challans have been issued operation, spanning from and many driving licenses Gatsoo to Bhaderwah and RCs have been recomroad, placed a special mended for suspension emphasis on passenger and cancellation. vehicles, focusing on the removal of extra seats,

violations under Section and Traffic Police toll 190, traffic signal infrac- free numbers, Driver and tions (Section 52/177), vehicle's information, and mobile phone usage while speed limit authorised for driving, overloading of that particular road.

gets both commercial and for suspension, signalling private drivers to ensure the commitment of the the safety and compliance authorities to uphold road safety standards. Similar checking drives tive day, MVD, Executive have been reported from Magistrates and Police Gandoh, Thathri, Assar, Officers conducted exten- Bhaderwah, and other sive checking across the parts of the district, where Tehsildars, Naib The Motor Vehicles Tehsildars, Police Offi-Department (MVD), led cers conducted thorough by Robin Parihar MVI, inspection/ checking of Neetan Singh AMVI, vehicles plying on roads Arshid MVTA, along with to ensure the safety of the

passengers, overloading of goods, and compound-

related violations. The on-

the-spot realization of Rs.

13,500 from compound-

It is pertinent to mention here that yesterday, grills covering emergency a crucial District Road exits, and tackling over- Safety Committee meeting was held in which direc-During the drive, a tions have been issued to thorough inspection of make compulsory instalvehicles revealed a stag- lation of CCTV cameras in gering 46 operating in every passenger vehicle contravention of various particularly in metadoors provisions of the Motor and buses. ARTO DODA Vehicles Act. Challans has issued an order in were promptly issued for this regard. Furthermore, offenses including unau- it has been made mandathorized seating (Section tory to display informa-207), absence of speed tion in every passenger limiting devices (SLD), vehicle, depicting PCR

Missing lady reunited with her family

JI NEWS SERVICE JAMMU, NOV 20

A complaint was lodged at PS Khour by the legal

dated 14.11.2023 of missing did strenuous efforts and got started.

ing report vide GD No. 18, PS Khour Inspr Ravi Kant formalities.

lady, got registered at PS finally traced the missing Khour and investigation lady. Subsequently family of the missing lady was On this special police informed and the traced heirs of a lady stating that teams of PS Khour led by lady was handed over to she got missing from her SDPO Akhnoor Mohan her family members after home. In this regard miss- Sharma assisted by SHO completing all the legal

Viksit Bharat Sankalp Yatra

Ramban Admin organizes sensitization training for supervisory staff

RAMBAN, NOVEMBER 19

Ramban today organized Panchayat levels to cona training session for the duct Viksit Bharat Sankofficers and resource per- alp Yatra successfully in sons of line departments the district. to facilitate successful

sioner, Ramban, Rajinder attended the meeting. Sharma presided over the

Coordination Committees have been constituted at District Administration District, Sub Division and

Additional Deputy conduct of Viksit Bharat Commissioner, Harbans Sankalp Yatra in the dis- Lal, ACR Giasul-Haq, trict here under the aegis CPO Ganesh Kumar, ACD, of Deputy Commissioner, Ashok Katoch, GM, DIC, Baseer-Ul-Haq Chaudhary. Ravinder Anand, all Dis-Additional District trict Officers, BDOs and rate the same in the dis- ensuring the involvement Panchayat level to put Yatra and implementa-Development Commis- other concerned officers trict.

gramme to saturate the out the modalities to satu-tive Panchayats, besides Panchayats by using



The ADDC direct-

ed the officers to acti-

give a festive look to

Briefing the officers eral public for their The ADDC directed the about line of activities awareness and to training session, besides officers of line department planned by the depart- saturate the schemes reviewing the arrange- to immediately share the ments and targets to be in letter and spirit in ments for conducting latest data pertaining to achieved by them under the district. planned activities in Pan- the flagship and other Cen- their respective schemes, chayats across the Dis- trally Sponsored Schemes the ADDC directed them all trict to achieve the goals with district level control the activities will be coor- vate their field funcof Viksit Bharat Sankalp room, especially seven- dinate by the Panchayat tionaries in coordi-Yatra, a rural as well as teen mentioned schemes Level Coordination Com- nation with BDOs to urban awareness pro- of various sectors to check mittees in their respecable and tradibeautification

of beneficiaries and gen- enthusiasm among the tion of online schemes.

oriented schemes and the tional materi- Viksit Bharat Sankalp Yatra als, banners of which will visit in all Pantheir depart- chayats of the district. The ments for the DIO NIC, Prashant Kumar imparted the hand-holdof Panchay- ing to the officers about Mean- operation of IT portal and while, the mobile responsive plat-ADC directed form, besides briefing the depart- them of other techniments to start calities pertaining to the activities at Viksit Bharat Sankalp

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

	N		1 11 1 1 B H M 111			
	Auction Date & Time		01-12-2023 at 14:30 Hrs			
Auction Catalogue No.		atalogue No.	EAFZR-PMBJK-2			
registered bidders for the following works over Firozpur Div		following works over Firozpur Division.				

Janaushadhi Kendra (PMBJK) at Railway Station Srinagar

SERVING CUSTOMERS

GPC Ramban organizes online webinar on career guidance

JI NEWS SERVICE

RAMBAN, NOVEMBER 19

Government Polytechnic College, Ramban organized an online Webinar on "Career Guidance on Financial Wellness enhancement, education & motivation in collaboration with Excellence Global Skill, Training & Development Organization.

As many as 80 students and staff members of the institution registered and subsequently participated in the event.

NORTHERN RAILWAY

	-		mercial Manager, Northern Railway, Firozpur for and on nvites E-Auction from eligible and registered bidders for the ur Division:			
		1. Auction Catalogue No.	FZRPARCEL67			
		Auction Date & Time	02.12.2023 at 11.00 Hrs			
		F1, 14654-F2, 14654-R1, 22	easing of parcel space in Train No./SLR compartment: 14654- 430-F1, 22942-F1, 22480-F1, 19108-F1, 15098-F1, 12422- 612-F1, 22446-F1, 12472-VP & 12414-VP.			
2. Auction Catalogue No. FZRPARCEL68						
		Auction Date & Time	04.12.2023 at 11.00 Hrs			
		Name of work: Contract for Leasing of parcel space in Train No./ SLR compartment: 12014-F1, 14508-R1, 14508-F2, 14633-F1, 14633-F1, 14634-R1, 12498-F1, 14634-F1, 14644-F1, 1464				
1		3. Auction Catalogue No.	FZRPARCEL69			
1		Auction Date & Time	05.12.2023 at 11.00 Hrs			
		Name of work: Contract for Leasing of parcel space in Train No./ SLR compartment: 14036-R1, 12752-F1, 22552-F1, 14036-F1, 12588-F1, 14036-F2, 22706-F1, 12478-F2, 19804-F1, 19326-F1, 22402-F1 & 22486-F-1.				
		For other details and regist	ration, please visit Railway website www.ireps.gov.in.			

FESTIVAL SPECIAL TRAINS-2023

In order to clear extra rush of passengers during Chhath Puja Festival. Northern Railway, in association with other zonal railway, has planned to run

the following Festival Special Trains as per schedule given below:-
LIST OF FESTIVAL SPECIAL TRAINS ORIGINATING/TERMINATING IN NORTHERN RAILWAY

Spl. rain No.	Station From	Dept. Time	Station to	Arr. Time		Frequency / Day	Period
03255	Patna Jn	22:20	Anand Vihar Terminal	15:00	Bi-weekly	Thursday, Sunday	23.11.2023 to 10.12.202
03256	Anand Vihar Terminal	23:30	Patna Jn	17:20		Friday, Monday	24.11.2023 to 11.12.202
02391	Patna Jn	22:20	Anand Vihar Terminal	15:00	Weekly	Saturday	25.11.2023 to 09.12.202
2392	Anand Vihar Terminal	23:30	Patna Jn	17:20	We	Sunday	26.11.2023 to 10.12.202
3635	Gaya Jn	14:15	Anand Vihar Terminal	05:00	ekly	Mon, Wed, Fri	20.11.2023 to 08.12.202
3636	Anand Vihar Terminal	07:00	Gaya Jn	20:45	Tri-weekly	Tue, Thu, Sat	21.11.2023 to 09.12.202
5557	Jaynagar	06:00	Anand Vihar Terminal	05:00	\$	Tuesday	21.11.2023 to 05.12.202
5558	Anand Vihar Terminal	07:30	Jaynagar	06:30	Weekly	Wednesday	22.11.2023 to 06.12.202
14678	Firozpur Cantt Jn	13:25	Patna Jn	17:00		Wednesday	upto 29.11.2023
)4677	Patna Jn	18:45	Firozpur Cantt Jn	22:40	Weekly	Thursday	upto 30.11.2023
04012	New Delhi	19:20	Darbhanga Jn	16:45	_	Tue, Friday	upto 28.11.2023
04011	Darbhanga Jn	18:00	New Delhi	16:40	Bi-weekly	Wednesday, Saturday	upto 29.11.2023
4518	-						-
	Chandigarh	23:15	Gorakhpur	18:20	Weekly	Thursday	upto 30.11.2023
14517	Gorakhpur	22:05	Chandigarh	14:10		Friday	upto 01.12.2023
14530	Bhatinda Jn	20:55	Varanasi Jn	17:30	Bi-weekly	Sunday, Wednesday	upto 29.11.2023
14529	Varanasi Jn	20:40	Bhatinda Jn	19:10	_	Monday, Thursday	upto 30.11.2023
4060	Anand Vihar Terminal	10:30	Jaynagar	15:15	Bi-weekly	Tuesday, Friday	upto 28.11.2023
4059	Jaynagar	17:00	Anand Vihar Terminal	19:55	_	Wednesday, Sat	upto 29.11.2023
4488	Anand Vihar Terminal	23:15	Gorakhpur	14:00	Weekly	Saturday	upto 25.11.2023
4487	Gorakhpur	17:25	Anand Vihar Terminal	10:40	Wee	Sunday	upto 26.11.2023
4010	Anand Vihar Terminal	23:45	Jogbani	05:20	κķ	Tuesday	upto 28.11.2023
4009	Jogbani	09:00	Anand Vihar Terminal	16:05	Weekly	Thursday	upto 30.11.2023
1664	Anand Vihar Terminal	11:10	Saharsa Jn	11:20	_	Monday	upto 27.11.2023
1663	Saharsa Jn	14:30	Anand Vihar Terminal	13:55	Weekly	Tuesday	upto 28.11.2023
3257	Danapur	07:30	Anand Vihar Terminal	00:30	_	Sunday	26.11.2023 to 10.12.202
3258	Anand Vihar Terminal	07:30		20:45	Weekly	-	
			Danapur			Monday	27.11.2023 to 11.12.202
5577	Saharsa Jn	19:10	Ambala Cant Jn	23:15	Weekly	Friday	24.11.2023 to 08.12.202
5578	Ambala Cant Jn	03:40	Saharsa Jn	09:45	_	Sunday	26.11.2023 to 10.12.202
5531	Raxaul Jn	22:25	Anand Vihar Terminal	18:00	Weekly	Sunday	26.11.2023 to 10.12.202
5532	Anand Vihar Terminal	20:00	Raxaul Jn	14:30		Monday	27.11.2023 to 11.12.20
5273	Muzaffarpur Jn	18:00	Anand Vihar Terminal	11:00	Bi-weekly	Wednesday, Saturday	22.11.2023 to 09.12.202
5274	Anand Vihar Terminal	13:25	Muzaffarpur Jn	07:00	Bi	Thursday, Sunday	23.11.2023 to 10.12.202
5005	Gorakhpur	14:40	Amritsar Jn	09:30	Ş	Friday	upto 01.12.2023
5006	Amritsar Jn	12:45	Gorakhpur	08:50	Weekly	Saturday	upto 02.12.2023
4049	New Delhi	23:30	Shri Mata Vaishno Devi Katra	11:25	-	Monday, Saturday	upto 27.11.2023
4050	Shri Mata Vaishno Devi Katra	18:30	New Delhi	06:25	Bi-weekly	Tuesday, Sunday	upto 28.11.2023
4080	New Delhi	19:20	Varanasi Jn	09:45		Mon, Thu, Sat	Upto 30.11.2023
4079	Varanasi Jn	18:35	New Delhi	09:00	Tri-weekly	Tue, Fri, Sun	upto 01.12.2023
					_		•
1654	Shri Mata Vaishno Devi Katra	23:20	Varanasi Jn	23:55	eekly	Sunday	upto 26.11.2023
1653	Varanasi Jn	06:20	Shri Mata Vaishno Devi Katra	11:20	We	Tuesday	upto 28.11.2023
14646	Jammu Tawi	05:45	Barauni Jn	12:10	Weekly	Thursday	upto 30.11.2023
4645	Barauni Jn	15:15	Jammu Tawi	22:30	_	Friday	upto 01.12.2023
4051	Saharsa Jn. (Unreserved Spl.)	07:00	Anand Vihar Terminal	10:30	Date wise	Sunday	19.11.2023
4057	Jaynagar (Unreserved Spl.)	11:00	Anand Vihar Terminal	10:00	Date wise	Sunday	19.11.2023
4066	Anand Vihar Terminal	23:00	Patna Jn.	16:00	_	Monday, Thursday	upto 30.11.2023
4065	Patna Jn.	17:45	Anand Vihar Terminal	10:35	Bi-weekly	· · · · · · · · · · · · · · · · · · ·	
			Barauni Jn.		_	Tuesday, Friday	upto 01.12.2023
4062	Delhi Jn.	08:05		06:30	Weekly	Sunday	19, 26.11.23 & 03, 10.12.
14061	Barauni Jn	08:00	Delhi Jn.	05:50	_	Monday	20, 27.11.23 & 04, 12.12.
1676	Anand Vihar Terminal	23:15	Muzaffarpur Jn.	21:15	reekly	Monday, Thursday	upto 30.11.2023
1675	Muzaffarpur Jn.	23:00	Anand Vihar Terminal	23:30	Ē	Tuesday, Friday	upto 01.12.2023
1678	New Delhi	08:10	Gaya Jn.	00:30	Bi-weekly	Monday, Friday	20, 24, 27.11.23 & 01, 04.12
1677	Gaya Jn.	07:35	New Delhi	23:35		Tuesday, Saturday	21, 25, 28.11.23 & 02, 05.12
2250	New Delhi (Rajdhani Spl.)	19:10	Patna Jn.	07:30	wise	Sun, Tue, Thu, Sat, Mon, Wed	19, 21, 23, 25, 27 & 29.11.
2249	Patna Jn. (Rajdhani Spl.)	09:00	New Delhi	21:00	Date v	Mon, Wed, Fri, Sun, Tue, Thu	20, 22, 24, 26, 28 & 30.11.2
5283	Muzaffarpur Jn.	18:11	Anand Vihar Terminal	11:00		Wednesday, Saturday	upto 18.12.2023
5284	Anand Vihar Terminal	13:25	Muzaffarpur Jn.	07:00	Bi-weekly	Thursday, Sunday	upto 19.12.2023
9097	Bandra Terminus	21:50	Jammu Tawi	08:35	_	Sunday	upto 26.11.2023
9098	Jammu Tawi	23:20	Bandra Terminus	10:10	Weekly	Tuesday	upto 28.11.2023
9523	Okha	10:00	Delhi Sarai Rohilla	10:10		Tuesday	•
					Weekly	· ·	upto 28.11.2023
9524	Delhi Sarai Rohilla	13:20	Okha	13:50	_	Wednesday	upto 29.11.2023
3435	Malda Town	09:30	Anand Vihar Terminal	12:30	Weekly	Monday	20 & 27.11.2023
3436	Anand Vihar Terminal	18:30	Malda Town	23:30		Tuesday	21 & 28.11.2023
2246	New Delhi (Gati Shakti Spl.)	23:45	Patna Jn.	15:50	wise	Daily	19.11.2023 to 30.11.202
2245	New Delhi (Gati Shakti Spl.)	19:00	New Delhi	10:30	Date	Daily	19.11.2023 to 01.12.202
5734	Katihar	07:50	Amritsar	00:05	Weekly	Saturday	upto 25.11.2023
5733	Amritsar	12:45	Katihar	03:30	Wee	Monday	upto 27.11.2023
4527	Saharsa Jn.	19:00	Ambala Cantt.	22:20	Date	Mon, Thu, Sun, Wed	20, 23, 26 & 29.11.2023
					-		
4528	Sirhind Jn.	11:25	Saharsa Jn.	16:00	Date wise	Sun, Wed, Sat, Tue	19, 22, 25 & 28.11.2023
4490	New Delhi	19:35	Darbhanga Jn.	16:45	wise	Tue, Fri, Mon, Thu	21, 24, 27 & 30.11.2023
4489	Darbhanga Jn.	18:00	New Delhi	16:40	Date	Sun, Wed, Sat, Tue, Fri	19, 22, 25, 28.11.23 & 01.12.
4115	Prayagraj Jn.	21:25	Anand Vihar (T)	08:15	wise	Tuesday, Thursday	21.11.2023 & 23.11.202
4116	Anand Vihar (T)	10:15	Prayagraj Jn.	20:00	Date v	Wednesday, Friday	22.11.2023 & 24.11.2023
5023	Gorakhpur Jn.	20:55	Delhi Jn.	12:30		Sunday	upto 03.12.2023
	Delhi Jn.	14:30	Gorakhpur Jn.	07:30	Weekly	Monday	upto 04.12.2023
			•	11:50		Wednesday	upto 29.11.2023
5024	Chhapra	17:45	Anang vinar (1)				
5024 5115	Chhapra Anand Vihar (T)	17:45 14:45	Anand Vihar (T) Chhapra		lee lee	Thursday	unto 30 11 2023
5024 5115 5116	Anand Vihar (T)	14:45	Chhapra	09:30	se Weekly	Thursday Tue Wed Fri Sun	upto 30.11.2023
5024 5115 5116 5306	Anand Vihar (T) Lal Kuan	14:45 22:00	Chhapra Chhapra	09:30 07:10	wise	Tue, Wed, Fri, Sun	upto 29.12.2023
5024 5115 5116 5306 5305	Anand Vihar (T) Lal Kuan Chhapra	14:45 22:00 08:55	Chhapra Chhapra Lal Kuan	09:30 07:10 18:00	Date wise	Tue, Wed, Fri, Sun Wed, Thu, Sat, Mon	upto 29.12.2023 upto 30.12.2023
5024 5115 5116 5306 5305 4016	Anand Vihar (T) Lal Kuan Chhapra New Delhi	14:45 22:00 08:55 14:55	Chhapra Chhapra Lal Kuan Saharsa Jn.	09:30 07:10 18:00 15:50	wise Date wise	Tue, Wed, Fri, Sun Wed, Thu, Sat, Mon Tuesday	upto 29.12.2023 upto 30.12.2023 21.11.2023
05024 05115 05116 05306 05305 04016	Anand Vihar (T) Lal Kuan Chhapra	14:45 22:00 08:55 14:55 18:00	Chhapra Chhapra Lal Kuan	09:30 07:10 18:00	Date wise Date wise	Tue, Wed, Fri, Sun Wed, Thu, Sat, Mon Tuesday Sun, Wed	upto 29.12.2023 upto 30.12.2023

	09129	Vadodara	19:00	Haridwar	14:30	skly	Saturday	Upto 25.11.2023
	09130	Haridwar	17:20	Vadodara	14:30 		Sunday	upto 26.11.2023
1	05065	Gorakhpur Jn.	23:00	New Delhi	12:00	kly	Wednesday	29.11.2023
ı	05066	New Delhi	14:00	Gorakhpur Jn.	04:15	Weekly	Thursday	30.11.2023
ı	05069	Gorakhpur Jn.	08:00	New Delhi	22:05	Weekly	Tuesday	upto 28.11.2023
ı	05070	New Delhi	00:30	Gorakhpur Jn.	14:45	Wee	Wednesday	upto 29.11.2023
ı	05071	Gomti Nagar	23:00	New Delhi	08:15	Weekly	Thursday	upto 30.11.2023
ı	05072	New Delhi	10:00	Chhapra Jn.	04:15		Friday	upto 01.12.2023
ı	05159	Chhapra Jn.	23:55	New Delhi	20:00	Weekly	Saturday	upto 25.11.2023
ı	05160	New Delhi	00:30	Chhapra Jn.	19:25		Monday	upto 27.11.2023
ı	09557	Bhavnagar	10:10	Delhi Sarai Rohilla	08:50	Weekly	Friday	24.11.2023 & 01.12.2023
ı	09558	Delhi Sarai Rohilla	13:20	Bhavnagar	10:00		Saturday	25.11.2023 & 02.12.2023
ı	05527	Darbhanga Jn.	13:15	Delhi Jn.	13:30	Weekly	Thursday	23.11.2023 to 07.12.2023
ı	05528	Delhi Jn.	15:30	Darbhanga Jn.	15:45		Friday	24.11.2023 to 08.12.2023
ı	03227	Ara Jn. (Unreserved Spl.)	15:45	Anand Vihar (T)	07:15	wise	Wed, Sat	22, 25, 29.11.23 & 02.12.23
ı	03228	Anand Vihar (T) (Unreserved Spl.)	09:30	Ara Jn.	04:00	Date	Sun, Thu	19, 23, 26, 30.11.23 & 03.12.23
ı	04018	New Delhi	14:55	Bapudham Motihari	12:15	wise .	Tue, Fri, Mon	21, 24 & 27.11.2023
ı	04017	Bapudham Motihari	15:00	New Delhi	13:15	Date	Sun, Wed, Sat, Tue	19, 22, 25 & 28.11.2023
ı	04028	Anand Vihar (T)	01:00	Bapudham Motihari	23:30	Date wise	Tue, Fri, Mon	21, 24 & 27.11.2023
ı	04027	Bapudham Motihari	02:30	Anand Vihar (T)	23:45		Sun, Wed, Sat, Tue	19, 22, 25 & 28.11.2023
ı	04534	Sirhind	20:20	Saharsa Jn.	23:45	e wise	Sunday	19.11.2023
ı	04533	Saharsa Jn.	03:00	Ambala Cantt.	05:00	e Date	Tuesday	21.11.2023
ı	04536	Chandigarh	23:55	Katihar Jn.	05:00	e wise	Sunday	19.11.2023
ı	04535	Katihar Jn.	07:00	Chandigarh	12:30	Date	Tuesday	21.11.2023
	02351	Patna Jn.	16:00	Anand Vihar (T.)	06:00	Date Wise	Tue, Thu, Sat, Mon, Wed, Fri	21, 23, 25, 27, 29.11.23 & 01.12.2023
	02352	Anand Vihar (T.)	08:00	Patna Jn.	21:55	Date	Wed, Fri, Sun, Tue, Thu, Sat	22, 24, 26, 28, 30.11.23 & 02.12.2023
ı	05315	Chhapra Jn.	11:15	Delhi Jn.	11:20	ate ise	Tuesday, Friday	upto 01.12.2023
ı	05316	Delhi Jn.	14:00	Chhapra Jn.	13:20	Wis	Wednesday, Saturday	upto 02.12.2023
ı	05089	Banaras	21:00	Anand Vihar(T.)	15:30	Weekly	Tuesday	upto 28.11.2023
ı	05090	Anand Vihar(T.)	18:15	Banaras	09:50	Š	Wednesday	upto 29.11.2023
ı	05464 05463	Varanasi City	10:40	Jaunpur Varancei City	13:00 15:30	6 Days in a week	except Friday	upto 30.11.2023
ı	02365	Jaunpur Rajgir	13:20 20:00	Varanasi City Anand Vihar (T)	15:00		except Thursday Saturday & Tuesday	upto 30.11.2023 21.11.2023 to 09.12.2023
ı	02366	Anand Vihar (T)	23:45	Rajgir	19:10	Bi-weekly	Sunday & Wednesday	22.11.2023 to 10.12.2023
ı	05473	Jaunpur Jn	13:20	Aunrihar Jn	14:40		Thursday	upto 30.11.2023
ı	05474	Aunrihar Jn	11:35	Jaunpur Jn	13:00	Weekly	Friday	upto 30.11.2023
l	09624	Barauni Jn	11:00	Ajmer Jn	13:35	Date Wise	Monday	20.11.2023
ı	05073	Gorakhpur	20:55	Anand Vihar (T)	12:30		Tuesday & Friday	21 & 24.11.2023
ı	05074	Anand Vihar (T)	14:30	Gorakhpur	07:30	Date Wise	Wed & Sat	22 & 25.11.2023
ı	05075	Chhapra	17:45	Anand Vihar (T)	14:00	a 8	Monday & Thursday	20 & 23.11.2023
ı	05076	Anand Vihar (T)	16:00	Chhapra	09:30	Date Wise	Tuesday & Friday	21 & 24.11.2023
ı	05041	Chhapra Kacheri	09:30	Amritsar	14:00	Date Wise	Tuesday & Saturday	21 & 25.11.2023
ı	05042	Amritsar	17:45	Chhapra Kacheri	22:00	ĕŠ	Wed & Sun	22 & 26.11.2023
	05575	Saharsa Jn.	19:10	Ambala Cantt Jn.	23:15	Date Wise	Wednesday	22.11.2023
l	05571	Jaynagar	06:00	Anand Vihar (T)	05:00	Date Wise	Thursday	23.11.2023
l	02266	Sabarmati	02:30	New Delhi	19:05	Date Wise	Monday	20.11.2023
	04002	Anand Vihar (Terminal)	23:55	Patna Jn.	15:45	Date wise	Daily	19.11.2023 to 30.11.2023
	04001	Patna Jn.	18:45	Anand Vihar (Terminal)	10:20		Daily	19.11.2023 to 01.12.2023
	04006	Delhi Jn.	23:05	Jaynagar	23:45	Date wise	Tue, Fri, Mon, Thu	21, 24, 27 & 30.11.23
	04005	Jaynagar	01:30	Delhi Jn.	01:30		Mon, Thu, Sun, Wed, Sat	20, 23, 26, 29.11.23 & 02.12.23
	04022	New Delhi	15:30	Saharsa Jn.	16:30	Date wise	Daily	19.11.2023 to 30.11.2023
	04021	Saharsa Jn.	19:00	New Delhi	20:20		Daily	19.11.2023 to 01.12.2023
	04526	Sirhind Jn.	11:25	Saharsa Jn	16:00	e wise	Mon, Thu, Sun, Wed	20, 23, 26 & 29.11.2023
	04525	Saharsa Jn.	19:00	Ambala Cantt.	22:20	te Date	Tue, Fri, Mon, Thu	21, 24, 27 & 30.11.2023
	02268	Sabarmati	03:00	New Delhi	19:35	Date Wise	Monday	20.11.2023

Description Continue Conti	02268	Sabarmati	03:00	New Delhi	19:35	Date Wise	Monday	20.11.2023
17:30 Mumbai Central 20:55 Thursday Upto 30.11.2023 17:50 Mumbai Central 20:55 Thursday Upto 30.11.2023 17:50 Mumbai Central 20:55 Thursday Upto 29.11.2023 17:50 Mumbai Central 20:55 Thursday Upto 29.11.2023 17:50 Thursday Upto 29.11.2023 17:50 Thursday Upto 29.11.2023 17:50 Thursday Upto 29.11.2023 17:50 Thursday Upto 01.12.2023 17:50 Thursday Upto 02.12.2023 17:50 Thursday U	LIST	OF FESTIVAL SPECIA	L TRA	INS PASSING THRO	UGH N	NOF	RTHERN RAILV	VAY NETWORK
Or651 Jalna 23:35 Chhapra 05:30 3	09075	Mumbai Central	11:00	Kathgodam	14:30	<u> </u>	Wednesday	upto 29.11.2023
Or651 Jalna 23:35 Chhapra 05:30 3	09076	Kathgodam	17:30	Mumbai Central	20:55	Neek	Thursday	upto 30.11.2023
Display	07651	Jalna	23:35	Chhapra	05:30	kly	Wednesday	upto 29.11.2023
Display	07652	Chhapra	22:15	Pune	04:00	Wee	Friday	upto 01.12.2023
O9417	05063	Chhapra	16:15	Lokmanya Tilak (T.)	07:25		Friday	upto 01.12.2023
Discription	05064	Lokmanya Tilak (T.)	12:45	Siwan Jn	03:15		Sunday	upto 03.12.2023
Discription	09417	Ahmedabad Jn	09:10	Patna Jn	21:05	jk Š	Monday	upto 27.11.2023
Description	09418	Patna Jn	23:45	Ahmedabad Jn	11:20	Wee	Tuesday	upto 28.11.2023
Description	05616	Guwahati	18:00	Udaipur City	21:05	kly	Sunday	upto 26.11.2023
09183 Mumbai Central 22:50 Banaras 10:30 3	05615	Udaipur City	13:45	Guwahati	23:30		Wednesday	upto 29.11.2023
09183 Mumbai Central 22:50 Banaras 10:30 3	05537	Darbhanga Jn	13:15	Daurai	22:30	jk Š	Saturday	upto 09.12.2023
O9525 Okha 22:00 Naharlagun 16:00 3	05538	Daurai	23:45	Darbhanga Jn	06:50	Wee	Sunday	upto 10.12.2023
O9525 Okha 22:00 Naharlagun 16:00 3		Mumbai Central		Banaras		ekly		upto 29.11.2023
O2575				Mumbai Central		We	Friday	upto 01.12.2023
O2575	09525	Okha	22:00	Naharlagun	16:00	ek	Tuesday	upto 28.11.2023
Diterior Diterior	09526	Naharlagun	10:00	Okha	03:35	We	Saturday	upto 02.12.2023
Diterior Diterior	02575	Hyderabad	21:05	Gorakhpur	06:30	ak K	Friday	upto 24.11.2023
O1431 Pune 16:15 Gorakhpur 21:00 Saturday Upto 01.12.2023	02576	Gorakhpur	08:30	Hyderabad	16:20		Sunday	upto 26.11.2023
O1431 Pune 16:15 Gorakhpur 21:00 Saturday Upto 01.12.2023	01053	Lokmanya Tilak (T.)	12:15	Banaras	16:05	jk jk	Monday	upto 27.11.2023
05303 Gorakhpur 08:30 Mahbubnagar 19:30	01054	Banaras	20:30	Lokmanya Tilak (T.)	23:55	Wee	Tuesday	upto 28.11.2023
05303 Gorakhpur 08:30 Mahbubnagar 19:30	01431	Pune	16:15	Gorakhpur	21:00	kly	Friday	upto 01.12.2023
05068 Gomti Nagar 18:55 Malatipatpur 04:20	01432	Gorakhpur	23:25	Pune	06:25	Wee	Saturday	upto 02.12.2023
05068 Gomti Nagar 18:55 Malatipatpur 04:20	05303	Gorakhpur	08:30	Mahbubnagar	19:30	ik K	Saturday	upto 02.12.2023
09189 Mumbai Central 10:30 Katihar 07:30	05304	Mahbubnagar	18:00	Gorakhpur	09:00		Monday	upto 04.12.2023
09189 Mumbai Central 10:30 Katihar 07:30	05068	Gomti Nagar	18:55	Malatipatpur	04:20	kly	Thursday	upto 30.11.2023
09101 Vadodara 19:00 Gorakhpur 23:30 ★ Monday upto 27.11.2023 09102 Gorakhpur 05:00 Vadodara 08:35 ¥ Wednesday upto 29.11.2023	05067	Malatipatpur	10:00	Gomti Nagar	20:00	Wee	Saturday	upto 02.12.2023
09101 Vadodara 19:00 Gorakhpur 23:30 ★ Monday upto 27.11.2023 09102 Gorakhpur 05:00 Vadodara 08:35 ¥ Wednesday upto 29.11.2023	09189	Mumbai Central	10:30	Katihar	07:30	k	Saturday	upto 25.11.2023
09101 Vadodara 19:00 Gorakhpur 23:30 ★ Monday upto 27.11.2023 09102 Gorakhpur 05:00 Vadodara 08:35 ¥ Wednesday upto 29.11.2023	09190	Katihar	00:15	Mumbai Central	18:40	Wee	Tuesday	upto 28.11.2023
	09101	Vadodara	19:00	Gorakhpur	23:30		Monday	upto 27.11.2023
	09102	Gorakhpur	05:00	Vadodara	08:35	Wee	Wednesday	upto 29.11.2023
	05522	Darbhanga Jn.	18:15	Ahmedabad Jn	17:00		Tuesday	21.11.2023

Position as on 18.11.2023

23, 25 & 30.11.2023

For any kind of information such as arrival/departure timings and stoppages enroute etc., passengers are requested to contact RailMadad Helpline No. 139 or may visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App.





70th All India Cooperative Week celebration held at Kulgam

KULGAM, NOVEMBER 19

The Department of Cooperatives, Kulgam today held a day-long mega awareness programme to celebrate 70th All India Cooperative Week with the theme of "Role of Cooperative in \$5 Trillion Economy and SDGs".

Deputy Commissioner (DC),Kulgam, Dr. Bilal Mohi ud din Bhat presided over the function.

Deputy Registrar, Cooperative Societies Kulgam in his welcome address highlighted the achievements of the Coopera- able basis tive Societies in the dis-

Giri also spoke on the cel-sector. ebration of Cooperative week and highlighted the Cooperative Department people, DC further added.

operate Common Service of people highlighted ment opportunities. Centres, Pradhan Mantri the role of Cooperative and Jan Aushadhi Kendras. upliftment of people and

need to strengthen the to keep working hard in

cooperative movement on collaboration with other istration certificates, Jan democratic and sustain- stakeholder departments like agriculture, Horti-Deputy Commissioner culture, Handicrafts and trict and emphasised while appreciating the others, and pursue it in the importance of PACs, potential of Cooperatives a way that we are able to for the operation of their which are on their way to to transform the lives create numerous employ-

Kisan Samriddhi Kendras in the socio-economic past few years is being societies also threw light provided to revitalise the ADDC, Showkat Ahmad emphasized on the need cooperative sector to har-Rather, ADC Vigar Ahmad for strengthening the ness its true potential, for accelerating socio eco-The DC encouraged the nomic development of the

On the occasion, reg-

Aushadhi Licenses and CSC registration certificates were also distributed among various Societies

Different members of Major focus over the the District Cooperative on their success stories and how they have utilised the platform provided by Cooperatives to bring about socioeconomic upliftment of their mem-

new economic initiatives.

S.P. College student bags gold in 37th National Games at Goa

JI NEWS SERVICE SRINAGAR, NOVEMBER 19

In a momentous feat, Disha Pandith a talented 3rd Semester student who also happens to be a Black Belt holder in SQAY (Ancient Traditional Martial Arts of Kashmir) from S. P. College, Srinagar, has clinched the Gold Medal in SQAY category at the prestigious 37th National Games, 2023 held in Goa.

The Principal of the SP College, Prof. (Dr.) Ghulam Jeelani Qurashi expressed his elation and congratulated the student for her outstanding achievement.

Applauding the proud winner, he emphasized on the significance of sports in shaping the character and fostering a spirit of determination and discipline among students.

Prof. (Dr.) Ghulam Jeelani Qurashi said "that the remarkable accomplishment serves as an inspiration to all our students, encouraging them to testament to the holistic pursue their dreams and

strive for greatness.

Our institution takes immense pride in providment that supports and encourages students to excel not only academically but also in various community. extracurricular activities, he added.

"This achievement is a education provided by our institution", he said.

ing a nurturing environ- tory is a testament to the ulations to the gold medaldedication and hard work ist, Disha Pandith for her put in by both the student exceptional performance and the entire college

feather in the cap, the He further reiterated entire Staff of S.P. College that the remarkable vic- extends heartiest congratand wishes her continued success in future endeav-



FROM THE FRONT PAGE...

"Awaam Ki Awaaz": LG...

women of the area to fulfill their dreams, the Lt Gov-

tholi Block, Samba for initiating reforms in agriculture and inspiring others to increase productivity through

Zahoor Ahmad of Kulgam district has successfully grown the premium Mushkbudji rice using the techniques of hydroponics. It is a shining example that the

In this month's Awaam Ki Awaaz, the Lt Governor voiced the suggestions received from Varun Sharma Jamsheed; Shoaib Malik from Poonch and Neha Sharma of ethics, civics and critical thinking in educational cur-

He also shared the valuable inputs received from celebration of Constitution Day.

The Lt Governor congratulated Sheetal Devi and ments of the true champions.

DGP J&K visits Rajouri...

the Intelligence & Border Security Grids were also

discussed in the meeting.

of twin border districts Rajouri & Poonch, DGP listened to views of all officers. Detailed discussions were held to improve the People friendly policing and reaching to them in times of their need.

DGP emphasized upon officers to work with dedication and not to be afraid of making mistakes as those who run do fall at times. He impressed upon them to develop a mechanism wherein the bond between people and police gets stronger. Stress was laid on for identification of terror ecosystem besides identification of forward & backward linkages in NDPS Cases and strict action under law against each of them should be ensured, that would be possible only with the deep rooted investigation. Officers were directed by the Director General of Police to ensure zero tolerance on terror, narcotics bovine smuggling and corruption.

Addressing the darbar of Police personnel, the DGP stressed upon personnel to work with honesty and full dedication adding that there is no need to be afraid of anyone for doing lawful duty. Speaking about the relation between senior and junior officers of the force, he said besides discipline there should be fairplay between officers & jawans of the force especially between gazetted officers & their subordinates adding that we should look and be equal. He said looking after the welfare of jawans should be a priority always in the mind of times viz. 1987, 1999, 2003, 2007, 2015 and 2023. senior officers while jawans must do their duty honestly for earning more repect of our organization and for welfare of the people of the community. Referring to the recent grievance redressal programme at PHQ in Srinagar, the DGP said that many grievances were of families of our own jawans which itself defines that grievance of jawans need to be redressed at the right place in the first instance.

Directing officers to look into the genuine grievances of their jawans, DGP impressed that a situation should not arise that a jawan sends his/her family members for redressal of his/her grievances. Advising jawans not to be self centered, DGP said that I am sure that there is no dearth of spirit among the jawans of our force.DGP said that officers should not hesitate in sanctioning leave new aspects of life and wisdom," the Lt Governor said. for subordinates for important occasions adding that officers must know the honest & dedicated subordinate. different subjects during the journey and create some-

Police in fight against terrorism here as no one knows improve the lives of many people and inspiring the the topography & demography as we do. Jurisdictional officers & jawans must establish goodwill bonds with the people and that is possible only when we reach to The Lt Governor lauded Pushpinder Singh of Kar- the people to listen to their problems/issues.He exhorted upon the officers & jawans to develop mechanisms wherein the bond with the people are strengthened which will help in getting more and more actionable information about the anti national elements and will help in destroying the terror ecosystem. Make efforts to be in good contact with maximum people in your area use of technology and innovative methods can create of responsibilities, and we have to ensure their trust on a vital infrastructure for future growth in agriculture, us because we are from them, we are one of them, he said. The cutting edge officers particularly the Station House officers are the image makers of the department, it is their duty to exhibit such conduct which adds from Jammu; Samba's Shivendra Shandilya; Shiekh more pride to the department. We should show ownership towards our department and our work. The DGP from Reasi regarding addressing the issues concern- announced a monthly special reward among the differing senior citizens through Back to Village campaign; ent subordinate ranks for displaying outstanding good organizing Youth Parliament at district level; promotion relations with the people in their respective duty areas.

The first meeting with DySsP & SHOs was attendriculum; recognition of young talents and making Yuva ed by Sh. Anand Jain, IGP Jammu Zone, Sh. Haseeb Mughal, DIG Police RP Range, Sh. Amritpal Singh, IPS SSP Rajouri, Sh. Vinay Kumar, SSP Poonch, Sh. Randeep Samar Jamil Batt from Anantnag, Gazanfar Abass from Kumar, CO IRP 2nd Bn., Sh. Zulfqar Ahmed, Addl. SP Bandipora and Poonam Mahajan from Jammu on the CID Rajouri, all GOs of Rajouri & Poonch district includ-

Maj. Gen. Gaurav Rishi SC. SM, GOC 25 DIV, Maj. Rakesh Kumar for their stellar performance in the Gen. Manish Gupta GOC ROMEO FORCE, Sh. Sandeep recently concluded Asian Para Games. He urged the Khirwar, IG CRPF, Brig. NV Nanjundeshwara, Comyouth to take inspiration from the exemplary achieve- mander 25 Infantry, Sh. Ramesh Kumar, DIG CRPF, Col Council Reasi; Sh Kamlesh Kumar Mishra, Director T.P Jadhav 225, Lt Col. Pankaj Negi (GS), Sh. Anil Tiga, CO SHQ BSF Rajouri, Sh. Nishitch Upadhayay, CO 79 Bn BSF, Sh. Shree Ram Meena, CO 72 Bn. CRPF and Sh. Ashok Kumar, CO 237 CRPF joined in for the meeting of DGP J&K with Security forces and CAPFs.

The DGP J&K Shri R.R Swain also felcitated the offi-During interaction with jurisdictional DySsP & SHOs cers and personnel who participated in the recent Behrote Top operation on Nov 17,2023

ICC World Cup | Australia...

innings to Mohammed Shami. Then Jaspirt Bumrah removed both Mitchell Marsh (15) and Steven Smith (4). Australia were 47 for 3 at that stage. But Travis Head (137) and Marnus Labuschagne (58 not out) maintained their composure and started to build a match winning partnership of 196 runs to put Australia on top and took their team to the sixth title.

Despite Rohit Sharma rotating his bowlers, it didn't give any fruitful result for the Indian team.

Travis Head was troubled early in the innings but showed an excellent temperament and played a brilliant knock to take his team to win.

Australia lost their opening two games at the start of World Cup 2023 and then won seven in a row to enter hybrid mode latest by this year end. the semifinals. In the semifinals they beat South Africa to face India

On the other hand, India dominated and won all their group matches and defeated New Zealand in the semifinals. In the finals, the team could not withstand the onslaught of Australian team.

With this win Australia has won the World Cup title 6

Train journey is considered...

Soon, a similar Gyanodaya Express will be flagged off from Jammu Kashmir comprising of male students from J&K's Universities and students from aboard, he added.

He said the College on Wheels is inspired by the life of Mahatma Gandhi, where he undertook epic tour of the country by train, interacted with people from all walks of life and awakened the society with universal and eternal values Satya and Ahimsa, Truth and Non-Violence.

"For students, College on Wheels will be a journey of knowing oneself. It will be a lifetime opportunity to discover diverse regions, culture of country and to explore

He said the students will be able to collaborate on The DGP said that no one can be better than J&K thing new in the spirit of cooperation and teamwork.

Train journey will strengthen transdisciplinary education and provide the students with opportunity for experiential learning. They will be able to share experiences with each other and understand the issues, cultural and spiritual wealth of different regions, he added.

Train journey is considered as a voyage to transform present form of knowledge. The journey of students along with mentors to centre of excellence such as Indian Navy, ISRO, Sabarmati Ashram will provide them with new ideas, insight and hands-on knowledge for new research, the Lt Governor said.

The Lt Governor interacted with the group of students, mentors and extended his best wishes to them. Prof. Dinesh Singh, Vice Chairman, J&K Higher Education Council and Prof. Umesh Rai, Vice-Chancellor University of Jammu highlighted the unique and innovative project 'College on Wheels' for empowerment of students by endowing them with experiential knowledge of the world outside the classrooms.

Gyanodaya Express- College on Wheels is aligned with the visionary National Education Policy (NEP) 2020 and seeks to propel a shift from job seekers to job creators, fostering a culture of idea incubation, innovation, and skill development.

Beyond academic pursuits, the Gyanodaya Express will enable the students to gain a holistic understanding of the areas they visit. It will also serve as a catalyst for personal growth, innovation, and national unity.

A handbook on 'College on Wheels' and a publication on 'Design your Degree' progamme were also released.

Sh Saraf Singh Nag, Chairman, District Development Tourism and Marketing, IRCTC; Vice Chancellor of various Universities, senior officers, Heads of Educational Institutions and faculty members were also present.

CIC updates Dr Jitendra...



State Information Commissions to also introduce the

The Commission conducted 4,783 VCs in the year 2020-21, 7,514 in the year 2021-22 and 11,090 during 2022-23. With such improvements the pendency of appeals and complaints was brought down progressively from 38,116 in the year 2020-21 to 29,213 in 2021-22

and further to a record low of 19,233 in the year 2022-23. The Union Minister said that it was during the Modi Government that a 24-hour portal service was introduced for e-filing of the RTI applications at any time of the day or night and from any part of the country or abroad. It was during Prime Minister Narendra Modi's tenure, he said, that the office of Central Information Commissioner was shifted to its own exclusive office

Dr Jitendra Singh reiterated that the role of the Central Information Commission is important to live up to PM Modi's vision of transparency and citizen participation in the functioning of the government.

Cricket should be played...

administration for the alleged power crisis in the Union Territory. She accused the administration of spending huge amounts on official functions and publicity, while the people are allegedly being made to suffer.

Sandhya Gupta, Chairperson of Women Club - Meri Pehchan called on Lieutenant Governor Manoj Sinha at Raj Bhawan

Exciting 'Masterclasses' and **In-conversation' sessions** await this year's IFFl

GOA, 19 NOVEMBER 2023

notice anything familiar? versation sessions at the Award at IFFI. 54th edition of the Interand craft of filmmaking.

es and In-conversation cinematography, and the sessions with eminent business of filmmaking. filmmakers, cinematog- Offering an extraordinary raphers, and actors are opportunity to learn from lined up at this year's one of the industry's best IFFI. The sessions will be Brillante Mendoza on held at the renovated and refurbished Kala Academy sion promises to provide at Festival Mile, Panjim, value-addition to budding Goa. Brendan Galvin, film admirers. Brillante Mendoza, Sunny Deol, Rani Mukerjee, of 'Masterclasses' and 'In-Vidya Balan, John Gold- conversation' sessions water, Vijay Sethupathi, offer a once in a lifetime Sara Ali Khan, Nawazuddin Siddhiqui, Kaykay to explore the different Menon, Karan Johar, disciplines of filmmaking Madhur Bhandarkar, through self-reflection, Manoj Bajpayee, Kartiki memories and conceptual Gonsalves, Boney Kapoor, interventions by world-Allu Aravind, Theodore class Masters/experts. Gluck, Gulshan Grover participating in the sessions this year.

discourse await as the legendary Hollywood Actor and Producer, Michael Michael Douglas, Pankaj Douglas will have an Tripathi, Zova Akhtar, exclusive In-conversation session on the topic 'Is They are world acclaimed It Time For One World filmmakers/actors, who Cinema?' The world have captured the hearts renowned Actor is also of many by their creative set to receive this year's skills in film making/ prestigious Satyajit Ray acting, will hold In-con- Lifetime Achievement

Not only providing a national Film Festival rare glimpse into the filmof India. In an exciting making process, the Masdevelopment the festival terclasses promises to be is set to conduct its mas- an immersive experience, terclasses and in- conver- offering participants a sation sessions on the art 360 degree view into the creative process behind Over 20 Masterclass- the art of storytelling, 'Film Direction', the ses-

This innovative method opportunity for film buffs

This year, bringing and others will also be more good news that is in store, the entry and registration for students for An unparalleled oppor- Masterclasses are free. For tunity for profound more details, visit https:// insights and meaningful www.iffigoa.org/mcic.php

Modi govt ensured benefits to weaker, neglected, oppressed sections: Ashok Koul

RAMBAN, NOV 19

Ashok Koul, General Secretary (Org.), Bharatiya Janata Party (BJP), Jammu & Kashmir along with other party leaders addressed the public meeting at Ramban.

Koul was accompanied by BJP District President Ramban Rajeshwar Kumar, Prabhari Puran Chand, DDC Members ister Narendra Modi, the benefit to the needy by Rakesh Thakur & Balbir Singh Bali and former transformation in terms that were deep rooted in district President Ramesh of development and prog-the system earlier", said during the programme.

role of youth in the nation nation. in politics along with their prominent role in lead- in the past nine and half ing the nation on vari- years, has ensured that



"Modi government, leadership of Prime Min- that have provided direct Jan Samvad Abhiyaan",

nation has witnessed huge weeding out irregularities ress and stressed that this Ashok Koul and added Ashok Koul, while development spree has to that the Modi government addressing the people, be taken forward by the is determined to continstressed on the increased hard working youth of the ue the benefits to every needy with more public welfare schemes and poli-

ous fronts like science, the weaker, neglected and that the way the people technology, innovation, the oppressed sections get have been showing the entrepreneurship etc. He their rights. The Modi gov- love and mass support stressed that today, under ernment has initiated the to the BJP's programmes the strong and decisive public welfare schemes in the ongoing "Booth

speaks volumes of the people's faith in the party's policies. He also said that this faith and trust has been built on the strong dedication of BJP activists and the unprecedented development under the Modi govern-

Rajeshwar Kumar Ashok Koul further said thanked the people for their participation in the programme and stressed on the party activists in taking the Modi government's schemes to the

BJP brought about discernible turnaround in J&K"s developmental scenario: Slathia

JI NEWS SERVICE SAMBA, NOV 20

Having been steered out of the difficult situation during the past over four years, former minister and Vice President Pradesh BJP Surjeet Singh Slathia today said that Jammu and Kashmir is at the threshold of massive

transformation with large scale investments pouring in various infrastructural sectors and development getting unprecedented impetus.

"The concerted initiatives will open up vistas of opportunities in terms of jobs, developmental revolution and economic upliftment across the Union Territory", Slathia said while addressthe "Booth Jan Samvad" programme of the party at Mandal Gurha Slathia manner, he added. in the Samba Assembly Constituency.

He said rapid industrialization and infrastructure upgradation is

Prime Minister Narendra and stand resolute in across the country. This Modi that has brought resolving issues confront- was something not known about discernible turn- ing them. As a result of in this part of the country around in the overall scenario across the Union has emerged as a force to adopted over the years, Territory. As per the cherreckon with, he added.

said the BJP is committed Vishwas Sabka Prayas the to address the issues of in expediting the develop-BJP is working towards the youth, the marginal- ment and making Jammu realizing this vision by ized and weaker sections and Kashmir part of the besides women, asserting country's growth story. ing Karykartas during ensuring holistic develop- that the party will ensure ment of all the regions and to remove the disparity those present in the sub-regions in a steadfast between regions and sub public meeting included regions perpetrated by Slathia said the BJP is a the successive governmass movement, standing ments over decades.

all sections of the society dynamic leadership of just cause of the people to their fellow citizens Vikas Slathia and others.

sustained efforts, the BJP due to wrong policies he said adding that con-The former minister tinued support of the people to the BJP will help

Prominent among Vice President BJP Samba Vijay Singh, Mandal President BJP Brijpal Singh, Slathia said the BJP has Sarpanch Jatinder Singh, paved the way for the Tajinder Kour Ex Presipeople to have access to dent BJP Samba, Amar keyword for Naya Jammu is the biggest strength that all the privileges, rights Singh, Vinod Singh, Binny and Kashmir under the enables it to fight for the and facilities available Corporator MNC Samba,

Khushboo Bhagat concerned over inaction of authorities against violators of traffic rules in Kathua

JI NEWS SERVICE

Ms. Khushboo Bhagat ized to avoid any untowtoday demanded stringent ard incident in future. action under Motor Vehicle Act against the viola- should be monitored tion of traffic rules, rash in Kathua to avoid road driving, overloading and mishap on the interior mess created by passen- and highways. The local

24 hours. Ms Khushboo Bhagat She said that the con- of rules. expressed shock over the cerned Govt Depart-

es issued here today, Ms. check on the violators remained inactive, and Bhagat said that the pas- that has not happened till no action has been taken senger vehicles especially date.

battery - operated vehi-

"The transport system rash driving," she said.

"The Jammu-Pathankot cles, mini-buses and autos is vulnerable to repeated have created problems road accidents in Kathua Apni Party Spokesperson, that need to be channel- whereas the roads in the town have also become a major site for possible fatal road mishaps," she further added.

She suggested that the Transport Unions, Govt Departments and ger vehicles in Kathua Dispolice, civil administra- J&K Police Wings should trict that has led to death tion, traffic police, and take a united effort to of two persons including motor vehicle department check on the traffic rule an elderly woman in sepa- have failed to keep check violators and take strict rate road mishaps in last on the overloading, and actions against the violators to ensure imposition

She further claimed loss of life in the road misments, and J&K Police that the battery - operated haps because of the neg- wings should coordinate vehicles and mini - buses ligent driving and igno- with each other to ensure have been floating routes rance of the authorities. proper implementation of permit rules despite As per the press releas- road safety measures and and the authorities have against the violators.

Indira created history in world by **Dividing Pakistan: Ravinder**

JI NEWS SERVICE

SUNDERBANI, NOV 19

JKPCC Senior Vice President & Chief spokesperson Mr Ravinder Sharma has said that Smt Indira Gandhi had created history in the world by dividing Pakistan and creation of Bangladesh, for which every Indian feels proud.

Paying rich tributes to

Smt Indira Gandhi on her birth anniversary today at a meeting of prominent party workers including Mahila congress and youth congress, at Sunderbani, Mr Sharma said country and world try to & timely decisions in the national interests.

contributions, commit-leadership was jailed, also attended.



ment & sacrifice to the while few other so called that many leaders in the nation are unmatchable. nationalist were helping

copy & match Indira ji alisation of banks & abol- Congress and defeat the , but they are no match ishing of privy purses of movement. to her, so far, as She was erstwhile Maharajas/Rajas & daring leader who could & timely decisions which divide Pakistan and create saved people's money & under Mahatma Gandhi,

Her decision of nation- Britishers to crush the

ished agenda of Sabka

Sath, Sabka Vikas, Sabka

ending discrimination and

for empowerment of the

people and support from

Block Presidents Nain remains unmatchable. & several other such deci- Chand Sharma & Sdr Ajit She was so decisive, bold sions were also a very bold Singh, Smt Manju Chadha, Smt Manju Kohli, Vijay Damral, Chuni Lal, Om a new country besides had to lay lay down her Parkash, Yog Raj, Govind taking several other bold life. Her political grooming Sudan, President AYC, Th Hari Singh, krishan Pt Jawahar Lal Nehru and Lal, Tilak Raj, Ashwani Senior Congress leader several other stalwarts of Sharma, Nobat Ram, Dr said that every Prime Min- congress was such that she Ved Kukka, Doda Ram, Raj ister contributed in many could face every challenge Kumar, Sher Kumar, ways but what Indira and deal with every diffi- Harmesh Sharma, Kul-Gandhi could do for the cult situations. As a young deep Verma, Lok Nath nation, no body could do. leader, She led the Bharat Sharma, Pranab Kohli, She also never boosted of Chhodo Andolanin 1942, Sanjay Kumar, Manni her, as few others but her when entire Congress Sharma & several others

Mushtaq Kak, Renowned Theatre Director Actor, passes away at 62

JI NEWS SERVICE

JAMMU, NOV 19

Mushtaq Kak, renowned theatre personality, bollywood film passed away last night at 62. As per family sources, he was battling a chronic illness. His last rites were solemnlv performed today, and he was laid to rest in the Sidhara Graveyard.

Mushtaq Kak, born in Jammu in 1961, was a distinguished personality villain (Mushtaq), Sikanhe served as the director keeper, M.S. Dhoni: The Delhi, for a commendable Shopkeeper, Vishwaroofive-year term. Through- pam II (2018) as Manawar, out his illustrious career, Romeo Akbar Walter Mushtaq Kak directed (2019) as Joker, Shikara around 100 plays, acted (2020) as Masud ahib, in two dozen Bollywood Tejas (2023) as Khatooni, movies, and directed 30 and others. drama series for Doordar-

Kak made significant ers, poets, actors, and a cinema, featuring in who came to pay their popular movies between respects. Mushtaq Kak's 2007 and 2022. Some of legacy in the world of per-Amal (2007) as Doctor, to inspire generations to Hijack (2008) as the main come.

in the field of perform- dar (2009) as Moulvi ing arts. A recipient of Allah Baksh, Vishwaroothe prestigious Sangeet pam-I (2013) as Manawar, Natak Akademi Award, Dishoom (2016) as a Shopof Shri Ram Centre, New Untold Story (2016) as a

His funeral was attended by a multitude of the-As an actor, Mushtaq atre personalities, writcontributions to Indian large number of people his notable roles include forming arts will continue

Modi govt restored cultural glory of J&K: Vibodh



JI NEWS SERVICE JAMMU, NOV 19

was addressed by BJP of J&K," said Vibodh. Jammu and Kashmir gen-Jammu and Kashmir and women, SCs, PoJK refu-terrorism free. maintained that it is neces- gees, Gujjars and others. sary to root out these cor- He strongly asserted that will be the major corner- up a plethora of opportupeople to make the Union Addressing the gather- the needy population.

Territory corruption-free ing, BJP district president and liberate it from the Omi Khajuria thanked clutches of dynastic politi- Prime Minister Narendra Bharatiya Janata Party cal parties. These parties Modi for unprecedented (BJP) held an impressive exploited common people growth and development public meeting at Paloura, and did nothing for the in Jammu & Kashmir and Jammu on Sunday which development and progress said that the region is witnessing major devel-Vibodh highlighted opment under the Modi eral secretary and former the 70-year-long his- government. He said that MLC Vibodh Gupta. Speak- tory of struggle and sac- terrorist activities are on ing on the occasion Vibodh rifices of BJP leaders to sharp decline in these highlighted the misdeeds abrogate Article 370 to years. Our brave security of the National Confer- revive democracy and to forces will soon eliminate ence, PDP and Congress in give democratic rights to all terrorists to make J&K

Speaking on the occasion, BJP Mahila Morcha rupt and anti-nationalist the Hon'ble Prime Min- leader Arti Thakur said parties to safeguard peace, ister Narendra Modi led that the Modi government prosperity and develop- central Government with has worked on the princiment of the Union Territo- its courage and historic ple of "Sabka Saath, Sabka ry. "NC, PDP and Congress decision to abrogate Arti- Vikas, Sabka Vishwaas". Mukt Jammu and Kashmir cle 370 and 35 A opened She enumerated various public welfare schemes stone in the making of New nities for our people and like PMAY, Swacch Bharat, and prosperous J&K. It is restored the past cultural e Shram cards, Pension not merely a slogan but and traditional glory of schemes etc and their the determination of the Jammu and Kashmir. direct welfare benefits to

JI NEWS SERVICE

SAMBA, NOV 19

Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today demanded reservation of skilled and unskilled jobs for the local youths in the industrial sector of Jammu and Kashmir. The Former Minister was addressing a Party worker meeting here in Samba District to discuss various issues confronted by the people in the district regarding development, employment, and other things.

The meeting was organized by Provincial President Jammu SC Wing, Adv Lovely Mangol at Samba. In this meeting, District President Samba, Raman Thappa; Women Wing Disyanka Mangota and others were present.



Manjit Singh said that said while assuring the the non - locals are being engaged in the industrial sectors whereas the local youths face unemployment and deliberate negligence from the management of the industrial units in Samba, Jammu, and Kathua Districts.

trict President Samba, Pri- believe in the protection norms of engaging local Rs 1000 per month as to hold assembly elections of jobs, natural resources youth and the Govt must and land for the locals of act against the violators.

During the meeting, Jammu and Kashmir, he participants that if Apni Jammu and Kashmir the rights of the locals would industrial sector.

While informing about the developmental agenda, he said that the Apni Party Party forms next Govt in is committed to provide 500 units of free electricity in summer season in in absence of an elected be protected, and reserva- Jammu region and 300 Govt and this has resulted tion would be provided to units of free electricity in into the feeling of alienlocals up to 80 percent in winter season across the ation among the people division. He also said that of both the Regions. To He said that the indus- the Party is committed to restore the confidence of However, the April Party trial sector has violated the enhance Rs 5000 from the people, it is important

orphans.

"We will also ensure four cooking gas cylinders under Ujjwala scheme for each poor family, and the marriage assistance to the girls belonging to the economically weaker section will be enhanced up to Rs 1 lakhs from Rs 50, 000.

He said that the Apni Party is concerned about the plight of the people who suffer because of delayed development and poor response from the authorities to their issues.

"The issues have multiplied in Samba and other Districts of Jammu plains pension for widow/handi- in Jammu and Kashmir,' capped/old age pensioner/ he said.

EDITORIAL

Ensure good hygienic practices in schools

Recently, the Supreme Court gave a significant direction to the Centre wherein it asked for upgrading the sanitation infrastructure in governmentrun schools. The government has been asked to formulate a national model for building toilets commensurate with the number of girls in government-aided and residential schools. The directive holds great significance against the backdrop of the complaints of either nonavailability or unused toilets in schools. Various studies conducted by different agencies show that the lack of clean and functional toilets in schools has a direct impact on education as it discourages the students, particularly female students from attending schools. Menstruating girls bear the brunt and are the worst sufferers as it leads to low attendance and some even choosing to drop out. Instances abound of students limiting their consumption of food and drinks to avoid having to use the toilet. According to a survey conducted in over 1900 co-educational government schools in the year 2020, it was found that 40 per cent of the toilets were non-existent or unused. About 72 per cent had no running water. What is more unfortunate is that school authorities remained least concerned to either build new toilets or make existing toilets functional. In January 2019, the then state government had accorded sanction of the district level committee for achieving 100 percent Saturation of toilets, drinking water and electricity in government schools by February 28. The District Development Commissioner of the concerned district was made the chairman of the panel while the Chief Education Officer (CEO), Executive Engineers of Public Health Engineering department (PHE), power development department (PDD) and school education department were to be members of these panels. The committees were asked to have actual assessment of deficient schools on the minimum requirement basis and preparing of Detail Project Reports (DPRs) for the purpose; to monitor the works executed by different agencies i.e PHE, PDD and Engineering wing of the School Education Department and to ensure completion of works by February 28; and work out requirement of additional funds for providing electricity, drinking water connections to the school. Unfortunately, authorities concerned have shown least interest in conducting audit and assessment of all government schools to ensure 100 percent saturation of functional toilets. Before that, all states and UTs had been ordered to submit their menstrual hygiene plans. Specific information was sought on the steps taken to provide lowcost sanitary pads and vending machines in schools as well as appropriate disposal facilities. The Supreme Court has now called for adopting the best practices and bringing uniformity in terms of modalities for the distribution of sanitary napkins. The Centre has said its draft national policy on menstrual hygiene has been sent to the stakeholders for eliciting comments. The Centre has been providing liberal funding to all the states and UT administrations for maintaining effective sanitation in government run schools particularly toilets. It is the duty of all stakeholders including state governments and UT administrations to supplement these efforts and ensure that girl students don't face any inconvenience in schools. The priority should be the wellbeing of the students and the staff, apart from privacy and promotion of good hygienic practices.

Chinese are saving for the rainy day

BHOPINDER SINGH

versity's Institute ing Military, Contractors, negotiate with the same at best. group for its own exit from Afghanistan, which it had originally come to defeat in Afghanistan i.e., tiguity of a shared land border i.e., China, stayed peacefully out of the confiring a single shot!

has directed more than \$75 billion in assistance s per Brown Uni- to Ukraine in the form of military, financial and of International and humanitarian aid. This Public Affairs, the United makes Ukraine the top States is believed to have aid recipient of US foreign incurred \$2.3 trillion and aid - a first-time status for 6247 war deaths (includ- a European country since the Harry Truman Governand Civilians) in the ill- ment had sanctioned the fated War in Afghanistan rebuilding of the Europe-(2001-2021). This bill does an continent after World not include future interest War 2. The list includes payments on borrowings cutting-edge technology made to fund this war or like Abram tanks, coastal the associated Veteran defence ships, anti-aircraft care that will be required missiles, and advanced in the future. The net surveillance and radar result of this war is that systems, yet the Russianultimately the US had to Ukraine war is a stalemate,

km long land border with Russia and its own axe to grind with the United the Taliban. The actual States thought it best to superpower with which offer platitudes that seem Afghanistan ought to have to blame the US or NATO concerns given the con- more than the Russians, yet the Ukrainians strangely seem satisfied with the Chinese indifference. Zelflict for twenty years and ensky, who is propped has gingerly walked in as by the US largesse said the only superpower to incredulously, "China has have a real equation with chosen the policy of staythe government in Afghaning away. At the moment, istan, today. All without Ukraine is satisfied with incurring any money or this policy. It is better than

China which has a 4210



policy. We are satisfied died Iron Dome, amongst with this status quo, to be honest." Again, without investing any resources, firing a shot or committing to a meaningful stand, the Chinese have retained a favourable position with Ukrainians (and obviously with the Russians), even though it is the US that is picking up the tab!

The latest global war that has drawn the United States into its ambit is the Israel-Hamas war which has resulted in Washington DC giving at least \$14 billion (traditionally the US was providing up to \$3 billion worth in milithat the United States will not pursue another including the much-ban- approach may not endear expense of the existing

other security wherewithal. As the Israeli offensive in the Gaza Strip continues relentlessly at a very steep human and financial cost, it is the US that will pick bill. Yet the Chinese have decided to stay out of the any tangible or long-term happy to play the second conflict discourse, including taking clear sides. Perhaps it has something to do with the quixotic approach of having robust relations despite all accusations with Israel (including of 'debt-traps', inconsisthriving trade and commerce and grantsmanship increasingly getting affordin technology forays), even as it had maintained ism that Beijing despera rare semblance of a relahelping the Russian Fed-tary assistance, annually) tionship with the likes German research insti- eration in any case. And I to Israel to spruce up its of Hamas, Hezbollah et have very little to lose tute, Kiel, has estimated want to believe that China air and missile systems, al, earlier. This guarded and much to gain at the

Beijing to either of the American global footprint spective of the outcome of was essentially, someone

stantial 'investments' that democracy against terrorintervention leading to tent or amoral stands are ed the sort of expansion-

Given that the Chinese

sides in the Israel-Hamas and perceptions, it plays conflict immediately, but a snake-like baiting game it does save China from of 'wait and watch', and burning precious money then strikes when the from its treasury and then opportunity offers itself deciding as to which side with minimal effort or to tilt as the dust starts set- fuss. The already battered tling in the Gaza Strip. Irre- global economy postpandemic had led to credthe war, the US will have ible talks of an impending more enemies than it had recession in the US, yet it before the war started and continues sinking its fastit would have sunk huge depleting resources under amounts in a war that the pretext of ensuring "American security for generations". Biden is The above examples feeding the fear of abstainof the US's global mili- ing from interventions by tary intervention do not suggesting that the "outinclude the rather sub- come of these fights for it is already committed ism and tyranny are vital to in the war-torn Middle to the safety of the Ameri-Eastern theatre, restive can people". So far, the US Sub-Saharan Africa etc., interventions haven't paid up a sizeable part of the Yet nowhere is the US dividends in most places improvements in its sov-fiddle with only accusatory ereign perceptions or statements and saving its relations - whereas the resources for the rainy fleet-footed Chinese who day. Something is clearly wrong in the American admixture of diplomacy as it is fast ceding ground to the penny-pinching Chi-

> (The writer, a military veteran, is a former Lt Governor of Andaman & Nicobar Islands and **Puducherry. The views** expressed are personal)

Empowering women to be harbinger of climate change

UPMANYU PATIL

change affects everyone, it does not affect everyone equally. Vulnerability to climate change is aggravated by inequity and making.

Even though the discourse around the negacant traction, conversations on the critical role need to be mainstreamed

have the expertise to use renewable energy sources, floods, which can help combat cyclones and climate action. One such waves group of women known becoming more frequent, as Sakhis are championthe world is witnessing ing the demand for clean adverse and devastating energy technology specifiimpacts of climate change. cally for the rural areas, Even though climate communities that have limited awareness and access to modern energy

Women's Entrepreneurwith gender, ethnicity and programme initiated by other social and economic Swayam Shikshan Prayog factors. Women are dis- (SSP) in districts of Maha- renewable energy technolproportionately impacted rashtra and Bihar, Sakhis ogy and its products, solujust torchbearers of clean energy transitions, they tive impacts of climate are symbols of empowerchange has gained signifi- ment connecting all vital dots, including women's entrepreneurship, driving communities and vulner- awareness and ensuring able groups like women last-mile delivery of susplay in climate action tainable energy products like solar lamps, advanced as well. Women have been cook stoves, solar water pur district Maharashtra. at the forefront of environ- heaters, enabling public She started her journey



Under the initiative, curating local solutions keeping in mind the needs marginalization associated ship in clean energy of the grass root communi-

The demand for clean & clean energy entrepreneurs has significantly enhanced awareness, outreach, and enabled access to clean energy information and solutions for the last mile", says Vandana Khandekar, a fellow Sakhi, grassroots leader and entrepreneur from Solamental conservation and private partnership by by being a member of the through the sale of organic reducing expenses, and

ing on Entrepreneurship personal challenges, Vansmall and marginal farming households. Vandana has not only guided 200 women farmers in implementing one-acre farming, improving household clear benefits in deployhealth and nutrition, along ing renewable technolowith increasing earnings gies, improving efficiency,

developing inclusive climate solutions.

Many more women like group, receiving train- Vandana in various parts of the country are making and placing them at the Development and Wom- their homes and commu- centre of clean energy en-Led Climate Resilient nities more sustainable transitions is not only Farming. Overcoming her and resilient. The program improving people's has been pivotal in build- lives but also garnering dana is now one of village ing the capacity of these increased attention as by climate change owing are at the core of the tions, and their adoption, leaders sensitizing com- Sakhis, running public effective agents towards to their socio-economic programme, aided by continue to lag behind in munity members about awareness programs, and more inclusive systems. status, lack of resources multi-sector partnership rural India due to a lack organic farming, vermi-community meetings, pro-Training and capacity and absence of participa- providing access to tech- of awareness and access. composting, promoting viding public platforms to building of rural women tion in public decision- nology, finance and mar- "Empowering and creating clean energy solutions connect these entrepre- as entrepreneurs, equipkets. These women are not strong networks of women like bio-digesters (biogas neurs to technology proping them with the knowlplants), with the objective viders, financial instituof promoting zero-waste tions. More than this, they farming and increased have played an integral financial savings within role in overcoming historical societal inequalities in energy systems.

Resources and products tailored to community needs are showing

vegetables locally. She has generating local livelihood also been instrumental in opportunities. Additiongetting 20 biogas plants ally, the adoption of these and 8 vermicompost beds energy-efficient & socially installed in households beneficial products (like across her village. Van- LED bulbs, solar lamps, dana's journey is not just induction cook stoves, and a personal transforma- bio compost) has played a tion but also a testament pivotal role in the reducto women's critical role in tion of energy-related carbon dioxide emissions - contributing to a broader climate action approach

> Empowering women, edge to adapt to changing environmental conditions, scaling financial resources and providing technical support to women-led initiatives are crucial strategies for enabling them to lead the charge on climate

(The writer is the Director - Programs, Swayam Shikshan Prayog; views are personal)

Skills intelligence and workforce optimisation

SUJIT KARPE

hen times change, innovation and revamping operational procedures comes across as the best way to ensure resilience and maintain performance levels in an organisation. Of late, the dynamic changes in employment and head-hunting, and the rising emphasis on employee engagement, and retention has significantly changed workforce management. Today, the key to optimisation of the human resources available lies in understanding skills and skill adjacencies. Companies are paying more attention to internal relocation of resources and creating precise learning and skill development strategies to get better outcomes.

In this scenario, it is very processes are far more effecment. There is a paradigm shift that will perform better in the ate degree or a PG diploma powered skills intelligence tools

that is based on identifying an individual's ability to perform, adapt to the demands of the role, and capacity for growth. There is much greater emphasis now on soft skills such as learning agility and adaptability. Technologies are changing rapidly, and change-resistance can be the biggest detriment to an individual's growth and capability of contributing to the organisation's growth as well. Therefore, it is important to foster a workforce that is ready to take up new roles years ahead. and acquire skills that prepare them for those roles.

This kind of approach can adequately backed by transparent internal mobility and recruitment focus. Companies that put in place tools and systo express their expectations,

Why change to 'Skills-First'

The shift to a Skills-First be successful only when it is approach is directly reflective of the way the operational landscape has changed. One can no longer acquire skills that guarantee a lifetime of employtems that empower employees ment especially in the field of technology. Skills have become clear that skills-based hiring future growth aspirations and fluid and it is not uncommon share opportunities with them to see them become outdated tive compared to the conven- that can take them closer to in a time frame shorter than the formal recruitment protional job titles-driven recruit- their goals, are also the ones what it takes to obtain a gradu- cess. There are world-class, AI-

job titles remain the same, the bias in the process, no error or roles and the execution strate- inconsistency of judgment and gies are constantly changing. a focus on the skills that candi-For instance, we still have computer programmers, but what titles they hold. Organisations a programmer does today is are using smart skills cloud and vastly different from what he skills-driven hiring processes did 15 years ago. There are to continuously gain insights also new roles that are emerging with the change in tech landscape, and they need to be catered to. For instance, nobody worked as a 'Full Stack Developer' at the start of the is being done automatically millennium, but today it is a without manual inputs from key role in almost every tech the employees. organisation. Thus, it is impor tant to understand that new skills are emerging and they are necessitating creation of new roles as well as redefining existing or conventional job titles.

This skills-driven strategy employers starting their skill assessment journey for new hires, even before the start of

nowadays. Even though the to ensure there is no inherent dates possess instead of the job into their internal talent pool's skill assessment, and use this skills intelligence to determine learning programmes as well as the hiring strategies. All this

Conclusion

Companies that proactively embrace the new approach and adopt the right AI-powered skills intelligence tool will edge out those that continue to rely has led to most prominent on traditional and time-consuming methodologies, and achieve superior growth as well as talent retention outcomes!

(The writer is Co-Founder & CTO, iMocha. The views expressed are personal))

THE BEST MILK SUBSTITUTES FOR **HEALTHY BLOOD SUGAR**

LIENNA MAY

ilk is a must for topping off your morning cereal, creating clouds in your coffee, and slurping down a mouthful of peanut butter. However, dairy has a dubious reputation. Some of us are old enough to recall all those tales about how drinking milk will keep us healthy and strength en our bones, among other things. However, there has recently been some discussion about this concept if you have diabetes. This traditional beverage contains carbohydrates, which might alter your blood sugar levels. As a result, many individuals are starting to eat a plant-based diet or continue using dairy

Tracking your liquid and food intake with a HealthifyPro 2.0 BIOS can help determine if milk intake increases blood glucose levels disproportionately. A common mistake is to replace animal milk with nut milk or soy milk without considering the quantity. It is always a good idea to check with your nutritionist before adding a copious amount of full-fat plant-based dairy to your diet. With the help of Healthify-PRO 2.0, the HealthifyMe coaches can help you create better, more individualised diet programs based on real-time data and AI support. The coaches study the trend in blood glucose fluctuations over a stipulated period. As a result, the dietary interventions are unique to you and designed specifically for your

Is Milk Beneficial for Diabetes?

Milk can benefit your health, as with most things, when you consume it in moderation. But, naturally, each person's body reacts differently to various foods. Therefore even though it contains a significant amount of feeding may be lost if the mother adds carbohydrates, there is no universally applicable rule here.

You should be aware that not all milk varieties are healthy for people with diabetes. The type of milk matters, and how much you drink also impacts your blood glucose level. Furthermore, despite its impact on glucose levels, milk has an excellent nutritional value and contains essential components for a balanced diet. For instance, diabetes increases a person's risk for osteoporosis. Milk contains calcium which supports strong bones. Thus, it may be beneficial for a few diabetics to consume milk

Since cow's milk contains carbohydrates, patients with diabetes should be careful when determining how much of it to consume. Some milk varieties, such as skimmed milk, have fewer carbohydrates which makes it a better option for people with diabetes. However, keep in mind that due to their quicker absorption, low-fat foods and drinks, such as skimmed milk, might milk is best for you.

Milk's Impact on Blood Sugar

Blood sugar or glucose levels are essential for maintaining optimal met abolic health. When your body breaks
Dietary Guidelines For Diabetics Regarddown carbohydrates in your digestive $\,$ ing Milk Consumption $\,$ tract, glucose gets created. Hyperglycemia is a condition when there is an excess of glucose in your bloodstream. Conversely, hypoglycemia is a situation of insufficient amount of glucose

The quantity of sugar consumed



known as lactose. Your body converts lactose into glucose and galactose for avoid the continued development of Nutritional Facts energy, which raises your blood sugar

The Effect of Milk on Type 1 Diabetes

The prevalence of type 1 diabetes is higher in youngsters, and children who drink large amounts of products made from cow's milk. The casein protein family consists of four subgroups: alpha-S1, alpha-S2, beta, and kappa caseins. Whey proteins are different from milk proteins. Therefore, one crucial environmental factor, the A1-casein $protein, may \, account \, for \, the \, significant \,$ increase in type 1 diabetes cases and the different prevalence rates.

It does not rule out the possibility of other dietary triggers, such as gluten/ prolamins and bovine insulin in infant formula made from cows' milk. As per a study, it affects the development of insulin autoantibodies in infants fed a traditional cow's milk-based formula before three months.

The benefits of exclusive breastcow's milk formula to the breast milk or if the duration of breastfeeding is too short. Children should be off cow's milk formulas until their first birthday. Exclusive breastfeeding is considered protective against type 1 diabetes in

The Effect of Milk on Type 2 Diabetes

There is contradictory research regarding whether consuming full-fat milk lowers the chance of developing diabetes. For instance, a study involving postmenopausal women who had not yet gotten a diabetes diagnosis had low diabetes risk due to a diet low in full-fat dairy products. However, at the same time, a study revealed that consuming more full-fat dairy products is linked to a lower risk of developing diabetes. Therefore, the researchers concluded higher full-fat dairy food intake had a lower risk of type 2 diabetes.

Milk's significance in the prevention of type-2 diabetes appears to be owing to its calcium, vitamin D, fatty acids, and cause an increase in blood sugar levels. proteins, though the exact pathways Therefore, monitoring your blood glu- are still unclear. There are various cose levels is crucial to deciding which considerations when deciding which sort of milk is best for someone with Type 2 diabetes. Instead of focusing on your fat intake, pay attention to your carbohydrate intake.

Regardless of the type of diabetes you have, it's crucial to control your sugar intake. Because sugar is a carbohydrate, counting carbohydrates is frequently advised for people with

A balanced diet is crucial, containimmediately affects blood glucose ing the proper amounts of carbohy- count for people who want to reduce levels. Your body converts carbohy- drates, proteins, fats, vitamins, min- their carbohydrate intake. Avoid sweetdrates into sugars to be utilised as fuel erals, and fibre. It helps prevent any ened varieties if you consider this to be

by the body. The sugar found in milk is additional health issues from excessive important. cholesterol and blood sugar. One can issues like heart disease, kidney disease, etc., with a balanced diet. The secret to managing your blood sugar levels is portion control. It is crucial to consume each food category in the right amount

High levels of triglycerides or cholesterol in the blood are typical in people with diabetes. It's crucial to monitor your diet's trans and saturated fat intake. Some patients with diabetes may also be more prone to bone fractures. A calcium-rich diet can help support strong bones. You can achieve this by regularly consuming milk. Including calcium-rich dairy in your diet requires some careful planning. An excellent start is to develop a meal plan, especially for people with diabetes.

Whatever you choose, consider starting each meal with 45 to 60 grams of carbohydrates. This total should account for all the carbohydrates consumed from your foods that day. Then, check the food labels and choose unsweetened or low-added sugar foods.

The Best Milk Alternative For Diabetics

Here are the best milk substitutes for anyone watching their intake of carbohydrates.

One of the most straightforward milk to make at home is cashew milk, formed from a combination of cashew nuts or butter and water. The flavour is sweet, subtly nutty, creamy and rich. It has a much lower calorie count than cow's milk, half as much fat, and much less protein and carbs. Therefore, it is a good choice for those who must watch their carb intake, such as those with diabetes, due to the low carbohydrate and sugar content.

Nutritional Facts

cashew milk contains:

Energy: 10 Kcal Protein: 9.42g Carbohydrates: 0.83g Sugar: 0g Fibre: 0g Calcium: 188 mg Iron: 0.15mg

Hemp Milk

Cannabis sativa hemp plant seeds make hemp milk. Hemp milk has a thin, watery texture with a slightly sweet and nutty flavour. It functions well as a substitute for lighter milk and has about half the calories and protein of cow's milk while having a similar fat level. It has far fewer carbohydrates as well. Unsweetened hemp milk is a fantastic alternative because it has a meagre carb

According to the USDA, 100 ml of hemp milk contains:

Energy: 33 Kcal Protein: 0.83g Fat: 3.3g Carbohydrate: 0.42g Sugar: 0g Fibre: 0g Calcium: 125mg Iron: 0.45mg

Coconut Milk Coconut milk is made from brown

oconut's white flesh and water. It is a more diluted variety of the kind of coconut milk with a creamy texture and a sweet but delicate coconut flavour. However, coconut milk has a third of the calories, half the fat, and much less protein and carbohydrate than cow's milk. So it might not be the ideal choice for people who need more protein, but it would work for people who want to consume fewer carbohy-

In addition, over 90% of the calories in coconut milk are from saturated fat, including medium-chain triglycerides (MCTs), a form of saturated fat that may aid with appetite control, weight loss, and blood cholesterol levels more than other fats as per a research.

Nutritional Facts According to the USDA, 100 ml of

coconut milk contains: Energy: 150 Kcal Protein: 1.67g Fat: 15g Carbohydrate: 1.67g Sugar: 1.6g

Almond Milk

Almond milk is made using whole almonds, almond butter, and water since it is dairy-free and lacks lactose According to the USDA, 100 ml of and milk protein, which some individuals must avoid. Due to its light texture and mildly sweet and nutty flavour, it can be added to coffee and tea, blended into smoothies, and substituted for cow's milk in desserts and baked goods. It is substantially lower in protein and **Conclusion** carbohydrates, has significantly fewer calories and fat than cow's milk, and is for many people. However, there are a natural source of vitamin E. a class of several situations where you might antioxidants that help protect the body need to avoid cow's milk. In case of from disease-causing agents known as free radicals.

Nutritional Facts

According to the USDA, 100 ml of almond milk contains:

Energy: 12 Kcal Protein: 0.31g Fat: 0.3g Carbohydrate: 0.62g Sugar: 0g Fibre: 0.3g Calcium: 185mg Iron: 0.33mg

Soy milk is manufactured with either soybeans or soy protein isolate. It frequently incorporates thickeners and vegetable oils to improve taste and consistency. As a result, it usually has a mild and creamy flavour. It is a near non-dairy alternative to cow's milk regarding nutrients. Soy Milk has around half the calories, lipids, and carbohydrates but about the same amount of protein.

It is also one of the few sources of high-quality "complete" protein derived from plants and contains all the necessary amino acids. Consuming soy products has been associated in one study with better glucose tolerance. Read the labels carefully and always choose an unsweetened variety of soy milk to avoid excessive sugar that can raise your blood sugar levels.

Nutritional Facts

According to the USDA, 100g of soy milk contains: Energy: 33kCal Protein: 2.8g Fat: 1.6g Carbohydrate: 1.6g Sugar: 0.41g Fibre: 0.4g Calcium: 123mg Iron: 0.44mg

The best source of Omega-3 is flax seeds, and a novel method to get your daily omega-3 fix is dairy-free flax milk. Calcium, protein, and vitamins K and D are added to the dairy alternative to support strong bones and teeth. Almost every recipe that asks for dairy or plantbased milk can get substituted with flax milk, including those for smoothies and baked goods. This particular milk helps individuals feel fuller for longer and has no cholesterol or lactose, which can help lower blood sugar levels.

Nutritional Facts

According to the USDA, 100ml of flax milk contains:

Energy: 10 Kcal Protein: 0g Fat: 1.04g Carbohydrate: 0.42g Sugar: 0g Fibre: 0g Calcium: 125mg Iron: 0.15mg

The HealthifvMe Note

When choosing between skim and 2% milk, the most significant milk aisle decision is long gone. Alternative milk options are more plentiful than ever. Always make sure to look for something unsweetened! Always check the labels, as each type of plant-based milk has slightly different ingredients and somewhat different nutritional profiles.

Cow's milk is a common food source diabetes, it's crucial to monitor your milk intake. Fortunately, as was already indicated, there are plenty of excellent choices. Make sure to select unsweetened products and stay away from additional sugars while making your selection. Additionally, confirm that your non-dairy milk is fortified with vitamin B12 and calcium. Finding the best replacement may take some time because of the wide variations in taste, nutrition, and price of various

COURTESY: HEALTHIFYME

BRIEFLY NEWS

Antibiotics are major disruptors of gut microbiota, says study

researchers has discovered that early life

exposure to



antibiotics has long-lasting effects on the nervous system and can lead to gastrointestinal issues

The study observed that antibiotics given to neonatal mice have these long-lasting effects which result in disturbed gastrointestinal function, including the speed of motility through the gut and diarrhoea-like symptoms in adulthood.

"Our study shows that antibiotics given after birth could have prolonged effects on the enteric nervous system. This provides further evidence of the importance of microbiota on gut health and could introduce new targets to advance antibiotic treatment to very young children," said Jaime Foong, the University of Melbourne in Australia. The team gave mice an oral dose of vancomy-

cin every day for the first 10 days of their lives and reared them normally until they were young adults, according to the study published in the Journal of Physiology.

Their gut tissue was looked at to measure its structure, function, microbiota, and nervous

"It was found that changes were also dependent on the sex of the mice. The females had long whole gut transit and the males had lower faecal weight than the control group. Both males and females had greater faecal water content, which is a diarrhoea-like symptom," revealed the researchers.

Although mice have many similarities to humans, they are born with immature guts and have accelerated growth due to their shorter life

The researchers will be doing further studies on the mechanisms of antibiotics on the gut and the causes of the sex specific actions, and if early life antibiotic use has effects on metabolism and

Vitamin deficiency: Lack of THIS sun compound can cause insomnia

mindlessly Lscrolling through your mobile till late at night is a recurring issue there seems to be some problem



with your sleeping cycle. Lack of sleep or insomnia can keep one awake even if the body is tired, causing a dip in concentration and productivity.

What causes insomnia?

While there are lots of factors responsible for chronic sleeplessness, like stress, a sedentary lifestyle, erratic work hours, or an ailment, a deficiency of minerals can also be one of the major causes.

One of the major causes is not spending enough time in sunlight. Lack of vitamin D can elevate certain medical conditions like hyperthyroidism, increase in metabolic rate, and many other issues.

How does vitamin D help in sleeping soundly? It has been found in various studies that vita-

min D receptors are found in certain areas where the brain controls sleep. These receptors are said to hypothesize your level of vitamin D that affects sleep by binding to these receptors.

What are the sources of vitamin D?

Apart from exposure to the sun, there are many ways to increase Vitamin D in your body. The ultraviolet rays of the sub react with molecules in your skin and synthesise Vitamin D. Apart from the sun, other sources of vitamin D

are found in fatty fish like salmon, tuna, mackerel, fortified cereal, and dairy products, etc.

10 Amazing Benefits Of Sugarcane Juice

ALPA MOMAYA

here's nothing better than a chilled glass of sugarcane juice on a hot summer day. But, have you wondered what are the benefits of sugarcane juice? Sugarcane, a grass plant that can be found in 36 varieties, has no fats and is a 100 percent natural

An 8-ounce serving, approximately 240 ml of sugarcane juice (with no additives) contains 250 calories, with 30 gm natural sugars. It has zero content of fat, cholesterol, fiber, and protein but contains sodium, potassium, calcium, magnesium, and iron.

You would think that this sugar-rich drink is a popular summer drink that keeps you hydrated. However, it has numerous health benefits but we've rounded up 10 of them for you.

Nutrition Information of Sugarcane Juice

One serving (28.35 grams) of sugarcane juice contains. Calories: 113.43 Protein: 0.20 grams

10 Health Benefits of Sugarcane

Carbohydrates: 25.40 grams

1. Gives you a shot of instant energy There's a reason sugarcane juice

sells at most roadside kiosks in summer. It's the best way to energize yourself and ensure you don't experience dehy-

dration. The simple sugars in the juice related ailments such as jaundice. are easily absorbed by the body and are used to replenish sugar levels

2.Enhances liver function

the best natural treatments for liver-

Studies finds sugarcane juice is alka-

the electrolyte balance in the body

magnesium, potassium, iron, and manganese makes sugarcane juice alkaline line in nature, it helps in maintaining in nature. The presence of flavonoids helps the

body stave off cancerous cells, especially prostate and breast cancer.

4. It eases the digestive system

Among other benefits of sugarcane juice it also is exceptional for people suffering from digestive distress.

The potassium in sugarcane juice balances the pH levels in the stomach, facilitates the secretion of digestive juices, and keeps the system on track. It also helps prevent stomach infections.

5. Helpful for people with diabetes

Though the high sugar content in sugarcane juice may make diabetics warv of consuming this juice. But, in moderation, sugarcane juice can benefit diabetics, the natural sugar has a low glycemic index that prevents frequent to the deficiency of these nutrients. spikes in blood glucose levels.

6. Maintains kidney health

Being a natural low-cholesterol, lowsodium food, with no saturated fats, sugarcane juice helps to keep the kidneys

7. It alleviates pain associated with STDs

If consumed in a diluted form, with lime juice and coconut water, sugarcane juice can help reduce body inflammation that can be caused by sexually transmitted diseases, urinary tract cool water. The sugar contained in suginfections, kidney stones, and prosta-

8. Aids in the development of bones and

Back in the day, chewing on a sugar-

cane stick used to be a regular pastime for young children and adolescents.

Apart from keeping them occupied, the calcium-rich benefits of sugarcane juice also ensures proper development of the skeletal system, bones, and teeth.

9. Keeps bad breath & tooth decay at bay Experiencing bad breath linked to

tooth decay? Sugarcane juice can be your saving grace. Sugarcane is rich in minerals, includ-

ing calcium and phosphorus, and also helps build tooth enamel and strengthen teeth, ensuring they are prone to decay. It also overcomes bad breath caused due

10. Can help cure acne

Topical use of sugarcane juice has the ability to help reduce and cure skin problems such as acne. Since, sugarcane juice contains alpha-hydroxy acids (AHAs) like glycolic acid, it increases cell turnover.

They also exfoliate the skin, eliminating chances of acne buildup. Simply mix the juice with Fuller's earth (multani mitti) into a mask-like consistency, apply on the face and neck and leave on for 20 minutes. Finally, wash off with arcane juice is natural, but keep in mind that it is essentially sugar. Consume this healthy beverage in moderation and run it past our Coaches if you suffer from a medical condition.

COURTESY: HEALTHIFYME



Fat: 0.66 grams







Sugarcane juice is said to be one of **3. Help the body fight cancer**

••••• CMYK ••••

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Assembly Youth Congress Jammu North Honoured Local Women's Contributions on Late Indira Gandhi's 106th Birth Anniversary

JI NEWS SERVICE

JAMMU, NOV 19

On the occasion of the 106th Birth Anniversary of Late Smt. Indira Gandhi Ji, Bharat Ratna, First Lady Prime Minister of India, the Assembly Youth Congress Jammu tary J&K, Vankul Jamba ship and dedication to the memorating the historical tigious Indira Priyadarshi- Urban, Sunil Singh AYC darshini Awards serve as a ni Awards 2023. The cer- President Jammu North platform to honor women emony, held in Ward No. were present. Senior who follow in her foot-60 Jammu North, aimed Leaders present shared steps, making noteworthy to recognize and appreci-words of encouragement contributions to the betterate the significant contri- and appreciation for the ment of society. She was a butions of various local awardees, highlighting people's leader and visionwomen in the region to the importance of recog- ary who led India greatly society and to confer the nizing and celebrating the toward development. Her tificates upon the women in various fields. Various and resonate with people who have been working women, including under- across the nation. As we in society. Senior Lead- the certificate for their India and recipient of the ers, Hari Singh Chib, Vice work. President JKPCC, Uday President (NSUI, Youth Vice President JKPCC paid tory with utmost respect, Congress) J&K, along with tribute to the Late Smt. he said. Anirudh Sawhney Gener- Indira Gandhi, Bharat Nath Block President First Lady Prime Minister (NSUI, Youth Congress) Congress Patta Paloura, of India, stating that she J&K, speaking in the ceremunity despite several women leaders who can Parveen Akthar Mahila continues to inspire gen-mony, stated that through hardships and challenges contribute significantly to



Congress State Secre- erations with her leader- the awards, they were com- that come their way, Uday the progress of the nation.

North organized the pres- DYC President Jammu nation. The Indira Priya- icon; and celebrating the enduring spirit of empowerment that Indira Gandhi tion to the nation, and all Ji symbolized, especially for women. Former PM Indira Gandhi Ji's contributions to India's growth, both on the domestic and international fronts, are exemplary. Her ability to Indira Priyadarshini Cer- achievements of women legacy continues to inspire make tough decisions, coupled with a vision for a progressive and inclusive for the community, and privileged, SC, ST and BPL pay homage to the first India, laid the foundation hold important positions ladies were honored with lady Prime Minister of for the country we know today. We should draw Bharat Ratna, we reflect inspiration from her life Speaking on the occa- on the indelible mark she and welcome inclusivity of Bahnu Chib former State sion, Hari Singh Chib, left on our country's his-more women leaders who continuously work for the betterment of this society Uday Bahnu Chib by their daily work. We al Secretary JKPYC, Soam Ratna recipient and the former State President honor the women who Indira Gandhi Ji and aimed continue to serve the com- to inspire a new wave of

Bhanu Chib said.

Anirudh Sawhney, General Secretary JKPYC, also spoke in the event and thanked the women who were honoured with the Indira Priyadarshini Certificates for their unrelenting contribution to the people. He said that Indira Gandhi Ji was unsurpassed in her courage and dedicapeople, women and men, can learn from her life. Her contribution to the nation are countless and we will continue to strive to embody her teachings and ideology in our working, said Anirudh Sawhney. The recipients of

the Indira Priyadarshini Awards 2023 were acknowledged for their outstanding work across diverse sectors, ranging from education and healthcare to social activism and community development. The awards paid homage to Late Smt.

Khatana promises renaissance of Pokhran, Gajinder accuses **Congress of Corruption**



POKHRAN(RAJASTHAN), NOV 19

Rajya Sabha, Er. Gulam Ali Pokhran and the need for minority communities. its comprehensive develof then President APJ by the Congress party.

power, Pokhran will be in the state. accorded top priority,

Union Minister ties, and overall growth. opment. Emphasizing that Gajinder Singh accused

receiving a substantial date, Mahant Pratappuri governance.

boost in developmental Ji Maharaj, also expressed initiatives. He under- his vision for the constituscored the party's com- ency. If given the oppor-Bharatiya Janata Party MP mitment to ensuring equal tunity, he pledged to opportunities for growth transform Pokhran into Khatana, highlighted the for all sections of society, a model constituency, historical significance of with a particular focus on excelling in development, employment opportuni-

The BJP leaders col-Pokhran was bestowed the Congress of being lectively advocated for with international recog- synonymous with corrup- a brighter future for nition during the tenure tion and accusing them of Pokhran, promising to perpetuating a "transfer eradicate the shadows of Kalam and Prime Minis- industry" in Rajasthan. underdevelopment and ter Atal Bihari Vajpayee, Minister Singh empha- corruption that they claim he lamented the deliber- sized the BJP's dedication have plagued the region ate neglect of the region to good governance and a for too long. As the eleccorruption-free adminis- tion season unfolds, the MP Khatana asserted tration, promising a res- BJP aims to garner supthat once the BJP assumes toration of law and order port based on its commitment to progress, inclu-Pokhran BJP Candi- sivity, and accountable

Natrang condoles untimely demise of Mushtaq Kak



JI NEWS SERVICE

condoled the sad and untimely demise of Sh. Mushtaq Kak ji- an eminent theatre director/ actor. Mustaq Kak ji received several awards and honours for his contribution in the field of theatre which includes prestigious Sangeet Natak Akademi award for theatre direction in the year 2015. He was a multifaceted personality and had great skills of design and direction. Other than theatre, Sh. Mustaq Kak, son of the soil had contributed immensely in the field of Cinema and Television. Director Natrang, Padma Shree Balwant Thakur expressed his sorrow over this tragic loss and asserted that this has created a huge vacuum in the theatre scenario of the Country.

BJP is rising new heights



Kick-started Lane and domains of society. Drain work in Canton-

that people don't encounthat this road will be very the Union territory of J&K.

Bharatiya Janata Party that the development BJP is committed to devel-(BJP) senior leader and works commenced under oping every sector of every Seh Prabhari Jammu his patronage will be of nook & corner so that we North, Vinay Gupta along the best quality and long- can fulfill the dream of with Bharat Bhushan Vice lasting. Moreover, Gupta Prime Minister Naren-Chairman Cantonment pointed to the concerns of dra Modi. He elaborated Board and BJP Gandhi PM Modi about protecting that to serve the people Nagar Mandal President the interests of different of every caste creed and

Pura in Bahu Constituency of NC-Congress, said that of Jammu South District in the previous Government the presence of Narinder always thought of their Gupta koki District Vice benefits and gave a hard President, Jasmeet Pandey blow on the face of the Ex. Member Cantonment common man by indulg-Board, Sanjeev Gupta, Kuling in corrupt practices deep Kumar, Sr.Gurdayal and doing low-quality Singh, Sr.Manjeet Singh, work which made the life Surjeet Kour, Surinder of common man miser-Kour, Jagan Kour, Parveen able. He added that this Kour and others were time no compromise will present on the occasion. be done with the quality Addressing the gath- of work and special care sion of his party is to and drains is also going to

ter any kind of obstacle. helpful for the people He expressed that resiliving in faraway villages dents should rest assured and residents. He said that religion and also appealed Vinay, while taking a to the people of the area ment ward no.3, Govind dig at the previous regime to strengthen the hands of the BJP and wipe out such persons who only focus on

vote bank politics. The residents of the area notified the other difficulties to Vinay Gupta of other issues and problems with which they were confronted. After giving a patient hearing, Vinay spotlighted to them that all their issues would be addressed in a phased manner and he assured ering, BJP leader Vinay will be taken in its execu- that the BJP under the Gupta said that the mis-tion. The life of the lane strong leadership of PM Narendra Modi and Home empower much-required increase and it is not going Minister Amit Shah would momentum to the endur- to break down easily, he change the entire specing advancement works so added. Vinay also counted trum of development in

Childhood risk factors: Future burden under PM Modi: Vinay Gupta of coronary heart disease: Dr Sushil

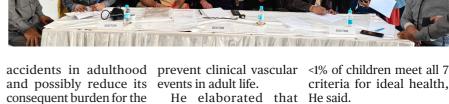
JI NEWS SERVICE

In view of increasing preva-

JAMMU, NOV 19

lence of cardiovascular ailments in younger masses and minimal awareness regarding same Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness Cum health Check up camp in loving memory of Lt. Shri Aman Kumar Wazir at Wazir Janki Nath Memorial Higher Secondary School , Rani Bagh Jammu. The future. people and particularly younger generation were from childhood which will in turn lead to reduced socioeconomic burden

and morbidity. While interacting with the people Dr Sushil Stated that Cardiovascular diseases are the main causes of death and health costs in developed as well as developing countries. Although cardiovascular diseases are thought to affect only adulthood, the underlying process of atherosclerosis studies show that severity of atherosclerosis depends both on the number and intensity of risk factors. Early detection of cardio-



He elaborated that He said. among the various careducated regarding the mary prevention of car- probably the most impli- ary School Himalini Singh need to adopt optimal car- diac ailments told that cated in the development Wazir (Principal), Dimple diovascular lifestyle right atherosclerosis begins in of atherosclerotic plaques. Sharma, Anju Rajput, Yaschildhood and there cur- Continuous exposure to hvardhan Singh ,Manjit rently is an increasing high serum LDL-C levels Singh and Raghini Singh both developed and devel- lead to the accumulation efforts of Dr Sushil and oping nations with cardio- of calcium in the coronary his team for conducting early evidence of arterial atherosclerotic plaques their premises. disease. Major gains will in adulthood. Hypertenlikely accrue from public sion in children is a lead- of this Camp includes Dr health strategies targeting ing determinant of CVD Nasir Ali Choudhary, Dr overweight, exercise and in adults. The estimated Yashwant Sharma and cigarette smoking. Individ- prevalence of arterial Dr Dhaneshwer kapoor ualised atheroprotective hypertension in children. Paramedics and volstrategies in childhood, and adolescents aged 0 unteers includes kamal begins in the first decade however, will initially to 18 years ranges from 3 Sharma, Arun Singh, of life. Epidemiological focus on the highest risk to 5%. Optimal cardiovaschildren such as those with cular health, defined as Rashid, Maninder Singh familial hyperlipidaemia, avoiding smoking, physi-, Rohit Nayyar, Mukesh diabetes, hypertension cal inactivity, obesity, poor kumar ,Jatin Bhasin ,Arjun and obesity. In the future, diet, hypertension, high Ghuman, Ranjit singh, genotype and phenotype cholesterol, and diabetes, Moosa Mushtaq, Gourav vascular risk in childhood information may allow the is associated with less inci- Sharma, Rajinder Singh, is the most powerful tool targeting of interventions dent heart failure and vas- Vikas Kumar and Nirvair to prevent cardiovascular in childhood that might cular disease . However, Singh Bali.

criteria for ideal health,

Management Commit-Dr Sushil Sharma while diovascular risk factors, tee of the Wazir Janki Nath emphasising on the pri- LDL cholesterol (LDL-C) is Memorial Higher Secondprevalence of children in during adolescence can Wazir appreciated the vascular risk factors. It arteries and, consequent- cardiac awareness cum is now possible to detect ly, to the development of health check up camp in

Others who were part Nitish Mahajan ,Faisal

BJP Govt firmly committed to root out terrorism: Purnima

JI NEWS SERVICE JAMMU, NOV 19

JKUT BJP Spokesperson and Former Deputy Mayor JMC, Adv Purnima Sharma has asserted that the Prime Minister Narendra Modi led Bharatiya Janata Party government has proved during its governance its firm com-

referring to the killing of planned by the security full note of the use of new to terrorism.



mitted to rooting out ter- 5 terrorists in Kulgam and rorism from the country others in Rajouri and Uri synchronized action with its financing should be especially in Jammu and said that the annihilation In a statement issued ried on a regular basis in of official as well as unof- any ground besides reiterto media here today, the Jammu and Kashmir as ficial channels in financing ating its commitment to a senior BJP leader while per the proactive strategy terrorism, besides taking zero-tolerance approach

forces. She said that it is and emerging technolofor the first time that every gies for terrorism financaspect of every terror related case is being investigated in detail now which ensures that not only the greatest achievement of terrorists get killed and all those sheltering them, providing them logistics and helping them in identifying the person for targeted killing are punished.

the UT Administration of terrorists is being car- have zeroed in on the use without exceptions on

ing thus giving the terror ecosystem a death blow. Purnima said that the

BJP Govt is that people in Kashmir are coming forward to establish peace and prosperity. She stated that BJP Govt has always reaffirmed that the actions She said that BJP Govt in to counter terrorism and collective and unified,

Satguru Indresh Charan Dass Maharaj's 109th birthday celebrated with great enthusiasm

JI NEWS SERVICE BUNGA HALKA, NOV 19:

On His Holiness Satguru Indresh Charan Dass Maharaj's 109th birthday, devotees at Khanpur celebrated the occasion with great enthusiasm. inspired thousands his virtues were also sung. energy and devotion on this joyous occasion. Baba Beljium donated Rs Suman and Thakur



rated on Satguru Indresh along with speeches elabo- By celebrating Satguru 51,000/- to Club for instal- Suman.

Indresh Charan lation of a Swing Set in its

Dass Maharaj's life, Park. Among others who we are reminded participated in the birth that by living a spir-celebration included itual, helpful, and Messrs Balbir Singh Karhumble life, we can nana Chairman, Davinder emulate his God- Bunga, Hans Raj Bunga, and Guru-centric Sarpanch Rattu, Madan Charan Dass Maharaj's life and always experi- Lal, Harnam Dass, Jagan Swami Vinay Muni, a spiri- humility, seva, and bhakti ence a state of bliss, the Nath, Jarnail Bunga, Joga tual leader from Jammu, virtues. Bhajans extolling devotees said. On the occa- Singh Khatkar, Satnam sion, Social Activist Kuljeet Singh Kuka, Manjeet Kaur, through his Satsang. The In addition, the devotees Sarhal announced to give Kamaljeet Bunga, Monika celebration consisted of performed dances to Rs 5 lakh for the Shed of Bunga, Palwinder Kaur, a programme filled with express their emotions Dharamshala. Also, Jeet Inderjeet Kaur, Baljinder

Urdu Intellectuals Unite in Jammu to Preserve and Promote Language



JAMMU, NOV 19

Kashmir came together Mohd. Shabir (Retd SSP), to discuss strategies for and Dr. Arshad Wali. promoting the Urdu addressed ending Urdu's Urdu became the official population. exclusive status and its language in 1889 during promotion at school, col- Maharaja Pratap Singh's concerns, the speakers

ees included Prof. Qadus Ranbir Singh. Emphasiz- Urdu schools, highlighting Javed, Khalid Hussain, ing the diverse linguistic the importance of local Wali Mohammed Aseer, landscape of J&K, with involvement and gov-Prof. Mohd. Assadullah Jammu, Kashmir, and ernment policies. They Wani, Dr. Abdul Mejeed, Ladakh having distinct emphasized that Urdu's Dr. Mushtaq Ahmed Wani, cultures and languages, survival in J&K can be sented by Shabir Rather, Ameen Banihali, Khurshid speakers explained how attributed to its use in reli- President Iqra Foundation

Khwaja (Retd DC), Mohd

rule, a decision made proposed measures to Distinguished attend- by Dogra ruler Maharaja enhance the standard of

Fani, Ghulam Ahmed link and official language.

Expressing concern Aslam Qureshi (Retd DC), over the declining number In a significant gather- Tanveer Iqbal Malik, Tariq of Urdu speakers, speaking organized by the Ali Raza, Fozia Mughal, ers cited Census data from Iqra Foundation J&K, Dr. Shahida Parveen, Dr. 2011 and raised questions Urdu authors, poets, and Mohd Mageem, Ghulam about the exclusion of scholars from Jammu and Qadir, Sadaket Malik, Ch Urdu from the New Education Policy. They urged the government to recog-The speakers high- nize Urdu as a national language. Chaired by lighted the historical language, given its signifi-Qudous Javed, the event significance, noting that cance among the minority

Addressing these Kazmi, Rashid Ahmed Urdu was chosen as the gious scriptures, newspa- J&K.

for land, revenue, courts, and FIRs.

The intellectuals called for improvements in the quality and environment of Urdu schools in Jammu and Kashmir and stressed the need to establish Urdu schools in states with a considerable Urdu-speaking population. They lamented the decreasing number of Urdu teachers at the school and college levels, emphasizing the importance of Urdu as a major subject.

The program's proceedings were conducted by Shahid Saleem, President Tehreek i Urdu, and the vote of thanks was pre-

Congress remembers Indira Gandhi on her 106th Birth Anniverasry

JAMMU, NOV 19

Rich tributes were paid to Smt. Indira Gandhi former Prime Minister of India, on her 106th Birth Anniversary today. Congress organized several functions across the state, to celebrate the day.

An impressive function was held at Indira Chowk Jammu where floral tributes were paid by garlanding the statue of Smt. Indira Gandhi by

Interacting with the

Wani said that people gramme for the poor.



the PCC President Shri of Jammu and Kashmir Vikar Rasool Wani, Work- will not for give BJP for was known for her bold her life for the unity and ing President Shri Raman its historical blunder of decisions and she led the Bhalla, senior Vice Presi- disbanding a full fledged country to victory during dents Th. Balwan Singh, state Jammu and Kashmir the 1971 war, leading to Member PCC Executive Vice President Yogesh and downgraded it to UT. creation of Bangladesh Smt. Gurbachan Kumari Sawhney, Ved Mahajan, In this way the people and the surrender of over Hari Singh Chib, Rajnish have been deprived of 90 thousand Pakistani Sharma(Mian), besides their powers and rights in troops before the Indian PCC General Secretaries, an arbitrary and undemoforces, ignoring the Secretaries, Frontal Orga-cratic manner. The party threats of United States. nizations heads, DCC, shall strive for seeking the She brought into existence BCC functionaries and full fledged status of the the historical 'Shimla state and other constitu- Agreement', which com-The function was orgational safeguards for the mitted Pakistan for settlenized by the Dist. Con- protection of the rights of ment of all outstanding gress Jammu Urban led the people and youth of issues through bilateral by Th. Manmohan Singh. the state, he added.

media persons at Indira paying rich tributes to and remained the Chair-Chowk PCC Chief Vikar Smt. Indira Gandhi former person of Non-Aligned Rasool Wani recalled the Prime Minister of India, Movement (NAM), leading bold leadership of Smt. on her 106th Birth Anni- the country to the newer Indira Gandhi, as she led versary, said that Smt. heights in the community the nation to great heights Indira Gandhi was one of nations. in the World and took of the strongest leaders courageous decisions in of the world so far and Senior Vice President her life for the might of will always go down in While paying floral tribthe nation. The Country the history of the world utes described Smt. Indira progressed on all fronts as the iron lady of India. Gandhi as a dynamic and and faced numerous chal- She led the country to visionary leader who lenges successfully. He new heights in every remained committed to lashed out at those forces sphere and enhanced the secular and socialist Chairman RTI Cell Bhavwho are trying to belittle the image of the country ideals of the party and the role and great works worldwide . She always worked for the welfare of of top stalwarts of Con- took revolutionary steps the poor and the downgress especially Nehru keeping in view the poor trodden in the country. - Gandhi leadership for and down trodden sec- She launched various political vested interests. tions of the society and programmes for the uplift-He said the present BJP was a source of empow- ment of the poor and the regime led by Shri Modi is erment for women in the weaker sections of the making every effort to dis- country. She nationalized society. The country protort the historical facts to the private banks, aboldivert the attention of the ished privy purses and her leadership. She firmly nation from contribution launched 20 point pro- believed that secularism is Sharma, Sanjay Rajdhan, of Congress and its great grame for the welfare and the basic strength of our Raj Kumar Sodi, also paid

dialogue. She successfully Raman Bhalla while handled the foreign policy

Th. Balwan Singh gressed on all fronts under poverty alleviation pro- nation and fought against tributes to Shmt. India the communal forces in Gandhi.

He said that Indira ji the country, she sacrificed integrity of the country.

Former Minister and Rana, Vice Presidents Trilok Singh Bajwa, Ved Mahajan, Hari Singh Chib, Rajnish Sharma, DCC President Rajouri Shabir Ahmed Khan, DCC President Jammu Urban Th. Manmohan Singh while addressing described Indira Ji as leader of firm determination and great courage who took revolutionary steps during her leadership of the Country and sacrificed her life for the unity and integrity of the Country.

PCC general Secretaries Pawan Raina, Shashi Sharma,, Narinder Gupta, Satish Sharma, Suresh Dogra, Narinder Sharma, Thomas Khokhar, Seva Dal Chief Vijay Sharma, Chairman OBC Dept . Madan Lal Chalotra, ishya Soodan , PCC Secretaries Bhushan Dogra, Sanjeev Panda, Hoshyar Singh, Vijay Shastri, Jati Raina, Dr. R.K. Khajuria, Charanjeet Bhagat, Ritu Choudhary, Dwarka Choudhary, Jyoti Vaid, Bhanu Mahajan, Bhupinder Kour, Parveen Singh, Vijay Malhotra, R.P.

Gopashtami festival at world's 1st & only 'Maat-Pitaa Mandir' today

MOHALI, NOVEMBER 19

Gopashtami festival will be organized at world's first and only Godham Mahatirtha 'Maat-Pitaa Mandir' at Khallaur village on Banur-Ambala road in this district on Monday. Devotees from Chandigarh, Punjab, Haryana and Delhi will participate in this religious event.

Sharman Jain Sweets owner Bipan Jain, MBA Chai Wala founder Prafulla Billore and Azad Radio Wala owner Manish will be chief guests during the Gopashtami ceremony. While Ashok Garg from Sirsa, Gyan Chand Ladi from Rajpura and Pradeep Goyal from Panchkula

will participate as special guests. During the Gopashtami said that this is the only efits of the mother cow. ceremony, 501 desi ghee first temple in the world

the entire Gaushala will be lighted up like Diwali. Gochar Das Gyan Chand parents. The objective of Mandir'.

been put up.

Walia, founder of Maat the temple is also be to Pitaa Godham Mahatirtha focus on the spiritual ben-

Meanwhile, the temple has also got a certificate from the World Book of He further said that this Records as the world's temple is dedicated to the first and only 'Maat Pita



where no god idol has

BJP organised Booth Jan Samvad program at Booth no 44, Jammu

diyas will be lit by the

devotees. On the occasion,

JI NEWS SERVICE JAMMU, NOV 19

BJP organised Booth Jan Samvad Program at Ward no 29, Booth no 44 of Bakshi Mandal Jammu .

Dist President BJP Parmod Kapahi , Braham Jyot Satti State (Incharge BJP OBC Morcha) and Atul Bakshi (Mandal President bakshi nagar) were present in main in the program and it was organized by Sanjay Verma (Mandal President BJP OBC Morcha).

Surinder Choudhary (ex corporater), Anil Angral (Spokesperson), Perveen badyal (Dist vice president OBC) were present on the occasion .

In the program they interacted with general public and Anil Angral briefed them about achievements of BJP Government from past 9 years They also briefed about

nation and citizens.

While Addressing Parmod Kapahi , Braham Jyot and Atul Bakshi said from past 9 year PM Narendra Modi led govern-Kalyan .

elected by the people in 2014 after suffering from development works and Congress's dynasty and ous schemes like Ayush- ity women. Various schemes of Gov-corruption and since then man Bharat , Kisan They said BJP is working ernment which are highly our government has lived Samman Nidhi yojna , on the ideology of Sabka beneficial and available up to the expectations of cleanliness campaign, Saath, Sabka Vikas and for the betterment of the people. In the state, Aawas Yojna, Ujjwala gas Sabka Vishwas providing People were very happy ernment could not fulfill effect was visible on the ment of society . BJP has and raised slogans in the its own announcements, ground and said that dealt with various issues favour of India and BJP under the leadership of during the tenure of the and implemented various and said BJP is the only the central government, BJP government, under beneficial schemes for our

est of the nation by completing various historical works in the country.

actually working for our opment were successfully lakhs of people are being implemented in the inter- directly benefited by connecting them with banking facilities.

They said that in past 9 They said Prime Min- years BJP has deal with big ister Modi is very dedi- issues like surgical strike ment is working for bet- cated and down to earth to strengthen the counterment of public and personality and has try, construction of Ram giving true example of launched various benefitemple which has been in Sewa, Sushasan and Garib cial schemes for our youth dispute for a long time, and has provided new car-removal of Article 370 to They said BJP was rier opportunities to them connect Kashmir in the main stream, ban on triple They highlighted vari- talaq for justice to minor-

where the Congress gov-scheme and how their helping hand to every segpolitical party which is various schemes of devel-the Jan Dhan Yojana, public in past 9 years.

Harsh Dev to file suit against Vilakshan for Perjury, **Impersonation and Defamation**

JI NEWS SERVICE JAMMU, NOV 19

Accusing Vilakshan Singh S/o Jagdish Singh R/o

Munsiff Court Jammu and obtaining a bellicose direction from the court against and State President JKNPP against the former for perjury, false evidence and defamation. He said that trying to use the most sacrosanct temple of Justice for settling personal scores with him and was there- media namely State times fore liable for criminal and Dainik Jagran. action against him under law. Mr Harsh Dev said that two cases had been filed against Vilakshan Mr Harsh Dev Singh said notice against me through Singh in Jammu Courts that the cheater had taken by the aggrieved persons who had been the victims the court. Firstly he has of the court. of 'latter's' opprobrious claimed himself to be the moves. He said that the President of JKNPP which first case related to alleged he is not. Secondly he Vilakshan Singh being most exploitation of a minor states that Harsh Dev has heinous, the said culprit child named Manshu by conspired to defame him be tried for Perjury, False Vilakshan Singh in his only to get him ousted Evidence, Impersonation, house which had been as President which is Fraud and Defamation.

Vilakshan had lodged a false, frivolous, concoctfrom court as reported in in said media.

having cheated the court court, and in pursuance three false grounds before

filed by one Harbans Singh completely baseless and and the court had sent absurd. And the most the same for Police veri- importantly he has relied fication. The second case on the third ground whererelated to alleged grabbing in he states that Harsh Dev Sidhra for cheating the of Prof Bhim Singh's land has shared the defamatory by Vilakshan Singh which statement of Ankit love on was being heard by the revhis facebook page. This is enue court and was filed wholly incorrect as I have him through a treacherous by Ankit Love through his only one facebook page petition, Mr Harsh Dev Attorneys. "In both the and I have never shared Singh Former Minister cases the aggrieved par- any such media statement ties had sought my help of Ankit love on it as is announced to proceed and therefore to settle being claimed by Vilakshan scores with me, the said Singh. I have never mentioned the name of Vilakshan Singh in my media Mr Vilakshan Singh was ed defamation petition statements who however against me and obtained continues to make derogasome unpleasant notice tory comments against me

The said Vilakshan Singh has therefore made Charging Vilakshan of false statements before the for obtaining a notice, thereof obtained a hostile fraud and deception which deserves due cognizance

Harsh Dev said that the offences committed by

SP North Jammu tours city for domination and deterence of crime activities

JI NEWS SERVICE

JAMMU, NOV 19

To keeep in check the security concerns of the area in Jammu District, SP City North Kulbir Handa, SDPO North Sunil Kumar Kesar, SHO PS Pacca Danga Inspr Sushil Kumar, SHO PS Bus stand Inspr Sudhir Sadotra, SHO PS City SI Mohinder Singh and other police officials made the foot tour of Jammu city.

SP North Jammu visited the old city areas and other adjoining areas. During the visit SP North Jammu interacted with the shopkeepers of the area as well as civilians to know the problems faced by them at grassroot level.

Moreover he ensured them every possible help from Police if needed. He also ensured them that Police is always there to help people in every matter.

NEWS

ParshottamRupala will inaugurate Global Fisheries Conference India 2023 tomorrow

NEW DELHI, NOV 20

Union Minister for Fish- state will be launched on lor (Agriculture), New Zeaeries, Animal Husbandry the occasion. The opening land; and Peter Hobwani, and Dairying Shri Parshot- session will also witness Deputy Ambassador, ZimtamRupala will inaugu- the official declaration of babwe have will grace the rate the Global Fisheries the State Fish of Gujarat; occasion. About 50 Indian the fisheries. Conference India 2023, a distribution of Group Accimissions are also expecttwo-day mega event, on dent Insurance Scheme ed to join through virtual Tuesday at Gujarat Science claim cheques, KCC cards, mode. City, Ahmedabad. Under transponders for vessel the theme 'Celebrating communication and sup-Fisheries and Aquaculture port system to the ben-Wealth', the conference eficiaries; and release of formed their participation aims to bring together key a booklet 'State Fishes of and will attend the conferstakeholders on one plat- India' and a handbook on encephysically. In addition, form for fruitful discus- Fisheries Statistics. Awards around 50 other foreign sions, market insights and on the World Fisheries Day diplomats are anticipated networking. Chief Minister will also be distributed on to join the meet virtuof Gujarat Shri Bhupen- the occasion. drabhai Patel, Minister of State Fisheries, Animal International Round Table Husbandry and Dairying led by Union Minister , Information and Broadcasting Dr L Murugan and lights of the conference ture Organisation of the UN Minister of State Fisher- is an International Round ies, Animal Husbandry Table Conferencechaired Inter-Governmental Proand Dairying Dr Sanjeev by Union Minister Shri. Par-Kumar Balyan, High level shottamRupala. This highdelegations from about level dialogue, attended 10 countries, Delegates by different nations and from International Orga- representatives of various of dignitaries and stakenizations, Fisheries Asso- international agencies, will ciations, Fishers and other focus on international coldignitaries will be present laborative efforts to sustain sadors of different nations,

thanks respectively.

Gujarat, the Inland Reser- Tuduri, Counsellor, Spain; voir Leasing Policy of the Melanie Phillips, Counsel- and small-medium fisher-

One of the major high-

at the inaugural ceremony. the sector amid a range of global fisheries scientists, Gujarat Minister for critical challenges, includ-Agriculture, Animal Hus- ing climate crisis. Monique communities and investbandry, Fisheries and Cow- Tran representing Counsel- ment bankers will attend breeding Shri. Raghavjibhai lor for Agricultural Affairs, the conference. Patel, Union Fisheries Sec- France; Cristian Rodrigo retary Dr AbhilakshLikhi Valdes Carter and Arti Exhibition and India Head of Food and Bhatia Kumar from Norway; Agriculture Organization of Dr Richard Niall, First Sec- over 210 national and interthe UN (FAO)Mr. Takayuki retary (Agriculture) from national exhibitors, includ-Hagiwara will speak on the Australian High Commis- ing start-ups, exporters, and aquaculture pharmaoccasion. Joint Secretar- sion; Muratov Sergey, Adi- fisheries associations, and ceuticals and nutraceutiies of the Department of atulinIlias and Shagushina processing industries. It cals will also participate in Fisheries Shri. SagarMehra Anna from Russia; Wagner will showcase their prod- the two-day mega event. and MsNeetu Kumari will Antunes, Head of the Trade ucts, technology, success More than 4000 fishers deliver welcome address Promotion Department stories, and innovative are expected to attend from

High-level of diplomatic delegations from more than10 countries have conally. Similarly, around 10 renowned international organizations, including Asian Development Bank (ADB), Food and Agricul-(FAO), GiZ, Bay of Bengal gramme (BOBP-IGO) and Marine Stewardship Council (MSC)will also attend the global meet. A diverse array holders including state fisheries ministers, ambaspolicy makers, fisheries

The conference covers

in the fisheries sector of dor, Greece; Borja Velasco associations, co-operatives, Self Help Groups (SHGs) ies enterprises to come together on one platform and showcase their range of products and services in

The event will encom-

pass technical sessions, including MatsyaManthan, featuring technical discussions with national and international experts; industry connect for interactions between industry stakeholders and policy makers; Government to Government (G2G), Business to Government (B2G) and Business to Business (B2B) Bilateral meets; exhibition showcasing cuttingedge fisheries and aquaculture technologies. A special pavilion will be set up to exclusively demonstrate 10 transformative initiatives in the fisheries sector.

The conference will witness more than 5,000 visitors, including fishers, fish farmers, fish vendors, foreign delegates, investors, local communities and representatives of fisheries cooperatives and fisheries start-ups. International leaders, technology investors, research and development institutions, equipment manufacturers, export councils, fisheries' associations, financial institutions, international fishing industry organizations,

SHRI Kendriya Vidyalayas and 26 PM SHRI Jawahar Navodaya Vidyalayas in Odisha NEW DELHI, NOV 20

Dharmendra Pradhan launches 37 PM

Union Minister for Education and Skill Development & Entrepreneurship, Shri Dharmendra Pradhan launched 37 PM SHRI Kendriya Vidyalayas and 26 PM SHRI Jawahar Navodaya Vidyalayas in Odisha. Dignitaries, officials, academicians, and students were also present at the event.

While speaking at the event ,Shri Pradhan expressed his gratitude for Prime Minister Shri Narendra Modi and said, these schools will work in full spirit of the National Education Policy 2020 and provide quality education to hensive and inclusive edu- commented. cation. He also informed that about 800 government Minister inaugurated the developed into PM Shri demic building, dormitory Schools and more than Rs. and guest house at the Ori-1600 crore will come. He also requested the Chief Minister of Odisha Shri MoU to implement the PM developed into PM Shri Pradhan also emphasized ter Shri Narendra Modi for century skills.

that to achieve the goal of Odia language, stating the Education Policy 2020, a developed India by 2047, the education sector of the country needs to move for- Ganjam and the elegance given to teaching not only ward. For that, rural chil- of the language in Maydren should be educated in urbhanj and Dhenkanal. also other subjects in the the 21st century to prepare He also mentioned that mother tongue. When chilthe students with comprethem for the future, he the tribes of Odisha have dren read texts in the lan-Earlier in the day, the Minister also informed to at an early stage, their schools in Odisha will be administrative and aca- Bharatiya Bhasha Diwas, to and analyse is enhanced, ental Language Centre of the Indian Language Insti- Mahakabi Chinnaswamy tation of the National tute, Bhubaneswar. Shri Subramania Bharati, on Education Policy 2020 Naveen Patnaik to sign an Pradhan, while speaking at 11 December, lecture and and emerge as exemthe event, highlighted the essay competition on Odia plar schools shaping the Shri Yojana in Government importance of the devel- language will be organised path towards a brighter Schools of Odisha through opment projects that will in all schools and colleges, future for students. They which, two writing schools help to expand the facili- to encourage the new gen- will create holistic and in every block and urban ties for training Odia, Shan- eration. Expressing his well-rounded individuals

sweetness of the language Shri Pradhan mentioned spoken in Sambalpur and different languages. The guage they speak and listen that on the occasion of the ability to research, reason be celebrated on the birth he commented. anniversary of freedom fighter, eminent Tamil poet showcase the implemenarea of Odisha will be tali, Bengali, and Maithili. gratitude to Prime Minis- equipped with key 21st-

Schools. Pradhan stated the unique identity of the implementing the National that priority has been language as a subject but

PM SHRI schools will

and propose the vote of of the Embassy of Brazil; solutions. This will offer various region of Gujrat in Mr.DimitriosIoannou, a unique opportunity to addition to participation In a major development Minister and Ambassa- the enterprises, startups, from other states. 54th IFFI showcasing an eclectic array of World Cinema set to begin toady

GOA, 19 NOVEMBER 2023

Setting alight the shores of Goa, the 54th International Film Festival of India (IFFI) is all set to begin tomorrow at Panaji Goa with a gala opening ceremony. Union Minister for Information and Broadcasting Shri Anurag Thakur will inaugurate the event at Dr. Shyama Prasad Mukherjee Indoor Stadium. Union Minopening ceremony at Dr. actors, singers and film-Shyama Prasad Mukherjee makers. stadium. The Minister will of IFFI 54. The Film Bazaar is South Asia's largest global filmmaker Stuart Gatt. film market organised by south Asian region.

Shantanu Moitra, Shreya tors and film makers". Ghoshal and Sukhwinder Khurrana, Anupam Kher, day festival, more than 270



with a gala opening ceremony

cast of the opening film at of world cinema to the audi-INOX Complex. The Minis- ences worldwide, will kickter will also inaugurate the start with the international Film Bazaar on the sidelines premiere of Catching Dust, by award-winning British

National Film Develop- wishes to the film festival, cock award this year. ment Corporation (NFDC) Shri Anurag Thakur had said alongside IFFI every year, that in an age where tech- tance of documentary film supporting and showcasing nology continues to reshape making, a Docu-Montage the South Asian content and the way we consume con-section has also been introtalent in film making, protent, film festivals remain a duced this year. Besides this, duction and distribution. It testament to the enduring Seven International films also facilitates the promo- appeal of cinematic expe- and three Indian films that tion of world cinema in the rience. He said, "IFFI has reflect the ideals of UNESCO The Opening Ceremony for establishing collabora- UNESCO Gandhi medal will showcase performanc- tions, joint productions and award session during the es by Bollywood superstars cutting-edge technology festival. Madhuri Dixit and Shahid and IFFI has been growing Kapoor. Bollywood stars every year due to the pas-Shriya Saran, Nushratt sion of our film makers and ing talent, IFFI will also host Bharucha, Pankaj Tripathi, collaborations with direc- masterclasses, workshops,

Vidya Balan, Ayushmann last year. During the nine the festival.

Vicky Kaushal, Siddharth films will be showcased at ister for Information and Malhotra, Aditi Rao Hydari, 4 venues of the festival. 13 Broadcasting Shri Anurag AR Rahman, Amit Trivedi, World Premieres, 18 Inter-Thakur will inaugurate the among other celebrated national Premieres, 62 Asia Premiers and 89 India Premieres will be screened The nine day film festival, during the festival. A total felicitate the filmmakers and showcasing an eclectic array of 32 entries have been received in 10 languages from 15 OTT platforms for Best Web Series (OTT) Award. 15 feature films (12 International films and 3 Indian films) will compete Earlier, conveying his for the coveted Golden Pea-

To highlight the imporbecome a perfect platform will also be featured in ICFT

As a testament to its commitment to nurturing emergand panel discussions con-This year, IFFI has ducted by renowned indus-Singh will also perform in received an overwhelming try stalwarts. More than 20 the opening ceremony. The response. A total of 2926 leading companies will hold Festival would be graced by entries from 105 countries professional master classes eminent personalities from were received, which is and a Talent Camp for the 75 the film industry Catherine three times more interna- Creative Minds of Tomorrow Zeta Jones, Salman Khan, tional submissions than (CMOT) candidates during

The NFDC Film Bazaar

will exhibit a VFX & Tech Pavilion, introducing Documentary & Non-Feature Projects/Films, the Knowledge Series and Book to Box Office. A novel initiative of a Restored Classics section will feature seven world premieres of the world class restorations done by NFDC-NFAI under the National Film Heritage Mission (NFHM) from the damaged celluloid reels of the Indian Classics. Three international films restored under the mission will also be screened during the festival.

An exhibition with immersive visual content has also been set up by the Central Bureau of Communication, Ministry of Information and Broadcasting, Government of India. The cine enthusiasts will also learn about films through interactive displays. Entry is free for all. Besides this, Open Air Screenings will also be held for the public at three locations along with initiatives such as Caravans, Shigmotsav, Goa Carnival, Selfie points, IFFI Merchandise and others.

As part of media facilitation, Press Information Bureau will issue Press Releases in English, Hindi, and regional languages on all the events related to the festival. PIB will also issue press releases in Konkani language to cater to the local media, for the first time. PIB Social Media team will do live streaming of Press Conferences and other events, posting live updates on its social media handles. PIB has also set up a Media Facilitation Centre at the venue for providing required support to the media

GOVERNMENT OF JAMMU & KASHMIRUNION TERRITORY OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION UDHAMPUR

NOTICE INVITING TENDER

e-NIT No. 137of 2023-24Dated:-16.11.2023

For and on behalf of the Lieutenant Governor of Union Territory of Union Territory of J&K e- tenders are invited on percentage basis from the eligible consultants registration with Council of Architecture (CoA) India duly empanelled with Chief Engineer, PW (R&B) Department, Jammu vide Circular No. CEJ/TS/14137-64 dated 17.11.2022 under Category-Afor the below mentioned works:-

S. No	Name of Work	Estimated Cost (In lacs)	Cost of T/Doc. (In Rs.)	Earnest money @2% of Advertise d Cost	Time of completion	of Opening of tender (Technical Bid)
1.	2.	3.	4.	5.	6.	7.
1.	Providing structural and architectural consultancy for Construction of 1st floor of Poultry shed No. 2,5,8,14 Hatchery building, entrance road, gate & compound wall of Mangager Hatchery Poultry Project Kallar, Udhampur (Under HADP Programme)	4.40	600/- (only treasury challan will be accepted)	8800/-	30days	23-11-2023 after 1200 Hrs

Position of AAA Position of funds Accorded

Available

1.	Date of publishing of Tender Notice	16-11-2023
2.	Period of downloading of bid documents	17-11-2023 from 900Hrs.
3.	Bid submission Start Date	17-11-2023 from 900Hrs.
4.	Bid Submission End Date	22-11-2023upto 1800 Hrs.
5.	Date & time of opening of Technical Bids (Online)	23-11-2023 after 1200 Hrs.
6.	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

- The Bidding documents consisting of qualifying information, eligibility criteria, terms and conditions and other details can be seen/downloaded from the website www.jktenders.gov.in.
- Bidders shall upload EMD in the shape of CDR/FDR duly pledged to the Executive Engineer, PWD (R&B) Division, Udhampur. The Earnest Money Deposit (2% of the Advertised Cost of the tender) from all the bidders in the shape of CDR/FDR before evaluation of technical bids. The EMD of successful bidder shall be released after successfully completion of the work.
- Cost of tender document: Bid must be accompanied with cost of tender document in shape of Treasury Challan/receipt issued after date of issuance of e-NIT under MH 0059 mentioning the name of workotherwise will not be accepted for which the tender fee was deposited in favour of Executive Engineer PWD (R&B) Division Udhampur. Copy of receipt of cost of tender document should be uploaded on official website www.jktenders.gov.inupto the specified bid submission date and time.
- Time schedule: The work, as per "Scope of work" should be completed in 90 days.
- Clarification: Bidders can seek clarification to the RFP document by writing at email id:xenrandbudhampur@gmail.com or from the office of Executive Engineer PWD(R&B) Division Udhampur on any working day.

No:-20792-97

Dated: 16-11-2023

Executive Engineer PWD (R&B) Division **Udhampur**

DIP/J-11393/23 Date: 19-11-23

Nukkad Natak on Punjabi Language at Aryans

JI NEWS SERVICE JAMMU NOVEMBER 19

Under the student welfare department, Aryans Group of Colleges, Rajpura, Near Chandigarh in collaboration with the OTT channel Chaupal, presented a Nukkad Natak to promote Punjabi Language at Aryans Campus. Aryans students of Engineering, Pharma- energetic rendition. cy, Law, Nursing, Paramedical, Physiotherapy enactment was to pro- Colleges. He emphasized etc. participated enthu- mote Punjabi language on the need to conduct siastically. The audience and to push the dying art such act which promote was enthralled by the of Nukkad Natak in the Punjabi language and performance. The stu- Punjabi society and cul- culture and which is the



dents were applauded ture. The entire activity need of the hour also.

whole-heartedly for their was held under the supervision of Dr. JK Saini, The purpose of this Director, Aryans Group of

Strengthen PM's hands for equitable development of J&K: Johal

JI NEWS SERVICE RAMGARH, NOV 19

Sarbjit Singh Johal, President BJP Kissan Morcha JKUT and DDC Ramgarh has asserted that only BJP can fulfill the aspirations

of common people of this Union Territory especially in rural and far flung areas and urged the people to further strengthen the hands of Prime Minister Narendra Modi for equitable development of every

While addressing a par with the urban areas. gathering, Johal said that ment at the Centre led by



areas of this Union Terrinook and corner of Jammu tory are receiving special wall of PHC Lagwal and that development in rural flung areas. Keso Manhasa Panchyat areas has to be equitably at Block Ramgarh District proportionate so that these areas are brought at

He stated that it is an development is going on open secret that rural and at an unprecedented pace far flung areas remained under present govern- totally neglected for about seven decades in the erst-Jammu and Kashmir Union there has been a strategic the occasion.

Territory, he asserted that shift in terms of develfor the first time the rural opment with rural and neglected areas being the focus areas of the BJP govand Kashmir Union Terriattention because under ernment. He said that only tory. He expressed this the PM's dynamic vision, BJP can fulfill the aspiraduring a function in which there has to be overall tions of common people he kick started develop- equitable development of this Union Territory ment work of a boundary which clearly implies especially in rural and far

> Johal appealed to the people to further strengthen the hands of Prime Minister Narendra Modi for equitable development of every nook and corner of Jammu and Kashmir.

BDO Mukesh Sharma, Sarpaanch Dr Kuldeep the Prime Minister Naren- while State of Jammu and Ra,j Naib Sarpanch Kashmir and it is only after Parveen Choudhary and Referring specifically to Articles 370 and 35A that Rampaul were present on

Gopashtami to be Celebrated on November 20th, Monday: Mahant Rohit Shastri Jyotishacharya

JI NEWS SERVICE JAMMU, NOV 19

On the eighth day of Kartik Shukla Paksha, Gopashtami is celebrated. In this regard, Mahant Rohit Shastri Jyotishacharya, President of Shri Kailakh Jyotish avim Vedic Sanathan Trust, shared that this year Gopashtami will be observed on Monday, auspicious moment, send-November 20th. On ing him for cow grazing on the eighth day of Kartik Shukla Paksha, Lord Shri Krishna was sent to graze the cows in the forest. Mother Yashoda, out of



Gopashtami.

On Gopashtami, bathe the cows and calves in the in the home. morning, worship them with fragrant flowers, and love, never allowed Shri adorn them with beautiful Krishna to go for cow graz- ornaments. If ornaments and calves return from ing. However, one day, are not available, decorate grazing, pay respects to Krishna insisted on going, their horns with colors or them and touch their hoof and Yashoda arranged an adorn them with a gar- prints to the forehead.

Feed them green fodder and jaggery. Perform circumambulation around the cows and calves, offer Aarti with cloth and incense, and worship the cowshed. Make donations for the welfare of the cowshed. Worshiping the cows and calves on Gopashtami pleases Lord Shri Krishna, bringing prosperity and happiness to the devotee's life, along with the presence of Goddess Lakshmi

land of yellow flowers.

Mahant Rohit Shastri emphasized that in the evening, when the cows

Tulsi Vivah on November 23, Thursday: Mahant Rohit Shastri, Jyotishacharya

JI NEWS SERVICE

JAMMU AND KASHMIR

According to the scriptures, Tulsi Vivah with Lord Shaligram is to be conducted from Kartik Shukla Ekadashi to Purnima. Mahant Rohit Shastri, President of Shri Kailakh Jyotish and Vedic Institution Trust, explained that this year Tulsi Vivah. This year Tulsi Vivah on November 23, Thursday after 9:03 PM because 23 November bhadra kal will occur on November 23, starting at 10:04 AM and ending at 9:03 PM. It is advised to perform the Tulsi Vivah and Pujan after 9:03 PM on November 23 in an auspicious lagna.

Mahant Rohit Shastri suggested adorning the Tulsi plant with sugarcane around it. A chunari

Namah). On the next day, Bhoo Tulsi, Rakt Tulsi, etc. perform puja for both feed a Brahmin, and then

auspicious. Ayurvedic importance. aged. Its presence brings spiritual progress, happiness, peace, and prosperity to the home, improving cleanliness and purity enhances health, providing numerous benefits.

Having Tulsi in the house is akin to having a healer, eliminating Vastu should be immersed in a doshas. It plays a vital role from birth to death.

Different Types of Tulsi Plants: According to inauspicious. scriptures, various types or scarf should be draped of Tulsi plants exist, such Plants: Stepping on Tulsi on the Tulsi plant. During as Shri Krishna Tulsi, plants is considered disre-Tulsi worship, chant the Ram Tulsi, Lakshmi Tulsi, mantra (Om Tulasyai Shyama Tulsi, Van Tulsi, be avoided.

Do Not Pluck Tulsi Tulsi and Lord Vishnu, Leaves on These Days: According to scriptures, have your meal to com- avoid plucking Tulsi leaves plete the fast. Eating fallen on Ekadashi, Sundays, and Tulsi leaves is considered during solar and lunar eclipses. Plucking Tulsi Tulsi holds significant leaves at night or without religious, spiritual, and purpose is also discour-

Never Offer Tulsi Leaves to These Deities: Tulsi leaves should not be offered in the worship of Shiva Linga and Lord in the environment. It Ganesha. Different beliefs controls pollution and surround using Tulsi leaves for these deities.

Do Not Keep a Dried Tulsi Plant: If a Tulsi plant dries up in the house, it flowing river or water, as keeping a dried Tulsi plant at home is considered

Never Step on Tulsi spectful; hence, it should

BJP is always committed and dedicated to uplift every individual: Rekha Mahajan



JAMMU, 19 NOV

a masses outreach pro-schemes for their upliftdent, Bharat Bhushan gency and infiltrations" on the occasion.

on Booth Jan Abhiyaan general public of J&K. highlights that the BJP is decades, and constantly was. reaching out to the last their empowerment and ularity" throughout every the program.

hub of the world. She counted that PM Modi's supernatural, extraordi-Accelerate the Bharatiya nary brainiac skills always Janata Party (BJP) "Viksit miracle all segments of Bharat" (Visionary Bharat) society, especially impovactivities under the stal- erished people those wart leadership of Prime were depended upon the Minister Narendra Modi central government's welon the ground level, as fare and multiple friendly gram in Jammu South, ment. Rekha underlined led by its President BJP that PM Modi is a "selfless District Jammu South, man" always committed Rekha Mahajan today and devoted to the nationelaborate the remark- al interest of the public. able, strengthening India She further claimed that on "Jan Samvad Abhi- the policies of Union yan" in Belicharana area Home Minister Amit Shah of Gandhi Nagar Mandal and Prime Minister Narof Bahu Constituency in endra Modi had secured presence of BJP leaders a political resolution to include Narinder Gupta the "protests and spokoki District Vice Presi- radic incidents of insur-Mandal President, Suraj in Jammu and Kashmir. Rana Mandal General Rekha added that she Secretary, Main Speaker would like to credit the Raghav Arora and the gen- "Modi Sarkaar" primareral public were present ily the Prime Minister and the Home Minister, Rekha Mahajan, while for always exhibiting and addressing the public keeping confidence in the

Narinder Gupta and always committed and Bharat Bhushan emphadedicated to uplifting sized the BJP's commitevery individual, primar- ment to inclusive developily those who have been ment, echoing the party's left behind by successive mantra of "Sabka Sath, Governments over the Sabka Vikas, Sabka Vish-

Booth President Ravi person in the society for Sharma, Ranjit Singh, Ward President Pritam betterment across union Shan, Shakti Kendra Parterritory of J&K, irrespec- mukh Rakesh Sharma, tive of region and caste Anita Shan, Rishil Langeh, obstacles. Rekha educates Amarika Kotwal, Ramkthe general populace that our, Susheela Sharma, PM Modi isn't bothered by Daler Singh, Vikram Rao, criticism and credited him Rajesh Sharma, Bashir for taking "radical deci- khan, Barkat Ali, Abbas sions at the cost of his pop- Rather were present in

Police arrests 02 drug peddlers in Baramulla & Natrang stages Hindi play 'Girgit' Kulgam; Contraband substances recovered

KULGAM, NOVEMBER 19

Continuing its efforts to eradicate the menace of drugs from the society, Police have arrested 02 drug peddlers in Baramulla & Kulgam and recovered contraband substances from their pos-

In Baramulla, a police party of Police Post Palhallan headed by Incharge Police Post Palhallan under the supervision of SDPO Pattan at a checkpoint established at Ghat Palhallan interfied as Ab Ahad Dar son remains in custody. of Khazir Mohammad arrested and shifted to stance & arrested a drug Jars has been recovered criminals as per law.





during the search operation of a residential house belonging to Feroz Ahmad Khan son of Ghulam Ahmad Khan resident of Munnad. The accused person has been shifted to Police Station where he remains in custody.

Accordingly, cases under relevant sections of law have been registered at respective police stations and investigation has been initiated.

We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the

JI NEWS SERVICE JAMMU, NOV 19

Hindi play 'Girgit' directed by Neerai Kant featured here today in Natrang's weekly Theatre series 'Sunday Theatre' at Rani Park, Jammu. Based on a Russian short Story by Anton Chekhov the play proved to be the hard hitting satire on the present socio-political system. The adaptation of the play was deeply rooted in the soil of Jammu and its dramatic structure made the audience feel as if they are watching their own story. Every time the play is staged, some highly contemporary and situational aspect is added to it which refines its beauty. Natrang political and social satires and todays play demon- but in vain. A passerby observes that the local & Brijesh AvtarSharma as

example of that.



colours like a chameleon, starts beating the pickpockevery time as the situation et for teasing a respectable changes irrespective of dog. The officer claims that right or wrong. The stage a dog of minister cannot action starts when a Dog bite unless and until forced has been endeavoring to bites a pickpocket who to do so. While he is beat- impressive performances showcase highly relevant approaches the officers to ing the pickpocket, anoth- included Sanket Bhagat help him to roundup owner er man from the crowd as thief, Sumit Bandaral strated to be the shining hints that the dog belongs minister cannot keep such Minister's Servant, Tarun to the local Minister as he dog, as he is known to have Sharma as Dog, Abhimanyu The play Girgit revolves saw a similar dog moving pointer-hunting dogs only. Choudhary and Kushal around a Dog and corrupt around his Bungalow. On On this, dog is thrashed Bhat.

Police Officer, who changes getting his clue, the officer

and search continues for the owner of the dog to enable the pickpocket to claim the compensation. The beating of the dog continues until a servant of the minister appears on the scene. At first he refuses to recognize the dog but later identifies him as the minister's brother's dog who has visited from Delhi. Here the dog is escorted back home with full official protocol.

Vishal Sharma as Police Officer portrayed aesthetically the changes of colours of the central character who was equally supported by Aadesh Dhar as his subordinate. Neeraj Kant as the senior officer successfully exhibited the complexities of the senior bureaucrats. Among others who gave

AG Office Srinagar Commences Audit Week Celebrations with Marathon and Cleanliness Drive

JI NEWS SERVICE SRINAGAR, NOV 19

ness drive. The marathon, and sanitation. starting from Dalgate to

of many dignitaries.

Post-marathon, participants actively engaged in The AG Office Srinagar a Dal Lake cleaning iniinitiated the Audit Week tiative, demonstrating a celebrations today with a strong commitment to marathon and a cleanli- environmental awareness

The event witnessed SKICC, was flagged off a participation of enviby Principal AG Pramod ronmentalist Manzoor Kumar and Deputy Wangnoo, Baby Jannat, Accountant General footballer Ishfaq Ahmed, Inabat Khaliq in presence and DFO Ghazala Abdul-





lah among others.

tion, which culminates activities.

with a cultural evening on These activities coincide November 25. The objecwith the commemoration tive is not only to promote of CAG India's foundation professional excellence day, promising a week of but also to emphasize diverse engagements. The social responsibility, fosupcoming week will host tering a sense of commuevents like a blood dona- nity and holistic well-being tion drive, Rangoli compeduring Audit Week. The tition, university student AG Office, Srinagar, leads interaction program at these initiatives, serving as SKAUST-K, sports events, the driving force behind quiz, painting competi- this harmonious blend of

Godawari Electric Motors announces firstof-its kind Roadside Assistance Program for electric auto Eblu Rozee (L5M)

JAMMU, NOV 19

Godawari Electric Motors, manufacturers of the Eblu range of electric 2 and 3-wheelers, today announced a one-of-itskind Roadside Assistance Program for its EV threewheeler, Eblu Rozee. The company is offering 3-year complimentary Roadside Assistance to all the Eblu Rozee purchased in the month of November (1st November-30th November 2023). The RSA will be valid across all the touchpoints of the company across the country.

The 24x7 Roadside Flat tyre assistance, Bat- tomers and skilled technitery jumpstart, Lockout cians will be dispatched and towing service. There their location with towing CEO, Godawari Electric Eblu Reino loader.



Assistance program guar- will be a dedicated round- truck support in case of a antees complete peace the-clock helpline to assist requirement. In the event of mind to the customers customers in case of any of a major breakdown, at no additional cost and unwarranted emergen- towing support up to 40 will cover a wide range cy. A dedicated helpline km will be provided to the of benefits which include number will assist the cus-nearest authorized service

Commenting on the iniservice, Minor repairs to assist customers to tiative, Mr. Hyder Khan, Thrill e-bicycle range and

Motors, said, "We have a clear customer-centric approach as the EV adoption in the country is at an all-time high and perception about EVs have significantly improved in the past couple of years. We have carefully curated the RSA program for Eblu Rozee customers and have trained our technicians to address any customer concerns with shorter turnaround times. We will continue to enhance EV ownership for our customers and create a holistic ecosystem to drive the sustainability agenda."

Godawari Electric Motors currently has 50 dealerships across the country and is aiming to have 100 dealerships by the end of this fiscal. It currently retails a wide range of EV products which include Eblu Feo scooter, Eblu Spin and

Celebrating Cultural Diversity

200 Students from Tribal Hostels and EMRSs **Engage in Cultural Exchange Program**

JI NEWS SERVICE

JAMMU, NOVEMBER 19

culturally rich Janjatiya tures. Gaurav Saptah, a significant cultural exchange program was organized for 200 enthusiastic students drawn from different tribal hostels and Eklavya Model Residential Schools tives. (EMRSs) of J&K by Tribal Research Institute, Tribal Affairs Department.

ment to the commitment the Tribal Affairs Depart-

Shri Manoj Sinha, Hon'ble students with a platform Lieutenant Governor of for cultural interaction and Jammu and Kashmir, who learning. has been a guiding force in various tribal welfare initia- opportunity to visit various

This initiative is a testa- Choudhary, Secretary of their unique cultural heri- in nation building.

of the Government to foster ment. This day-long event, understanding and appre- supported by the Ministry As part of the vibrant and ciation of diverse tribal cul- of Tribal Affairs, included a series of enriching activi-It reflects the vision of ties designed to provide

> The students had the significant places, engage in The program was entertaining activities, and arranged under the direc- participate in interactive tion of Dr. Shahid Iqbal sessions that celebrated ensure their integral place

Dr Abdul Khabir, Deputy Director Tribal Affairs Department said that the cultural exchange program not only served as a conduit for cultural learning but also as a platform for building friendships and understanding among the youth from different tribal backgrounds. It is a step forward in our ongoing efforts to celebrate tribal culture and

Special SSR camps held across district Ramban

JI NEWS SERVICE

RAMBAN, NOVEMBER 19

As part of Special Sum-Electoral Rolls, Special camps were today conducted across district Ramban here under the supervision of the District Election Officer (Deputy Commissioner), Baseer-Ul-Haq Chaudhary.

On the directions of District Election Officer (DEO), Electoral Registration Officer, (ACR) tion of eligible voters at hal respectively. the Special Camps orgaacross the district.



Lal Chand conducted & 160 and Polling Sta-summary Revision. an extensive tour of AC- tions 29, 50, 51, 80, 81, 54-Ramban to take stock 83, 86, 93, & 94 of AC-54 BLOs at the camps, they of progress on registra- Ramban and AC-55-Bani- instructed them to ensure

nized at Polling Stations DEO interacted with BLOs ingunder the jurisdiction the electoral registration and instructed the BLOs of their respective Poll-During the tour, they to ensure 100% enroll- ing Stations. They also tions.

Giasul Haq and Deputy inspected Polling Station ment of new and eligible District Election Officer, No, 148, 154, 155, 157 159, voters during this special

Interacting with the the cent per cent registra-During his visit the Dy. tion of eligible voters fall-

instructed them to conduct house to house visits to identify the unregistered eligible youth as voters with special focus on bridging the gender gap, besides mapping up of PwD voters.

Sensitizing the people with regard to registration of unregistered eligible youth as voters, they also appealed to them to cooperate with the BLOs of their respective areas.

Similarly, the Electoral Registration Officer, and Assistant Electoral Registration Officers of AC-55-Banihal and AEROs of AC-54-Ramban along with Election Naib Tehsildar Mohan Lal also visited various Polling Stations and took stock of process at the Polling Sta-

DC Ramban reviews progress on RDD sector Works

JI NEWS SERVICE RAMBAN, NOVEMBER 19

Deputy Commissioner, Baseer-ul-Haq Chaudhary today underlined the need to achieve cent percent financial and physical targets under District CAPEX and Centrally Sponsored Schemes of Rural Development Department.

sioner was chairing a Schemes. meeting of Block Development Officers and achieve the financial and



Directing the BDOs to up by the RDD.

physical and financial of DDC, BDC and PRIs, Deputy Commissioner ects sanctioned and taken concerned for completion

Rural Engineering Wing, physical targets under Engineer, REW to take up works.

of allotment and tender-Directing the Executive ing process of sanctioned

DDC Reasi meets scores of public delegations at Katra

JI NEWS SERVICE REASI, NOVEMBER 19

During a day-long tour to Sub District Katra, District Development Commissioner Reasi, Vishesh Mahajan, engaged in a comprehensive public interaction while meeting numerous delegations representing diverse segments of the Society. The delegations comprised representatives of Hotel, transport, Restaurant and Labour associations, besides Political persons, prominent citizens and NGOs.

A wide range of issues were highlighted during these interactions and included road network and power infrastructure strengthening, construction of circular road in Katra, pending land compensation, parking and overcharging by Autos encroachments in the market places and a strong call for action against drug peddlers. The DDC patiently listened to each grievance and assured prompt resolution within the capacity of the District Administration.

Mahajan emphasized immediate resolution with local media persons would be escalated to in Katra. The session higher authorities at focused on fostering better SDM Katra Deepak Dubey, the UT level for timely coordination between the SP Katra VipanChandran redressal. He addressed district administration and and other district officers



instructions to the relevant departments.

Furthermore, the DDC holders in Katra to actively contribute to the campaign sion, becoming ambassagreen India in their respective areas.

several concerns on the media agencies to ensure were present.

spot by issuing necessary accurate information dissemination. Media representatives shared their concerns, and discussions called upon the young were held to address chalgeneration and all stake- lenges and seek suggestions for improved collaboration. The DDC highlightagainst drug abuse, aiming ed the crucial role of media to make Reasi district a in upholding democracy, drug-free area. He also expressing commitment urged them to champion to support free, fair, and the Swachh Bharat mis- healthy journalism. He encouraged journalists to dors for clean India and report on welfare schemes and government programs, emphasizing their Later, the DDC conduct-role in bringing anomalies that grievances beyond ed an interaction meeting to light for the benefit of the public.

SSP Reasi Amit Gupta,

AG Office **Srinagar Celebrates Audit Week**

JI NEWS SERVICE SRINAGAR, NOVEMBER 19

On Sunday, the Accountant General Office, Srinagar held a vibrant marathon cum cleanliness drive to celebrate the commencement Audit Week.

Marathon from Dalgate to SKICC/Centaur Hotel was flagged-off by PAG Pramod Kumar and DAG Inabat Khaliq early in the morning in presence of distinguished personalities including renowned environmentalist Manzoor Wangnoo and Baby Jannat, prominent footballer Ishfaq Ahmed, and DFO Ghazala Abdullah.

Later, participants actively engaged in Dal Lake cleaning initiative, thereby, conveying a powerful message of environmental consciousness and cleanliness.

The Audit Week celebrations shall witness a diverse array of activities in the coming week, including a blood donation drive, Rangoli competition, university student interaction program at SKUAST-K, sports events, quiz, painting competition besides cultural event on the culminating day on Nov 25.

This multifaceted approach aims to promote both professional excellence and social responsibility, fostering a sense of community and holistic well-being during Audit

LG visits KCCI stalls - IITF at Pragati Maidan

JI NEWS SERVICE JAMMU, NOV 19

The Lt. Governor Shri Manoj Sinha visited the Kashmir Chamber of Industry & Commerce (KCCI) stalls at the India International Trade Fair (IITF), being held at Pragati Maidan, on Saturday, 18 th of November. The day was being celebrated as " Kashmir Divas " at the Fair. The LG was escorted by the President KCCI Javed Tenga and the Trade Fair Committee Chairman Muzaffar Majid & the treasurer Zubair Mahajan. The Chief Secretary Dr. Arun Kumar Mehta, Commissioner Managing Director Khalid Jehangir accompanied the





pants after inaugurating the of gathering at the IITF the taking the Craft to high-Kashmir Products.

mention that the KCCI is sales. The Lt. Governor states that Kashmiri Art, Secretary, Commissioner participating in IITF for earlier on visited Kashmir Culture, Handicrafts and Industries & Commerce the first time. The LG went Trade Fair Organisation(Heritage craft has no paral- and MD JKTPO expressed round all the stalls and JKTPO) Exhibition Hall. lel in the World.He lauded appreciation for the role spent time with the partici- Addressing a large number the master craftsmen for of KCCI for promotion of

70th all India Cooperative Week celebrated at Ganderbal

JI NEWS SERVICE

GANDERBAL, NOVEMBER 19

To celebrate 70th All India Cooperative Week, an impressive function was organised by the Department of Cooperatives District Ganderbal at Town

The function was presided over by the Deputy Registrar Cooperative Societies Ganderbal, Mushtaq Ahmad Maqdoomi, Assistant Registrar Cooperative Societies Block Lar, Chief Agriculture Officer Gan-strengthening the national contribution in serving the uted among 3 newly regis-State Cooperative Bank Ganderbal.

Members and stakeholders of Cooperative besides illuminated the cer Ganderbal praised Registrar Cooperative Societies of the district gathering with various the role played by the Societies Ganderbal, Assisparticipated in the said programme.

Mohammad Rafiq Baba, Assistant Registrar Coopin his welcome address ties.



and significance of Coop-

erative Week Celebrations.

creating opportunities

On the occasion, highlighting the achievements, success stories, the speak-Speaking on the occaers from the Department trar highlighted the pio- Baba Mian Nizam Ud Din of appreciation/excel-Cooperative Institutions in Institution elaborated the certificates were distrib-

rural urban divide and Cooperative Sector. essence of doing business Ganderbal.

on a Cooperative based economic model is disseminated far and wide. He also complimented Cooperative Department Ganderbal for organising an impressive and fruitful programme.

At the end of the programme, in recognition of their outstanding contribution in their respective fields, cooperatives were sion, the Deputy Regis- of Cooperatives and awarded with certificate neering role played by the Cooperative Educational lence and registration derbal, Branch manager economy by bridging the community through the tered Primary Agricultural Cooperative Credit Societ-In his address, the ies and 1 Dairy Cooperafor income generations Chief Agriculture Offi- tive Society by the Deputy schemes and programmes Cooperatives in serving tant Registrar Cooperative extended through the the general masses. He Societies Block Lar, Chief department also stressed stressed the need to orga- Agriculture Officer Ganupon the need for diversinise awareness camps at derbal, Branch manager erative Societies Block Lar fication of business activi- various levels, so that the State Cooperative Bank