

JINDRAH IMAGES



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LS passes Women's Reservation Bill, 454 members vote in favour

AGENCIES
NEW DELHI, SEP 20

The Lok Sabha on Wednesday passed the Women's Reservation Bill which provides for a 33 percent quota in the lower house of parliament and the state assemblies for women.

As many as 454 members in the People's House voted in favour of the Bill while 2 members opposed it.

The Constitution (128th Amendment) Bill, 2023 (Women's reservation Bill) is the first legislation to be passed by the Lok Sabha in the ongoing special session of the Parliament. It is also the maiden legislation to be cleared in the new Parliament building.

"In order to enable greater participation of women as public rep-



representative in policy making at the state and national level, it is decided to introduce a fresh legislation for Constitutional amendment to provide for, as nearly as may be, one-third of total seats in the House of the People (Lok Sabha), the legislative assembly of every state and the Legislative Assembly of the National Capital Territory of Delhi to be reserved for women," according to the statement of objects and

reasons of the Constitution (128th Amendment) Bill, 2023.

Law Minister Arjun Ram Meghwal on Tuesday moved the bill for consideration and passage in Lok Sabha in the new Parliament building.

Replying to the discussion on the bill, the Minister on Wednesday said that he will not allow the legislation to get stuck in technicalities.

Amid apprehensions that implementation of

the Women's Reservation Bill will take more than 5 years or even more, Home Minister Amit Shah clarified that it will be implemented soon after Census and delimitation post general elections scheduled early next year.

Congress leader Sonia Gandhi initiated the discussion on the bill on the part of the opposition and supported the bill, but pitched for making arrangements for quota to women from SC, ST and OBC communities by holding a caste census.

Senior Congress leader Rahul Gandhi also demanded a caste census and immediate implementation of the quota for women.

The women's reservation bill will be taken up by the Rajya Sabha on Thursday.

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Agriculture vital and sensitive sector for economy, survival of humanity: LG Sinha

JINNEWS SERVICE
JAMMU, SEP 20

Jammu and Kashmir Lieutenant Governor Manoj Sinha on Wednesday said that agriculture is the most important and sensitive sector for economy and vital to survival of humanity.

He was addressing the 25th Foundation Day celebration of SKUAST-Jammu at Baba Jitto Auditorium.

Congratulating the Vice Chancellor, faculty members and students on the occasion, Sinha highlighted the reforms introduced in 2020 to revamp SKUAST-Jammu to meet modern workforce requirements in Agriculture and Allied Sectors, to contribute in entrepreneurship-driven research and to develop strong inter-disciplinary ecosystem.

In last three years, the



University has achieved several milestones. It has focused on designing viable and sustainable innovation ecosystem in Agriculture and Allied domain, along with three new faculties in Agricultural Engineering, Dairy Technology and Horticulture and Forestry, to stimulate the synergies between latest technologies, skills and research for rapid structural changes in farming, he said.

"Agriculture is the most important and sensitive sector for economy and vital to survival of humanity. To tackle wide range of impacts on people's lives due to diverse challenges worldwide, Agriculture Universities must be connected to global nervous system to quickly adopt the latest knowledge," the Lt Governor said.

At SKUAST Jammu, the Lt Governor shared the policy reforms and tech-

nological interventions made in the last few years to rejuvenate the Agriculture and allied sectors.

Holistic Agriculture Development Program (HADP) has brought a culture change in farming, agriculture innovation, to acquire and apply knowledge. It has stimulated engagement among change agents to establish full-fledged agri-business incubation centre for new startups, the Lt Governor said.

He said the knowledge-research capital of SKUAST should be tapped to further strengthen the 29 projects being implemented under HADP, to develop mechanism to acquire tools to solve tomorrow's problems for ensuring food security, nutrition and sustainable management of natural resources.

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Jammu CB charge sheets cheat defrauding unemployed youth on pretext of govt job

JINNEWS SERVICE
JAMMU, SEP 20

The Economic Offences Wing of Jammu Crime Branch on Wednesday charge-sheeted a fraudster in the Court of law for defrauding the complainant and other unemployed youth on the pretext of arranging Govt. jobs either in MES, Railway or Bank after he induced them that he was an influential person.

The 104 Page chargesheet was produced in the Court of law for judicial determination.

The Crime Branch spokesman said that the case was registered on a written complaint lodged by Manzoor Ahmed of Nan Dhryouth, Tehsil Khara, District Doda wherein it was alleged that the complainant and other victims are residents of far flung area of Tehsil Khara.

District Doda belongs to poor families and are unemployed. The accused

Sher Ali of Dangdevpur, Tehsil Mahreen, District Kathua motivated them that he was an influential man and would get all of them employed in MES (Military Engineering Services), Railway or Bank.

On this pretext, the accused as per the complainant collected huge amounts of Rs 5.50 lakhs from the complainant and other victims and later cheated them.

On receipt of the complaint, he said that a preliminary verification was initiated and the allegations were prima-facie established and subsequently, the instant case was registered for in-depth investigation. Relevant record was seized, statement of witnesses recorded under section 161 Cr.PC and 164 Cr.PC, Scientific, Circumstantial and other Material evidence was gathered and offences of cheating against the accused

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Week-long Anti-Militancy operation in Anantnag ends

JINNEWS SERVICE
SRINAGAR, SEP 20

The week-long anti-militancy operation in the dense forest area in Jammu and Kashmir's Anantnag district has concluded, the Army said on Wednesday.

At least six people, including an Army Colonel, a Major, a Deputy Superintendent of J&K Police, and a top Lashkar-e-Taiba commander, were killed during the week-long operation in the Gadole area of Kokernag. Two decorated Army offi-



cers and a police officer were killed in the initial gun battle on September 13. The Army said the joint operation by the police

and Army has concluded in Anantnag.

"A joint operation was conducted from

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Centre orders premature repatriation of IPS officer to AGMUT cadre

JINNEWS SERVICE
SRINAGAR, SEP 20

The Centre has ordered premature repatriation of Inspector General of CRPF Vidhi Kumar Birdi to his parent

cadre of AGMUT.

In an order, a copy of which lies with the news agency, the Ministry of Home Affairs has ordered premature repatriation of Birdi to his parent cadre of AGMUT.

Birdi, an officer of the erstwhile J&K cadre, was presently on deputation as IG CRPF. The Centre has asked DG CRPF to intimate the date of relieving of the officer. KNO

Amrit Kaal is the period of India's cultural renaissance: LG Sinha

JINNEWS SERVICE
JAMMU, SEPTEMBER 20

Lieutenant Governor Shri Manoj Sinha addressed the foundation day of J&K Shri Kashi Vidwat Parishad, Jammu, today.

In his address, the Lt Governor congratulated all the members of the association for their dedicated endeavors to promote ancient values, glorious and rich composite culture, promotion and development of Sanskrit to enrich the knowledge system.

"India has always been considered as a living guide and a vibrant energy field which gave the message of one world, one family and vision to respect all religions, sects and spiritual streams. Ideals of humanism, communal harmony and peace are core of our ancient values," the Lt Governor said. He said the welfare of the world was the prime objective of our sages, saints and mystics. They



devoted their entire life to awaken the conscience of the people, foster social reforms and provided a treasure of knowledge in mathematics, chemistry, medicine, literature & arts and enriched the world, he added.

"Sanskrit is the source of ideals and values of our great civilization and it has the potential to provide solutions to modern-day challenges, such as Atharvaveda's teaching on ecological balance, protecting the environment, living in harmony with nature," the Lt Governor said.

He called upon the J&K Shri Kashi Vidwat Parishad, various organizations and individuals to further strengthen their efforts for the promotion of Sanskrit and ancient values.

He said the ancient India was far ahead in comparison to rest of the world in technology and research.

"Amrit Kaal is the period of India's cultural renaissance. Entire World is watching us. Every citizen must feel proud to be part of this journey

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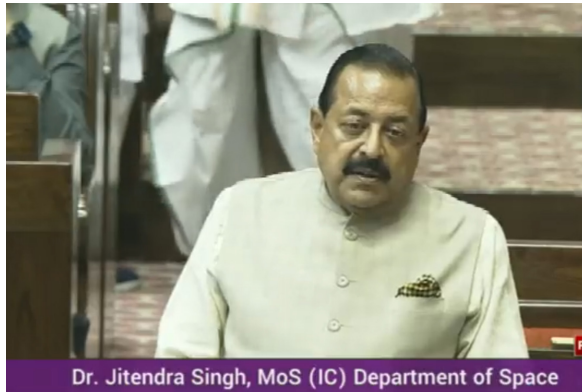
"You kept space department behind veil of secrecy": Jitendra Singh replies to Jairam Ramesh

AGENCIES
NEW DELHI, SEPT 20

Union Minister of State Jitendra Singh launched a scathing attack on Congress leader Jairam Ramesh over the debate on Science and Chandrayaan-3 in the Rajya Sabha on Wednesday.

Jitendra Singh said "You had kept the space department behind the veil of secrecy. You had regimented it. You had disallowed the industry to indulge in this and that is why the progress got halted. It took us 75 years to reach where we are today and that has happened after the quantum leap of the last few years."

Jairam Ramesh took a dig at the Centre in the Rajya Sabha and said that leadership is not about taking credit when things are going good, and running away when things are



Dr. Jitendra Singh, MoS (IC) Department of Space

going bad.

Union Minister also mentioned a new setup called 'in-space' which facilitates the engagement of industry.

"Only four space startups were there before 2014, today we have 150 and that has been possible because a new arrangement has been set up. An interface is set up which is known as 'in-space' which facilitates the engagement of industry and is headed

by a person from the corporate sector. A new PSU was also set in called NSIL (New Space India Limited) in order to engage in collaboration. This is what has given the outcomes," Jitendra Singh added.

"Anusandhaan, out of the 52000 crore budget that has been envisaged for 5 years in Anusandhan National Research Foundation, as much as 36000 crores, almost 70 percent going to come from non-

government sources and it has happened only 6 months back, who was the PM, I don't have to say," he added.

Jitendra Singh also noted that these steps will pave the way, for greater involvement of the industry.

"There are 424 satellites launched since the 1990s and out of 424 as many as 389 satellites have been launched in the last 9 years. Which was the govt and who was the PM? We have so far earned 174 million US dollars from the launching of foreign satellites. Out of these, 157 million dollars have been earned in the last 9 years," Jitendra Singh said.

In between his speech, Jitendra Singh pointed out to Chandrayaan-3 Project director Palanivel Veeramuthuvel and praised him in the Upper House

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Chief Secretary for 100% segregation of waste at source by October

JINNEWS SERVICE
SRINAGAR, SEP 20

Chief Secretary, Dr Arun Kumar Mehta Wednesday impressed upon the Local bodies including the Municipalities to segregate 100% waste at source for its scientific treatment and overall cleanliness of the areas coming under jurisdiction.

Dr Mehta made these remarks while chairing a meeting to take stock of the proposed action plan formulated to save our water bodies in compliance with the recommendations of the National Green Tribunal (NGT).

The meeting was attended by ACS, Jal Shakti Department; Principal Secretary, H&UDD; Commissioner Secretary, RDD; Commissioner, JMC/SMC; Chief Engineer, I&FC besides others concerned. Dr Mehta took note of



the measures taken so far to stop the untreated sewage flowing into our water bodies to prevent their pollution. He directed the H&UDD to ensure that the waste collected by local bodies is segregated at source so that optimal recycling can be undertaken.

He maintained that ample awareness should be created among the public so that they are able to segregate the waste and handover it to the collection agencies separately. He also asked the

department to enhance its capacity in terms of treating such waste in a proper scientific manner.

Dr Mehta observed that the landfill sites should be made attractive and odour free. He also underscored the need of incentivizing its establishment for the locals so that they do not feel any kind of reluctance. He advised them to identify the sites from the chunks of government land recently retrieved by the Revenue Department.

He also made out that

No statutory vacuum, robust mechanism in place for regulating media channels: Centre to SC

AGENCIES
NEW DELHI, SEPT 19

Asserting that there is no statutory vacuum, the central government has told the Supreme Court there exists a robust mechanism for regulation of content of private television channels.

In an affidavit filed before the top court, the Ministry of Information and Broadcasting has said the Union of India has always protected journalistic freedom and encouraged the policy of promoting self-restraint and self-regulation in the field of journalism.

The government said this was meant to ensure that media houses and journalists

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Arrangements for Eid Milad-un-Nabi discussed in Ramban



JJ NEWS SERVICE
RAMBAN, SEPTEMBER 20

Deputy Commissioner, Ramban, Mussarat Islam today chaired a meeting of line departments and community leaders to discuss the arrangements for Eid-Milad-Un-Nabi (SW).

The discussion focused on the provision of uninterrupted power and water supply, and cleanliness around major Mosques. He directed the concerned authorities to take measures to ensure a seamless availability of the essential services.

The Community leaders were principal participants of the meeting who also assured their unwavering support and cooperation to the district administration, underlining the significance of communal harmony during festive occasions.

Addressing the meeting, the DC emphasized that festivals are a reflection of the communal harmony and vibrant diversi-

ty that defines our nation. He underscored the importance of festivals as occasions to celebrate devotion, share compassion and express love for one another. He extended his heartfelt best wishes to all, expressing his hope that the festival would be celebrated with great success, unity and joy.

The DC also directed the FCS&CA, Municipal, Food Safety and Legal Meteorology departments to conduct market checking to ensure availability of quality food and other essential items at genuine rates in the market besides ensuring the cleanliness and sanitation in the markets, especially around the religious places.

The meeting was attended by ADC, Harbans Sharma, ACR, Giasul Haq, CPO, Dr. Kasturi Lal, and various senior officers from the FCS&CA, Jal Shakti and Power departments, Municipal Council etc.

GDC Ramgarh organises symposium on 'Nasha Mukht Bharat Abhiyaan'



JJ NEWS SERVICE
SAMBA, SEPTEMBER 20

The National Service Scheme (NSS) Unit-Prabha of Government Degree College Ramgarh on Wednesday organized a Symposium on 'Nasha Mukht Bharat Abhiyaan' under Azadi Ka Amrit Mahotsav.

A large number of students of the College participated in the Symposium and expressed their views and opinions about how the problem of drug abuse can be handled. The first position was secured by Deepika Kundal of BA Semester-V, second position was secured by Sunaina Bhardwaj of BA Semester-III and third position was secured by Tania Charak of BA Semester-III.

The event was organized under the supervision and leadership of Prof. (Dr.) Geetanjali Andotra, Principal of the

College.

Dr. Aditi Khajuria, Convener, IQAC said that the Nasha Mukht Abhiyaan has been launched to involve youths in the fight against the drug menace. She further said that it is the responsibility of all to accept those people who are on the wrong path and guide, counsel them and reach out to target groups as they are in need of love, care and proper guidance.

The event was organized by the NSS Program Officer, Dr. Shamsher Lal. The event was conducted by Tamana Attri of BA Semester-V. The faculty members who were present include-Dr. Aditi Khajuria, Prof. Seema Sharma, Dr. Sandeep Kumar, Dr. Shamsher Lal, Prof. Risha Kumari, Dr. Ekta Rani, Dr. Shivali Choudhary, Priya Sharma, Dr. Paramjeet Kour, Priya Sharma and Sunil Kumar.

Doctors found absent from duty at Govt Gandhi Nagar Hospital; DC Jammu orders inquiry

JJ NEWS SERVICE
JAMMU, SEPTEMBER 20

Deputy Commissioner, Sachin Kumar Vaishya, today conducted an unannounced inspection of Government Hospital Gandhi Nagar today, assessing patient care facilities and staff attendance.

During the surprise visit, it came to light that some doctors were not present on duty. The Deputy Commissioner promptly ordered an official inquiry and simultaneously issued show cause notices to the doctors. Addressing the hospital staff, the Deputy Commissioner reaffirmed his strong commitment towards promoting punctuality, efficiency and the seamless functioning of the hospital. He emphasised the importance of upholding the highest standards of duty in serving the public and vowed to root out any form of negligence or corruption.

Weekly Block Diwas: Deputy Commissioner Rajouri listens to public grievances at Border Block Seri

JJ NEWS SERVICE
RAJOURI, SEPTEMBER 20

In an exemplary display of responsive governance, Deputy Commissioner Rajouri, Vikas Kundal, spearheaded a successful Weekly Block Diwas session at border block Seri, dedicated to addressing the pressing concerns of the public.

The event saw a vibrant exchange of ideas and concerns, with citizens and their representatives bringing to the forefront a wide range of issues affecting their daily lives.

These included road maintenance, staffing shortages in government institutions, water scarcity, and healthcare infrastructure improvements. Specific issues which were raised during the event were agriculture camps to be organised, scarcity of water across different panchayats of block, Requirement of one dental chair at Seri, issues related to irrigation and flood control, Pen-

sion related issues, among others.

Speaking at the gathering, Deputy Commissioner Vikas Kundal affirmed the unwavering commitment of the District Administration to ensuring that essential services reach the citizens at their doorstep. He recognized the collaborative efforts of all stakeholders in achieving the developmental goals of the district and encouraged them to persist in their endeavors for the greater good.

In a remarkable display of efficiency, the DC issued immediate directives to concerned departments to expedite the resolution of highlighted issues. Several matters were promptly resolved on-site through the dedicated efforts of concerned authorities.

Responding to water scarcity issue across Seri Block, Deputy Commissioner Vikas kundal has instructed the Executive Engineer (XEN) of the Jal Shakti Department



to take immediate measures to address the situation. Simultaneously, recognizing the need for a dental chair in Seri, the Deputy Commissioner has directed the Chief Medical Officer to expedite its procurement and installation, ensuring the access of the residents to quality healthcare.

The Deputy Commissioner has also taken a proactive stance in informing the public about crucial border welfare schemes such as BADP, SSY, and SRE. In a compelling appeal, he emphasized the significant advantages that can be harnessed through

these schemes. Furthermore, the DC highlighted the upcoming summary revision and the vital special camps scheduled for September 23rd and 24th, underscoring their importance for the community.

The Executive Engineer (XEN) of the Power Development Department (PDD) has confirmed that the technical assessment of the receiving station at Gagriote has been completed and it will resolve the problem of the area regarding power supply.

Most Sarpanches of the block also lauded the extensive coverage of deserving cases under

PMAY, with only a few pending. DC has assured swift resolution of these pending cases, reaffirming the commitment to ensure every eligible beneficiary receives PMAY benefits.

The DC emphasized the importance of ongoing progress and cooperation among all stakeholders to ensure an improved quality of life for the residents of the district.

The Weekly Block Diwas, conducted at Seri, achieved resounding success as numerous public concerns were not only discussed but also swiftly resolved. The public lauded the Block Diwas

initiative and applauded the tireless efforts of the district administration in finding solutions to their problems. This platform has proven invaluable for direct interaction between the public and district authorities, fostering a sense of satisfaction among all participants. The commitment of the Deputy Commissioner to addressing the grievances of the citizens in a time-bound manner has reinforced faith in responsive governance in Rajouri district.

Among the others who were present during the event were DDC Member Seri, Sangeeta Raina; BDC Seri, Neena Sharma; ADC Sunderbani, Vinod Kumar Behnal; ADC Nowshera, Kartar Singh; ACP, Sheraz Chowhan; DPO, Auqil Nuvaid; DSWO Abdul Raheem; CEO Education, Sultana Kouser; CMO, Dr. Rajinder Sharma; XEN REW, Zahir Khan and other district and sectoral officers.

CBC organises 02 day Integrated Communication & Outreach program at Shopian

JJ NEWS SERVICE
SHOPIAN, SEPTEMBER 20

The Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India Wednesday organized a two day Integrated Communication and Outreach Programme (ICOP) at Imtiyaz Memorial Government Degree College Shopian.

The programme was inaugurated by the Additional Deputy Commissioner (ADC) Shopian, Dr. Zakir Hussain Faaz.

The program was organized on the theme of '9 Years: Seva, Sushasan and Garib Kalyan' by CBC's Field Office, Anantnag to showcase India's matchless achievements in different fields during the last nine years. Information about various public welfare schemes of the government, especially those for youth are being shared with the people by means of a photo exhibition, informative standees, expert lectures and printed awareness material. Shahid Mohammad Lone, Field Publicity Offi-

cer CBC in his inaugural address gave a detailed overview about the mandate and activities of CBC and briefed the audience about the programme.

Outlining the major themes to be covered during the two day event, he said that the programme will cover major flagship schemes like Ayushman Bharat, PM KISAN, Mission LiFE, Nasha Mukht Bharat Abhiyan and National Education Policy (NEP-2020) apart from themes like G20 Presidency, 6th POSHAN mah and Vigilance Week 2023.

In his keynote address, Dr. Zakir Hussain Faaz, ADC Shopian, appreciated the Central Bureau of Communication for reaching out to the people of Shopian, especially the youth. He exhorted the students to play a proactive role in the development of the community while stressing on the need to spread awareness about the public welfare schemes among masses for their successful implementation.

Dr. Zakir said that the information dissemination

about these public welfare schemes and programmes is of vital importance to ensure the benefits reach the rightful beneficiaries.

The first day of the programme was primarily dedicated to the awareness about NEP 2020 and Poshan Abhiyan in view of the nationwide celebration of the 6th Rashtriya POSHAN mah during September 2023.

Bilal Ahmad Bhat, resource person designated by the District Institute of Education and Trainings (DIET), Shopian gave a detailed presentation on the NEP-2020 highlighting the key aspects of the landmark initiative. Zeenat-Nisa from Poshan Project, Shopian delivered a lecture on the nutritional support and preschool educational programs run by the POSHAN project.

The inaugural ceremony was attended by Prof. (Dr.) Mohammad Shafiq, Principal GDC Shopian, Mohammad Mushtaq, Chief Education Officer, Mohammad Iqbal, Principal DIET, Shopian Showkat Hussain, District Information Officer, among others.

Kishtwar admin gears up to host Warwan Festival- 2023

JJ NEWS SERVICE
KISHTWAR, SEPTEMBER 20

Deputy Commissioner Kishtwar, Dr. Devansh Yadav today briefed the press on the much anticipated Warwan Festival being hosted amid the picturesque valley of Waran.

Talking to media persons here in his Office Chamber, Dr. Devansh Yadav commended the resounding success of last year's Warwan Festival, orchestrated under the adept guidance of the local administration. The festival proved to be a remarkable endeavor, as it beckoned tourism enthusiasts to embark on an exploration of the unspoiled natural wonders hidden within the remote expanses of the Warwan area.

Acknowledging the overwhelming response and enthusiasm exhibited by attendees, Dr. Devansh Yadav announced a pivotal partnership. The Directorate Tourism Jammu has pledged its unwavering support, cementing the Warwan Festival as an annual highlight, a collaborative initiative between the Directorate and the steadfast district adminis-



tration of Kishtwar.

Dr. Devansh Yadav extended an enthusiastic invitation to both local residents and visitors from across the Union Territory to partake in this year's edition of the Warwan Festival, scheduled on the upcoming weekend, specifically on the 23rd and 24th of September 2023.

During the press briefing, the Deputy Commissioner also observed that Warwan Festival holds strategic significance as it draws tourists from both the Anantnag side of Kashmir and the Kishtwar District, promising them a deeply satisfying experience amidst its natural wonders.

While giving details, the DC Kishtwar informed that Renowned vocalists Kabul Bukhari and Naseem Ul Haq are all set to captivate festival-goers with their mesmerizing performanc-

es. In addition to these musical delights, adventure enthusiasts will have the chance to partake in thrilling activities such as river rafting and trekking. For those seeking culinary delights, an array of food courts offering delectable local cuisine promises to tantalize the taste buds of festival visitors.

With an array of exciting events planned during these two captivating days, the festival promises an enticing opportunity for avid tourism and adventure enthusiasts. Attendees will have the privilege of immersing themselves in the serene beauty of lush meadows, tranquil rivers, and the heartwarming climate of the high-altitude heaven that is the Warwan region of the Kishtwar district.

The Warwan Festival beckons all to relish a weekend of unforgettable experiences amid the breathtaking landscapes and solitude of this remarkable corner of our UT. "Don't miss this extraordinary occasion to celebrate the pristine beauty and cultural diversity of Kishtwar's Warwan region," stated DC Kishtwar.

DIC organises seminar cum awareness camp on PMEGP at GDC Ramban

JJ NEWS SERVICE
RAMBAN, SEPTEMBER 20

District Industries Centre, Ramban today organised a seminar cum awareness camp on Prime Minister's Employment Generation Programme (PMEGP) here in the Government Polytechnic College to create awareness about the flagship self-employment scheme being implemented by the Industries & Commerce Department in the district.

At the outset of seminar, Principal Polytechnic College Vivek Mahajan delivered a welcome note besides asking the participants to avail the advantage of this awareness programme on PMEGP which has been launched by the Government to facilitate the youth to become self-reliant under Atmanirbhar Bharat Abhiyaan.

Welcoming the participants, General Manager



District Industries Centre Ravinder Kumar Anand highlighted the schemes being implemented by the Department to encourage the youth to become job creators instead of job seekers.

Block Investigator DIC Ravi Danaishwar Singh also elaborated the incentives offered under the PMEGP scheme through a PowerPoint presentation. He sensitized the participants about procedure and uploading of application Forms besides the benefits

of enrollment with DIC.

The students of Government Polytechnic College were told about various benefits and subsidies they can get to start their own ventures by availing financial assistance under the PMEGP scheme in manufacturing and service sectors.

The aspiring students were motivated by the scheme and they were willing to step ahead to avail benefits after completion of their courses under the PMEGP.

DC Kathua reviews status of Rural Development Sector Works, Schemes

JJ NEWS SERVICE
KATHUA, SEPTEMBER 20

Deputy Commissioner Kathua, Rakesh Minhas today chaired a meeting to review the implementation and progress achieved under the Rural Development sector schemes in the District.

The meeting was attended by the ADDC, Ankur Mahajan; Chief Planning Officer, Uttam Singh; Assistant Commissioner Development, Kishore Singh Katoch; XEN REW, BDOS, and other concerned officers. During the meeting, ACD apprised the DC that a total of 2082 Capex works were earmarked under DDC, BDC and PRI grants out of which tendering of 1823 has been completed.

Regarding the progress of Amrit Sarovar works, the ACD informed that work is in progress on 185



Water Ponds and the same will be completed before the timeline.

While reviewing the scheme wise works taken up by RDD, the DC laid thrust on early completion of already tendered works so as to achieve set targets within given timelines. The DC also passed directions to BDOs and XEN REW to cancel the allotment of defaulting contractors who have failed to start the work as per given timeframe.

Besides, the DC also impressed upon BDOs to ensure early completion

of PMAY houses taken up under their jurisdiction.

While discussing the establishment of Plastic Waste Management units in the district, the DC called upon BDOs to work out a plan for arranging necessary machinery and other logistics to be installed at identified locations. He also asked for regular review of works undertaken by BDOs so as to keep a check on the pace of progress and necessary directions may be given to expedite the ensure timely work completion.

Kathua: Seasonal Fish Seed stocking in Ranjit Sagar Reservoir begins

JNEWS SERVICE
KATHUA, SEPTEMBER 20

Director Fisheries Farooq Ahmed Dar today kick started the annual stocking of fish seed of different varieties into Ranjit Sagar Dam Reservoir here at Reservoir Fisheries Development Project (RFDP) Satwain here today.

Joint Director, Central Mohammed Manzoor Wani, CPO National Fish Seed Farm Gopal Krishan, AD Fisheries Pawan Paul Sharma, AD Fisheries Ramban Fyaz Ahmed Fyaz, AD Fisheries Farkhanda Wani, PRI members and other concerned were also present.

On the occasion, fish Seed of different varieties of Indian Major Carps (IMC) and exotic carps like Rohu, Mrigal, Catla, Common carp and silver carp. Approximately 5 lakh fry and advanced fries of different species have been stocked in the



first leg of the annual stocking exercise.

While speaking on the occasion, the Director said with the handholding efforts of the Department of Fisheries the total fish production of UT has reached to 26900 tons which includes 1990 tons of Trout. He informed that during the year 2022-23, about 150 lac of Trout seed and 630 lac Carp fish seed has been produced. Out of the total seed produced about 8.40 lac of Trout and 51.30 lac of Carp seed has been stocked in vari-

ous water bodies of UT as a part of fish conservation measure. Besides, 1.7 lacs of Trout seed is exported to other states of the country viz. Sikkim, Tamil Nadu and Andhra Pradesh.

For effective utilisation of Community ponds/Amritsarovars, the department has stocked 497 ponds with 14.31 lakh of quality carp fish seed this year. An amount of Rs. 19.06 lac has been realised by the concerned Panchayats from the auction of fish from these community ponds during the year

2022-23.

The Director said the National level Fish Seed farm established by the Department for Carp Seed Production at National Fish Seed Farm, Kathua is catering to the local fish seed demands besides playing a significant role in enhancing fish production in the region.

"The Ranjit Sagar reservoir is being auctioned for its fishing rights and during the year 2022-23 highest revenue to the tune of Rs. 133.51 lac has been generated. The development of reservoir fisheries in Ranjit Sagar reservoir besides augmenting the fish production in the UT has also played an important role in upliftment of the socio economic condition of the locals. To further exploit the Ranjit Sagar reservoir on a sustainable basis, the department has requested ICAR-CIFRI for taking up the scientific study of the

reservoir for assessment of its yield and potential" he added.

The Director said the best way of consumption of natural water resources is by way of stocking with quality, disease resistant and a variety of fish seed. The department is adopting conservation measures by way of augmentation with fish seed as a major method in addition to watch and ward for curbing illegal fishing, he added.

The Director further informed that a total of 25737 registered fishermen who derive their livelihood through fishing in natural water resources of J&K have been covered under Group Accidental Insurance Scheme during 2023-24. About 16000 fishermen have been proposed to be covered under the scheme Livelihood and Nutritional support to the fishermen under PMMSY during the year 2022-23.

Div Com Kashmir reviews arrangements for Eid Milad-un-Nabi (S.A.W), following Friday

JNEWS SERVICE
SRINAGAR, SEPTEMBER 20

The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri Wednesday convened a meeting of Officers to review arrangements for the forthcoming religious occasions of Eid Milad-un-Nabi (S.A.W) and Friday following in Kashmir Division. Addressing the meeting, Div Com directed all the officers to ensure better quality facilities at the major Shrines including Asar-i-Sharief Hazratbal, Jenab Sahib Saura, Aasar-i-Sharief Kalashpora, Kabamarg Anantnag and Peth Makhama Beerwah Budgam besides other prominent places.

He directed the Officers to make all the necessary



arrangements for essential services such to the convenience of the general public, especially devotees visiting shrines.

He specifically laid focus on the smooth arrangements at shrines especially at Hazratbal shrine Srinagar with respect to sanitation, establishment of Health Camp, reparation of roads, availability of drinking water tankers, unin-

terrupted power supply, smooth transportation of devotees by SRTC buses, parking places, security arrangements and other facilities.

The Deputy Commissioners and other officers also briefed the meeting about the arrangements put in place for the celebration of Eid Milad-un-Nabi (S.A.W) in their respective districts.

Probe started into alleged illegal dumping by NHIDCL Contractor amid environmental concerns in Mughal Maidan

JNEWS SERVICE
KISHTWAR, SEPTEMBER 20

Allegations and reports have surfaced regarding the alleged illegal dumping of muck and material by the contractors associated with the National Highways and Infrastructure Development Corporation Limited (NHIDCL) for Package 5.

This purported activity is said to be taking place during late-night hours in the Mughalmaidan area. Such actions, if proven true, would constitute a serious violation of environmental laws and would be contrary to established guidelines for muck disposal.

In response to these allegations, Deputy Commissioner, Dr Devansh Yadav has constituted an Inquiry Committee to investigate and verify the claims of illegal muck dumping.

As per the order, the committee comprises SDM Chatroo, Tehsildar Mughalmaidan, District Mineral Officer (DMO) Kishtwar, District Pollution Officer Kishtwar, Station House Officer (SHO) Chatroo. The inquiry committee will assess the accuracy of these claims and will ascertain if any environmental laws have been violated. Additionally, the committee will recommend appropriate penalties and actions as per the relevant laws and procedures.

The committee is expected to complete its investigation and submit its report within 15 days from the date of the order.

The initiative underscores the commitment of the authorities to uphold environmental regulations and ensure that any violations are swiftly addressed. The responsible parties will be held accountable for their actions.

Meanwhile NHIDCL has been directed to stop works where such muck disposal is occurring.

DC Bandipora presides over Mega Block Diwas

JNEWS SERVICE
BANDIPORA, SEPTEMBER 20

The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Wednesday presided over a mega Block Diwas for Block Bandipora at Conference Hall, Mini Secretariat, here.

The block diwas programme was attended by ADDC Bandipora, Ali Afsar Khan; Nodal Officer Coordination, Mohammad Ashraf Hakak; ADC Bandipora, Umar Shafi; President Municipal Council Bandipora, Basharat Najar besides councilors of all the wards of Municipal Council Bandipora, members of Traders Federation, Civil Society and other prominent citizens of Town Bandipora.

During the program, the DC was apprised regarding ongoing developmental projects. The DC conducted a thorough review of the ongoing developmental works in Bandipora town including



assessment of infrastructure projects, healthcare facilities, sanitation, traffic management, and macadamization process besides review of educational institutions.

Dr Owais patiently listened to the issues and demands raised by the participants. The demands included children's park, marriage hall, slaugh-

ter house besides issues related to new bus adda, status of PMAY (U) scheme were also brought into the notice and threadbare discussion with the concerned were held on the occasion. The DC directed the concerned to expedite the pace of execution of works to ensure that the benefits of these projects reach the people of Ban-

dipora at the earliest. The concerned authorities were further directed to remove all the bottlenecks, which act as hindrances in development works in the town. Furthermore, Dr Owais addressed concerns related to pending works and emphasized the need for their swift resolution. He sought assurance from the concerned authorities that no stone would be left unturned to bring these initiatives to fruition.

Addressing the participants, the DC said that the development of Bandipora is not just a responsibility but a mission. He said that we collectively should be dedicated to ensure that the people of this district enjoy the highest quality of life. Among others, JD Planning, Tehsildar Bandipora, District Information Officer, Executive Officer MC Bandipora, Ex-En R&B Bandipora, and concerned officers of all line departments were also present on the occasion.

Jal Jivan Mission: DC Rajouri kick starts work on 2 WSSs at border villages Dabbar Potha and Gagriote

JNEWS SERVICE
RAJOURI, SEPTEMBER 20

Deputy Commissioner Rajouri, Vikas Kundal today kick started work on two crucial water supply schemes under the Jal Jeevan Mission. On this occasion, Deputy Commissioner Vikas Kundal also addressed the gathered locals and extended his congratulations.

The project named Dabbar Potha B Water Supply Scheme, involves an estimated cost of Rs 6.24 cr. It aims to provide functional household tap connections (FHTC) to a total of 435 households. Currently, 196 households have been connected, with 239 more to be linked to the water supply system. The scheme utilizes a combination of storage facilities, including 5000 gallons RSFP (Reverse Osmosis Filtration Plant), 3 No. 10000 gallons GSR (Ground-Level Storage Reservoirs), 2 No. 20000 gallons GSR, and 1 No. 5000 gallons GSR.

The other project-Gagrote Water Supply Scheme has an estimated cost of Rs 9.45 crore. It



aims to provide FHTC to 584 households, with 234 households already connected and 350 more awaiting connection. This scheme relies on 2 Borewells, 15000 gallons RSFP, two 20,000 gallons GSR, and eight 10,000 gallons GSR for water supply and storage.

The Deputy Commissioner congratulated the local residents for their continued support and emphasized the importance of these projects in enhancing the quality of life of the entire community. He reiterated the gov-

ernment's commitment to provide clean and accessible drinking water to all residents, in line with the objectives of the Jal Jeevan Mission. The initiation of these projects is a significant milestone in the development journey of the region, promising a brighter and healthier future for the people of Rajouri.

DDC Member Seri, Sangeeta Raina; BDC Seri, Neena Sharma; ADC Nowshera, Kartar Singh and EXEN Jal Shakti Nowshera, Vipin Kumar were present on the occasion.

DC Bandipora flags-off 3-day Trekking expedition to Gurez

JNEWS SERVICE
BANDIPORA, SEPTEMBER 20

In order to promote a sense of adventure and exploration among youth, the Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Wednesday flagged-off a three day trekking expedition from Mini Secretariat Bandipora to Gurez Valley.

The expedition comprising boys contingent of different age groups is being organised by Youth Services and Sports department Bandipora.

The flag-off ceremony was attended by ADC Bandipora, Umar Shafi Pandit, DYSSO Bandipora Nazir Ahmad besides officials from district youth services and sports department.

The DC was informed that the adventure initiative, organized under the banner of 'Meri Maati Mera Desh' brings together 55 young male students from all five educational zones of Bandipora. He was further informed that the students are going on a journey of discovery and camaraderie, as they would be trekking through the landscapes of Gurez.

JNEWS SERVICE
DODA, SEPTEMBER 20

Deputy Commissioner Doda, Vishesh Mahajan, today conducted a whirlwind tour of Khellani Block and conducted surprise inspections of Government Higher Secondary School (GHSS), Trauma Hospital and under construction 1.5 KM tunnel on NH244.

At GHSS Khellani, DC Mahajan checked the attendance record, Mid Day Meal and other essential records of the institution. He also interacted with the students and the staff of the institution. He directed the CEO to produce the record of leaves of those not available in the school. The purpose of the visit was to assess the overall condition of the schools and ensure that all necessary facilities are provided to the students. The DC encouraged the teachers to focus on teaching methodologies and gave valuable suggestions to improve the learning environment.

The Deputy Commissioner also motivated the students to actively partic-



ipate in learning activities, use smartphones and the technology to clear their doubts in their subjects and maintain discipline within the school premises and in their lives.

Later, the DC inspected Khellani Tunnel to have a firsthand appraisal of the progress of work. He inspected the East and West Portal of the tunnel and instructed the engineers to expedite the work so that the tunnel is commissioned within the stipulated time. It was informed by the GM NHIDCL, NS Gill that more than 65% of the work on the 1.5 Kilometre Khellani tunnel is complete and is likely to be dedicated to the public by the end of January 2024.

The DC emphasized the quality & timely completion of the ambitious project. The tunnel is an

important part of the prestigious alternate National Highway 244, which shall considerably reduce the travel distance from the region with a comfortable drive towards the capital cities. The alternate NH 244 will also benefit in the socio-economic development of the region apart from boosting tourism in the District.

Meanwhile, the DC conducted a thorough inspection of Trauma Hospital Khellani. The CMO was instructed to ensure the availability of doctors and health staff in the hospital for timely patient care and treatment. The BMO was instructed to upgrade and improve the quality of health services in the hospital.

Besides, the DC asked to maintain hygiene and cleanliness in all the government institutions.

Inter-District Divisional Level Volleyball Tournament for U 19 Girls concludes in Doda



JNEWS SERVICE
DODA, SEPTEMBER 20

The inter-District Divisional Level Competition of Jammu division in the disciplines of Volleyball (girls UAG 19) concluded at Sports Stadium Doda, here today.

In all, around 350 girl participants drawn from eight districts of Jammu, Udhampur, Samba, Doda, Kathua, Rajouri, Poonch and Reasi participated in the volleyball competition to display their skills and talents in sports activities.

The competitions were organized under the patronage of Shubash Chander Chibber, Direc-

tor Youth Services and Sports, and under the guidance of Suram Chand Sharma, Joint Director Youth Services & Sports, Jammu, while Jaffer Haider Sheikh, DYSSO Doda was the organizing secretary of the competition. The out station players were provided rooms in the reputed hotels at the district headquarter, due to the non availability of the sports hostel. According to the organizers, the main objective of the competition was to select the teams of Jammu division for their further participation in State Level competitions.

Earlier, in under-14 girls category, Rajouri,

Poonch and Udhampur emerged as winner, first runner up and end runner up, respectively, while in under-17 girls category Kathua emerged winner, while Poonch and first and 2nd runner up, respectively. The matches were officiated by various officials of the department of Y&S Doda. On the concluding day of the tournament Today, Samba beat Udhampur by 2:0 and won the 3rd place. In the finals, Jammu locked horns with Reasi. Reasi beat Jammu by 2:0 and lifted the U/19 trophy. The DYSSO handed over the trophies, certificates to the teams.

NIA intensifies crackdown on Khalistani Terrorists, announces cash rewards on five BKi operatives

JINNEWS SERVICE
NEW DELHI, SEPT 20

Stepping up its crackdown on Khalistani terrorists, the NIA on Wednesday announced cash rewards for information leading to the arrest of five Babbar Khalsa International (BKI) operatives, including Harwinder Singh Sandhu alias "Rinda" and Lakhbir Singh Sandhu alias "Landa". The federal agency announced a cash reward of Rs 10 lakh each for Rinda and Landa and Rs 5 lakh each for Parminder Singh Kaira alias "Pattu", Satnam Singh alias "Satbir Singh" alias "Satta" and Yadvinder Singh alias "Yadda".

A spokesperson of the National Investigation Agency (NIA) said these five terrorists are wanted in a case registered early this year related to the

BKI's terrorist activities aimed at disturbing India's peace and communal harmony and spreading terror in the state of Punjab.

"The wanted terrorists are accused of commissioning of terror acts and activities, besides raising funds for the BKI, a banned terror outfit, through smuggling of terrorist hardware and narcotics into Punjab and also through extensive extortion from businessmen and other prominent individuals.

"They are also wanted in cases relating to commissioning of targeted killings as well as targeting of law enforcement agencies in order to create an environment of terror in the state of Punjab," the spokesperson said.

The official said inves-

tigations have shown that the five terrorists have been engaged in recruiting new members of the BKI by promising them monetary benefits.

"They have also established a network of operatives in various countries to further their terror activities in different parts of India," the official said.

Rinda, originally a resident of Maharashtra, is a Pakistan-based "listed individual terrorist" and member of the BKI, while Landa, Khaira, Satnam and Yadvinder are residents of Punjab.

"Any specific information leading to the arrest of the five wanted terrorists can be shared with the NIA headquarters in New Delhi or the NIA Branch Office in Chandigarh," the spokesperson said, sharing the telephone and

WhatsApp numbers.

Meanwhile, the NIA released two lists of 54 individuals with their photographs who are wanted in the investigation of two cases, registered last year, to dismantle terror-gangster networks in the country. The lists, one naming 11 persons and the other 43 persons, were shared by the NIA on its official account on X, formerly known as Twitter.

The list included several wanted gangsters, including Goldy Brar, Lawrence Bishnoi, Anmol Bishnoi and Arshdeep Singh Gill.

"If you have any information about properties/assets/business owned by them in their name or in name of their associates, friends and relatives, please WhatsApp," the agency said, sharing the mobile number.

Despite tourism boom in Kashmir; negative travel advisories by many countries still in vogue

JINNEWS SERVICE
SRINAGAR, SEP 20

At a time when the government is making serious efforts to revive foreign tourism in Kashmir, many countries continue enforcing their travel advisories against Kashmir.

As per news agency, earlier this month, the British government's Foreign, Commonwealth & Development Office (FCDO) has also issued a fresh advisory asking British nationals to not travel to Kashmir.

In its advisory FDCO had advised its citizens against all travel to the region of Jammu and Kashmir (including Pahalgam, Gulmarg, Sonmarg, the city of Srinagar and Jammu-Srinagar National Highway) "except for travel by air to and from

the city of Jammu and travel within the region of Ladakh."

In August, Australia also updated its advisory without making any changes in its travel advisory against Jammu and Kashmir.

In May, France also issued a fresh advisory in which it said "All the districts of Kashmir valley as well as Kargil district are formally advised against travel.

The United States of America, which has been issuing travel advisories against for many years, has also not yet considered removing the advisory.

These advisories have come when the valley broke the recent records of receiving maximum foreign tourists from different countries of the world.

This year till August 31, 30647 foreign tourists

have visited the valley. This is more than 35 percent to what the valley recorded foreign arrivals last year.

Pertinently, the government this year held a G20 summit in Srinagar during which the government and tourism stakeholders also pitched for the removal of advisories by European countries.

Tourism players claimed that the foreign arrivals could improve if these countries remove travel advisories against Kashmir.

"Pre-90s foreigners constituted a good number out of total arrivals. Naturally, these advisories are having an impact on our foreign tourism. Though we had a good flow of foreign tourists, the government should ensure removal of these advi-

sories," said president Travel Agents Association of Kashmir Farooq Ahmad Kuthoo.

He said despite these advisories, still some make it to visit the valley, which has helped the tourism sector in good publicity in foreign countries.

"G20 was a great step and it proved beneficial as our foreign tourist arrivals have increased this year. We are hopeful that our foreign tourists re-bond with Kashmir. The valley has been their first preference given its beautiful landscape and adventure," Kuthoo said.

Earlier last month, Lieutenant Governor Manoj Sinha said that the administration is pursuing USA and some European nations for lifting travel advisories for Kashmir. KNO

Deaths by falling from walnut trees can be avoided by educating farmers, using scientific methods, say experts

JINNEWS SERVICE
SRINAGAR, SEP 20

Falls from walnut trees are turning out to be a frequent cause of morbidity and mortality in Kashmir, especially during the harvesting season of August and September months.

Over the years, mostly young people who also happened to be the lone bread earners of their families have become victims of the fall. Experts believe that this is due to the crude traditional methods applied in walnut harvesting.

An official at the horticulture department told the news agency that the

walnut trees are "occupational hazards" in Kashmir.

"Many lives can be saved if the farmers are educated and more scientific methods are used like the manufacture of tree stands at about 30 feet height, use of non-slip boots, use of headgear, chest and abdomen gears," he said.

In the ongoing walnut threshing season, several persons have lost their lives while several have received critical injuries due to falling from walnut trees.

As per the data available with KNO; those who lost their lives after falling from walnut trees this season are Manzoor Ahmad Najar

from Bijhama Baramulla (Sep 19), Abdul Gani Dar from Pingleish Tral (Sep 15), Mohammad Akbar Sheikh from Gulgam Kupwara (Sep 11), Mohammad Yousuf Khan from Rafiabad Baramulla (Sep 05), Ali Mohammad Waloo from Nowgam Bandipora (Sep 01), and Mohammad Ashraf Dar from Hajin Bandipora (Aug 26).

Many other persons have received injuries while several cases have not been reported.

Another official said that during the fall from walnut trees, most people suffer injuries in the head, brain, spinal, chest, abdominal and limbs, leaving most of

them paralysed for a lifetime.

The farmers should be provided with nets so that if there is a fall, a person will fall on the net, and the casualties can be avoided, another official said.

As per the official data, around 2.66 lakh metric tonnes of walnuts are cultivated on 89,000 hectares across Jammu & Kashmir.

Walnuts constitute almost 98 percent of the dry fruit that Kashmir produces a year. Kashmiri walnut is an export commodity fetching around Rs 120 crore a year. It is exported in the form of nuts as well as the kernels. KNO

2 drug peddlers arrested in Kulgam: Police

JINNEWS SERVICE
SRINAGAR, SEP 20

Jammu & Kashmir Police in Kulgam on Wednesday said to have arrested two drug peddlers and recovered contraband substances from their possession. A police party of Police station Kulgam during Patrolling at Poniwah Chowk intercepted a suspicious person who tried to flee but was apprehended tactfully, a police spokesman said in a statement issued to the news agency.

During search, 4Kgs of Poppy Straw like contraband substance concealed in a Nylon bag was recovered from his possession. He has been identified as Mushtaq Ahmad Bhat son of Ghulam Mohi-ud-din Bhat resident of Poniwah, police said.

Meanwhile, a police party led by SHO Police station Qazigund at a specific checkpoint established at Levdoora intercepted a person who after noticing the police party tried to flee from the spot but was apprehended tactfully. During search, 03Kgs of Poppy Straw like contraband substance concealed in a nylon bag was recovered from his possession. He has been identified as Soeyb Khan son of Liyaqat Khan resident of Wazir Gunj UP, police added.

Both the accused persons have been arrested and shifted to respective police stations where they remain in custody. Accordingly, cases under relevant sections of law have been registered at respective police stations and further investigation has been initiated, police said.

"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 criminals as per law," police said. KNO

Our doors open for Jamaat, Hurriyat: Altaf Bukhari

JINNEWS SERVICE
SRINAGAR, SEP 20

Former minister and Apni Party president, Syed Altaf Bukhari on Wednesday said that his doors are always open for anyone, who believes in Indian constitution and is not involved in drug abuse & terrorism.

"The doors of our party are always for anyone, be it Jamaat-e-Islami, Hurriyat or anyone, who believes in Indian constitution, don't believe in communal politics and is not involved in drug abuse and terrorism," Bukhari said as per the news agency.

Reacting to the statement of Lieutenant Governor Manoj Sinha, he said that democracy allows the people to elect their representatives. "The Lt Governor has the right to speak anything, but the fact is democracy exists because of the people only," he said. KNO

FROM THE FRONT PAGE...

Agriculture vital and...

The Lt Governor impressed upon the Agriculture scientists and Universities to adopt whole-farm approach and work on new technology and farm innovation to create a competitive advantage for J&K and the country to build a sustainable future for the world.

G20 New Delhi Leaders' Declaration has made it clear that climate-resilient crops, accelerated innovations and investment to increase productivity, reducing waste will be the top priority for food security and bringing transformation in the lives of farmers, the Lt Governor said.

Sustainable and Climate-Smart-Agriculture are the way forward. We must motivate farmers to adopt niche, less water-intensive and high-value crops, he said.

The Lt Governor encouraged young scientists to look for new opportunities, new interventions and inventions for sustained growth of ecological capital, maintain harmony between the market and the soil and ensure that the agriculture sector continues to serve as a strong base for our development.

He also highlighted the endeavors of the UT Administration for creating better market linkage to the farmers and promoting diversification, allied activities and high-density farming.

70 percent of J&K's population is dependent on agriculture and allied sectors.

"Our dedicated focus on training, access to extension services, financing and marketing institutions are benefiting the farming community. It is being ensured that the financing benefits reach the farmers and the youth and women engaged with the sector," he added.

The Lt Governor emphasised on assessing the progress achieved in programmes like Kisan Sampark Abhiyan, identifying the gaps and taking corrective measures in this regard. It should be ensured that more farmers are registered on Daksh portal, he added.

He also lauded the significant contribution of SKUAST-Jammu to the G20 Summit and asked the University to prepare a roadmap for the next 25 years.

Dr. B N Tripathi, Vice-Chancellor SKUAST-Jammu highlighted the remarkable achievements of the University and underlined the importance of the Holistic Agricultural Development Program in transforming agriculture.

Earlier, the Lt Governor inaugurated various facilities at the University including Silver Jubilee Park, Apartment and Faculty Club and unveiled the Rajat Jayanti Smarak to mark its 25th Foundation Day.

He also launched the Green Education Program, International Helpdesk and Academic Management System (AMS) Portal.

On the occasion, the former employees of the SKUAST-Jammu were felicitated for their dedicated service to the University.

Publication on Startups success stories of SKUAST-Jammu, International Helpdesk Brochure and Commemorative Souvenir were also released.

Bharat Bhushan, Chairman District Development

Council, Jammu; Shailendra Kumar, Principal Secretary, Agriculture Production Department; Vice Chancellors of various Universities, HoDs, scientists, faculty members, staff and students were present.

Jammu CB charge...

for luring the complainant and other unemployed youth victims on the pretext of arranging Govt. jobs have been established. (Agencies)

Week-long Anti-Militancy...

September 13-19 by #IndianArmy and @JmuKmrPolice in the area of Garol, Anantnag, based on specific intelligence inputs regarding the presence of terrorists. The first contact was established on September 13, resulting in a firefight and a prolonged operation that continued until September 19. Two terrorists have been eliminated along with the recovery of O2xAK rifles, O1xPistol, and other war-like stores," the Army's Srinagar-based Chinar Corps posted on X.

"#ChinarCorps salutes the supreme valour & sacrifice of Col Manpreet Singh, SM, DySP Humayun Bhat, Maj Aashish Dhonchak, SM and Sep Pardeep Singh, who laid down their lives in service of the nation in the highest traditions of the Indian Army and JKP. Joint operations have been concluded," it added.

On Tuesday, Additional Director General of Police Kashmir Vijay Kumar said the operation in the forest area had not been called off as large stretches were yet to be searched for unexploded shells and possibly the body of another militant. (Agencies)

Amrit Kaal is the...

and each one of us has equal opportunity to contribute so that our great country can regain its old glory of 'Vishwa Guru'," the Lt Governor said.

Responding to demands projected by the various dignitaries present on the occasion, the Lt Governor assured that all the Sanskrit vacant posts will be filled within one year. It is being ensured that National Education Policy is implemented in letter and spirit, and Indian Philosophy is taught in every university, he added.

On the establishment of Sharda University in J&K, the Lt Governor called for preparing a feasible and viable roadmap for the University and assured all the necessary support in this endeavour.

Citizens from different walks of life were felicitated on the occasion for their significant contribution in diverse fields.

Sh Rajinder Sharma, Mayor, Jammu Municipal Corporation; Padma Shri Prof. Vishwamurti Shastri, Chairman J&K Shri Kashi Vidwat Parishad, Jammu; Sh Ramesh Kumar, Divisional Commissioner Jammu; Prof. Ramnarayan Dwivedi, Mahamantri Shri Kashi Vidwat

Parishad, Varanasi; Sh Suresh Sharma, Chairman, Shri Gandhi Sewa Sadan Jammu, senior officers and eminent personalities were present.

"You kept space..."

of the Parliament and said that not only men scientists but we do celebrate women scientists also mentioning Kalpana who was the Joint director of India's moon mission.

"When we started our space programme in the early-mid '60s, on one hand, you had Sarabhai deprived of transport and other hand, the Soviet Union and the USA were preparing to land humans on the moon. That was the gap. Some friend here was saying that the scientists are not getting their salary, something must have happened that success is coming now not then," Jitendra Singh said.

Jitendra Singh further targeted the Congress and said "If you see back in the science archives, Vikram Sarabai is carrying launcher vehicle on the bicycle carriage, who was the PM at that time? Which government was there? There was never any shortage of talent among our scientists. They had loyalty and the passion to work hard. But there was a lack of compatibility and that has now been completed." (Agencies)

Chief Secretary for 100%...

no waterbody of J&K should be polluted. He stated that these bodies are our priceless resources and should be protected for future. He asked for ensuring that people residing near rivers, lakes, canals etc have at least septic tanks for treatment of sewage. He also asked for creating oxidation ponds besides sewerage schemes in all the congested areas especially at Srinagar and Jammu where people don't have the provisions to create their own septic tanks so that untreated waste is not released into the environment.

The Chief Secretary also advised them to visit the Municipal Corporations like Mumbai, New Delhi, Indore, Ahmedabad etc for learning from their experiences. He asked them to study all the successful models there to adopt the most suitable ones in the UT. He asked them to ensure that the directives given by the NGT are fully implemented for safeguarding the environment. KNO

No statutory vacuum...

acknowledge their vital role and responsibilities towards the society and elevate their standards of practice though self-devised methods.

This, it said, ensures there is minimum interference by government authorities in the functioning of media. It is only in cases involving national security that the government's statutory mechanism kicks in, the affidavit said.

"There is no statutory vacuum, in so far as regulation of the broadcast of irresponsible reporting and grievance redressal mechanism for the viewers is concerned. It is respectfully submitted that the answering respondent has a robust mechanism of regulation of the content of private television channels as laid down under the Cable Television Networks (Regulation) Act and the rules framed thereunder.

"As such, the Central Government, since inception, has purposefully imposed a self-restraint on itself and has adopted a regime of forbearance so as to promote a mechanism of self-regulation by media houses and journalists," the ministry said in its affidavit.

The affidavit was filed in response to a plea by the News Broadcasters and Digital Association (NBDA) against the January 2021 observations of the Bombay High Court.

The high court had said media trials amounted to contempt of court and urged the press not to cross the proverbial "Lakshman Rekha", as it found the coverage of actor Sushant Singh Rajput's death case by some news channels "contemptuous".

It had observed that existing self-regulatory mechanisms could not take the character of a statutory mechanism.

The I&B Ministry said in the affidavit the government's approach was, however, misunderstood by voluntary federations like News Broadcasters Association (NBA), now known as News Broadcasters & Digital Association (NBDA), which insisted that instead of statutory regulations that may be framed independently by the central government under the Cable Television Networks (Regulation) Act, the government ought to recognise it as a sole authority in the area of news broadcast.

"NBDA thus claimed a monopolistic right over the grievance redressal mechanism over the entire industry through its in-house self-regulatory mechanism," it said.

The ministry told the apex court that as on August 31, 2023 there are 394 news channels which are registered and licensed by the central government under the uplinking and downlinking policy guidelines.

"Further there are 511 non-news channels like entertainment channels, sports channels, devotional channels etc. which are also registered and licensed by the Central Government under the Uplinking and Downlinking Policy Guidelines," it said.

The affidavit said as far as general entertainment channels are concerned, there is one major organisation called Indian Broadcasting Foundation having 313 members (as on April 2023).

"The said IBF has set up a Broadcasting Content Complaints Council (BCCC) as a self-regulatory mechanism to examine the complaints relating to content being telecast in this category of broadcasters. Justice (Retd.) Gita Mittal, former Chief Justice of Jammu & Kashmir High Court is Chairman of Broadcasting Content Complaints Council," it said. (Agencies)

EDITORIAL

Souring Indian-Canadian relations

India-Canada relations seem to be turning bitter day-by-day following the unproven allegations of the Canadian Prime Minister Justin Trudeau that there was a 'potential link' between Indian government agents and the killing of pro-Khalistan terror accused Hardeep Singh Nijjar in British Columbia on June 18. Nijjar has been accused by India's National Investigation Agency of making efforts to revive terrorism in Punjab. The allegations and counter-allegations have witnessed subsequent measures taken by two countries including expulsion of each other's diplomats and issuance of travel advisories for their respective citizens. In retaliation to Canadian travel advisory, Indian government has also issued a fresh travel advisory asking all Indian nationals in Canada and those contemplating travel there, especially Indian students, 'to exercise utmost caution in view of growing anti-India activities and politically condoned hate crimes and criminal violence', taking the relations of two countries to a new low. The world leaders have described the irresponsible statement of the Canadian Prime Minister as 'shocking action' fraught with serious repercussions. Reasons are clear: there has been no charge-sheet or trial in the case. It has taken just three months for Canada to conclude that there was a 'potential link' between Indian government agents and the killing of Hardeep Singh Nijjar. On Monday, the Canadian Prime Minister while addressing the House of Commons claimed that their security agencies were 'actively pursuing credible allegations', adding that 'any involvement of a foreign government in the killing of a Canadian citizen on Canadian soil is an unacceptable violation of our sovereignty.' After Trudeau's statement, Foreign Minister Mélanie Joly announced that a top Indian diplomat had been expelled from Canada. It received counter action from India which also removed the Canadian diplomat bringing the relationship of two countries on the edge. Such alacrity was conspicuous by its absence when Canada witnessed the worst terrorist attack in its history, the Air India bombing on June 23, 1985, that killed all 329 people aboard, mostly Canadians of Indian origin. No urgency was shown to make an announcement in the House of Commons about the culprits or the probe within three months of the bombing. Canada not only failed to prevent the attack but also conducted a shoddy investigation — only one person (Inderjit Singh Reyat) was convicted in the case, and that too on the charge of perjury. In a damning report, the Justice John Major Commission said, "The level of error, incompetence and inattention which took place before the flight was sadly mirrored in many ways for many years, in how authorities, Governments and institutions dealt with the aftermath of the murder of so many innocents..." There is a word across the world that Trudeau has become a victim of dirty politics because it jumped to conclusions without a trial and it exposes his attempts to pander to radical groups threatening India's territorial sovereignty. After New Delhi expelled a Canadian diplomat in retaliation, the Canadian government has virtually changed its stance and the firmness in Indian action was must to make Ottawa mend its ways.

D JEEVAN KUMAR

World leaders have gathered in New York City for the 78th session of the High-Level Week at the United Nations General Assembly (UNGA), taking place from September 17-23. Leaders and other senior representatives of the UN's 193 member states convene annually in New York to discuss the state of the world and what needs to be done to set things right. The international community has rarely faced such an unprecedented array of challenges on a colossal scale requiring global leadership as it is now—from extreme poverty, climate change, and unconstrained artificial intelligence to Great Power tensions, destructive conflicts, and a growing global youth population in urgent need of new skills, opportunities, and, perhaps most importantly, hope. Marking the halfway point to the deadline set

for achieving the 2030 Agenda for Sustainable Development, world leaders will adopt the SDG Summit's Political Declaration, which seeks to provide high-level guidance on "transformative and accelerated actions" for all countries delivering on the seventeen SDGs.

Guiding this effort is the UN document, Global Sustainable Development Report 2023. This report outlines necessary shifts, not only in energy sources, consumption patterns, and supply chains but also in values, hearts, and minds. Drawing on the latest data and scientific insights, the report offers ways and means to pursue these shifts.

Unfortunately, a sobering message from the summit is that only 15 per cent of the Sustainable Development Goals' targets are on track to be achieved by 2030, leaving over 500 million people likely to still live in extreme poverty.

This raises several questions about the fundamental concept of sustainable development (SD) and the implementation of the SDGs: Is something seriously wrong with the way in which Sustainable Development (SD) has been conceptualised and is being implemented through the SDGs? Here is a checklist of what is fundamentally wrong both with SD and with the SDGs:

1. The concept of sustainable development itself, which came to the fore mainly with the Brundtland Report, "Our Common Future" (1987), has been primarily framed within mainstream economic theory. Within the framework of orthodox, neoclassical economics, in particular, this idea has been largely perverted to signify a quantitative compromise between economic growth and the need for environmental protection.

2. SD and the SDG approach attempt to mesh two conflicting goals:

environmental protection and economic growth. SD places a premium on economic growth over the environment. This approach believes that only minor adjustments to the market system are needed to launch an era of environmentally sound development, which will result in the realisation of the SDGs.

3. The SD-and-SDG approach perpetuates and reaffirms questionable policies in their ethnocentric, technocentric, and anthropocentric qualities. While past approaches have failed to meaningfully address the needs, values, and cultural differences of developing countries, the current approach repeats these mistakes.

4. While Sustainable Human Development should be considered a major concern by itself and a crucial condition for the overall sustainability of the economy and society, mainstream theorising and policy imple-

mentation regarding SD are essentially concerned with the sustainability of capitalist growth and profitability.

5. Capitalism is, overwhelmingly, the main driver of planetary ecological collapse. From climate change to resource overconsumption to environmental degradation, the engine that has powered three centuries of accelerating economic development and revolutionising technology, science, culture, and human life itself is, today, a roaring out-of-control locomotive mowing down continents of forests, dredging oceans of life, clawing out mountains of minerals, drilling/pumping out lakes of fuels, and devouring the planet's last accessible resources to turn them all into "products", while destroying the fragile planetary ecologies built up over aeons of time.

6. Perhaps one of the greatest failures of SD is its lack of attention to

excessive consumption in the West and the unsustainability of this practice. Maximisation of profit and environmentally sustainable and equitable consumption cannot be achieved simultaneously.

7. SD and the SDGs do not look at the concentration of power and wealth in the hands of a few. This is where the real lack of sustainability rests.

Will the SDG Summit's Political Declaration in UNGA-78 amend the fundamental assumptions upon which SD and the SDGs are based? Unless we modify our ideas about both production and consumption and the socio-economic relations that perpetuate inequality and inequity, the world will continue to be plagued by large deficits in the realisation of the SDGs in the run-up to 2030.

(The writer is an honorary professor at Karnataka State Rural and Panchayat Raj University.)

Inflation fight undermined

AJIT RANADE

India's official inflation rate for the month of August is 6.83 per cent, down from 7.44 per cent the previous month. It is still above the 6 per cent maximum rate which is the red line for the Reserve Bank of India.

Ever since the monetary policy shifted to inflation-targeting in 2016, the permissible band of inflation is 2-6 per cent for the consumer price index (CPI). This is the seventh time in the past 12 months that the monthly inflation rate is above 6 per cent.

Is that not disconcerting for the RBI's Monetary Policy Committee (MPC)? It needs to tighten money supply further to reduce inflation. But it has chosen to keep the interest rate unchanged, hoping that inflation will come down by itself. The RBI Governor has indicated that inflation will remain high for some time.

India's consumer price index consists of a weighted average of around 450 items in the consumption basket (different for rural and urban consumers). But almost 49 per cent of the weight goes to food and related items. Hence, if food inflation is high, naturally the overall inflation is high. Food inflation is currently running at 10 per cent, thanks to rising prices of vegetables, oilseeds, pulses, milk, and even cereals.

The government has used a combination of banning exports or levying a hefty export tax on a variety of agricultural products, including wheat, rice, sugar and

onions. This affects the earnings of farmers who were eyeing lucrative profits from exports.

For instance, India exported 7.4 million tonnes of parboiled rice in 2022, but now there is a stiff 20 per cent export duty in place. India accounts for 40% of the world's rice exports, and thanks to India's curbs, this has created additional scarcity in the world. India's export curbs have affected importing countries like China, Philippines, Bangladesh, Indonesia and Nigeria. In Philippines, a minister might have to resign due to the steep prices of rice. Has the ban or export tax reduced rice inflation in India?

Not really, because apparently, broken rice (on which the export tax applies) is headed for ethanol production.

Using food to create fuel for cars is a controversial policy, especially when the world is experiencing high food inflation. The FAO's all-rice price index rose by 9.8% in August and is now at a 15-year high. Such inflation is bound to seep into India. The ethanol policy is motivated by trying to save precious dollars that we spend on the import of crude oil. But if domestic food inflation is the price to pay, we have to think carefully about using food crops for fuel production.

Going beyond food inflation, the outlook for crude oil also anticipates high prices. Due to supply cuts by Russia and Saudi Arabia, oil prices have crossed \$85 a barrel, and will stay high. Since this affects India's imports adversely, there is a possibility that the rupee will further decline from 83 to 85 to a dollar.



The oil import bill can only be beaten by more than expected exports of software and IT services. This is easier said than done, since there is a palpable slowdown in the software sector. Of course, the medium to long-term outlook for India's software services remains very strong, as indicated by Nasscom, the industry body.

Apart from food inflation, oil prices, and a slipping rupee-dollar exchange rate, one major contributor to the inflationary trend is the size of the fiscal deficit. India is running a high deficit, and its national debt is also rising. All attempts at controlling the deficit seem to be futile. Of course, during the pandemic, the deficit had to rise, since the government had to use emergency rescue measures in terms of free food, subsidised loans and ample liquidity. But some decisions can raise eyebrows.

For instance, the free food grain scheme, now running for more than 48 months, is cost-

ing the exchequer cumulatively Rs 4.5 lakh crore. The cabinet recently announced a Rs 1.7 lakh crore revival package for BSNL, the debt-ridden telecom company. In the past seven years, as per an answer to a parliamentary question, nearly Rs 15 lakh crore worth of bad loans have been written off by public sector banks. This has fiscal implications, since equity capital has to be infused into the banks by the central government. The write-off could be one contributory factor leading to the lower bad-loan ratio and improving health of the banking sector. But what cannot be denied is that fiscal spending is too stretched and leading to inflationary pressure.

India's fiscal situation is more dire than is acknowledged. If we compare the debt service ratio, i.e., how much of the government's revenue goes simply to paying interest on the rising debt mountain, India is way above the median for all countries. Due to the high deficit, the interest

rate tends to remain high, leading to a disadvantage for crucial sectors like housing, real estate and, indeed, all industrial projects.

India tried very hard to curtail deficit-spending tendency, by trying to make it illegal to exceed a certain limit. The Fiscal Responsibility legislation passed by parliament in 2003 made it illegal to exceed 3% of GDP as the fiscal deficit limit. The stark reality is that in not even a single year has India not breached this limit. So much so that the FRBM law has been rendered toothless. A review of the law was conducted just before the pandemic, and that too won't be of much use, since debt and deficit levels are far above what is healthy for the economy.

It is true that in a noisy and competitive democracy, there is a clamour for more spending by vocal groups and vested interests. On top of this, there is the increasing tendency to offer freebies. Plus, the new industrial policy, which offers schemes like Production-Linked Incentives, and also protection from imports.

All of these measures, for good or bad, have fiscal implications, which not only jeopardise sustainability of the debt and fiscal stance, but also add to inflationary pressures. The large and heavy overhang of India's perennial fiscal dominance (and burden) cannot be undone merely by tightening the monetary policy. Even that is showing forbearance. The inflation fight is indeed a very difficult one in India.

(The writer is a noted economist)

G20 Summit: Towards a just world order

SANDEEP CHACHRA

The just concluded G20 meeting in Delhi has been an unqualified success. India, while fulfilling its responsibility of holding the G20 Presidency, has demonstrated an inspiring championship of the issues of the Global South. The path of the G20 summit, from Indonesia last year to India, to Brazil later this year and from there to South Africa, augurs well for the rightful assertion of the Global South within the international community.

Like most other international bodies, the G20 carries with it a cause of concern - as it contains the world's most powerful and influential in its origins. The path of the upcoming summits, as it traverses through the nations of the Global South, however, provides hope of giving momentum to the next phase of decolonisation.

The first phase of decolonisation, which concluded by the middle of the last century, saw strong momentums embodied by nationalist struggles leading up, with a few notable excep-

tions, to the physical ouster of occupations and the first steps of liberation of the Global South. From quite early on, the Global South realised the need to build collective energies to counter the hegemonies of the Global North, and this saw the Bandung Conference in 1955 and the Non-Aligned Movement that continued to the early 1990s. With a hiatus brought about by the end of the Cold War, we see today renewed recognition of the need to resist the continued hegemony of the Global North.

In that context, the decision to welcome the African Union as a permanent member of the G20 will shape the ideas of planetary futures. Powered by the suffering of plundered pasts, popular momentums and a youthful future, there can be little doubt that the peoples and states of the African continent will eventually define the future of equality and justice together with the other nations of the Global South.

The G20 New Delhi Leaders' Declaration, adopted as a consensus document, shows four key departure points. These include the issue of climate



justice, the expressed need for debt restructuring, the agenda of gender equality and empowerment of all women and girls and the war in Ukraine.

Climate action also presents a significant arena for decolonisation. Peoples and nations of the Global South have contributed the least to the climate crisis and yet suffer the most. Within the G20, the G7, in particular, carry the historical responsibility for most damage and, therefore, must shoulder the burden/

weight of reparations and compensation for damage. Indeed, climate justice needs to adopt the principle of common but differentiated responsibility. The document spells out the need for adequate climate financing by the Global North.

The Delhi Declaration brought a sharp focus on global debt vulnerabilities, especially as related to low- and middle-income countries. Progressive opinion has long pushed the agenda of debt cancellation, as

the positive impact on people from the Global South would be immense.

As a reiteration of the feminist sentiment to consign patriarchy to the dustbin of history, the Delhi Declaration has called for gender equality and empowerment of women and girls. While legal frameworks for women's rights exist in most countries, achieving gender equality in social and economic spheres remains challenging. This could be the defining moment for women of the world with the G20 endorsing the vision of a feminist future.

Challenges remain. Most important is whether the agreements coming out of G20 will go beyond the symbolic and escape the subterfuge of Greenwashing and market solutions, which have proven only to benefit business owners. Symbols, rhetoric and broader participation must translate into tangible and urgent ground action. Such legacies live only when the most vulnerable see them realised.

(The writer is executive director of Action Aid Association. Views are personal)

Indian Army organises Nb Sub Hans Raj Memorial Cricket Tournament in Poonch

JINNEWS SERVICE
POONCH, SEPT 20

Amidst enthusiastic cheers, the grand opening ceremony of 'Nb Sub Hans Raj Memorial Cricket Tournament' was organised at Jhallas in Poonch (J&K). The cricket tournament is being organised by Indian Army in association with United Himayat Committee nurturing the young talent of the region in memory of son of soil,



Nb Sub Hans Raj who made supreme sacrifice in service of nation on 16 May 2002. The tour-

nament will feature six teams from nearby villages which would compete in a friendly matches. A diverse array of residents flocked at the Jhallas Cricket Ground to cheer for their teams and remember their son of soil Nb Sub Hans Raj. The tournament also aimed to encourage youth of the region to stay away from drug nexus and pursue their dreams of being a sportsman from the region.

Indian Army organises Kho-Kho Game at GHS, Dedna, Kishtwar



JINNEWS SERVICE
KISHTWAR, SEPT 20

Continuing the effort of nurturing sporting talent of local youth and encouraging the young minds to participate in constructive activities, Indian Army organised Kho-Kho game among the students of Govt High School, Dedna in Kishtwar (J&K). The

residents of Cherji region who witnessed the Kho-Kho game lauded the initiatives and expressed that such initiatives by Indian Army will aid in developing sportsmanship spirit amongst the youth and engage them in constructive and nation building activities. A total of 32 students attended the sports activities.

Rectification of 'Tarnah Bridge' to take more than months' to complete: RTI Reply

JINNEWS SERVICE
JAMMU, SEPT 20

In response to an application under Right to Information Act, the National Highway Authority of India (NHAI) has informed that rectification of damaged portion of Tarnah bridge at National Highway between Jammu to Lakhnapur would take more than five months to complete.

While replying the Online RTI application of Jammu based RTI Activist, Raman Sharma regarding completion time to be taken for repair works of damaged Tarnah bridge, Project Director, NHAI -Project Implementation Unit Jammu vide his office letter no PD/JMU/RTI/2023-24/1912 dated 19/09/2023 has stated "Tarnah Bridge Rectification for damaged portion is likely to be completed by Feb-2024".

It has also appraised in the reply that causeway has been made operational for Light Motor Vehicles (LMV) Traffic.

Regarding the query related to estimated cost for the repair work of the damaged bridge, the reply served by the NHAI reveals that no estimation cost has been prepared by it so far.

NHAI's reply could not provide a clear information regarding the total percent of repair work that has been completed on this damaged Tarnah bridge in Kathua.

"Bridge rehabilitation can be commenced only after completion of monsoon period" the NHAI reply reads. RTI Activist Sharma had submitted this online RTI application on 21/08/2023 using online RTI portal (rtionline.gov.in) to find out the estimated completion date of repair works and estimated amount to be utilized by NHAI for repair works of Tarnah bridge that was damaged in July 2023 due to heavy flood in river Tarnah after continuous rain. This is a very significant bridge at National Highway between Jammu to Lakhnapur.

Indian Army commences Beautician Course for Women at Gandoh, Doda

JINNEWS SERVICE
DODA, SEPT 20

As a part of ongoing outreach and helping Awaam to increase employability of youth and generate self-employment undertaken by the Indian Army a Beautician Course has commenced at Gandoh in District Doda (J&K) for a duration of one month with effect from 19 Sep 2023. A total of 26 women from nearby villages have been registered for Beautician Course. The primary aim of this course is upliftment and empowerment of women economically disadvantaged strata of society from this area through skill development and employment generation. Indian Army encouraged the interested women to join the Beautician Course and advised them to make the best use of facilities being provided to them by the



Indian Army to help them find gainful employment and skill development. This project will help the women folk to develop their skills to help them becoming financially self-reliant. Indian Army said that the project will be of immense help in minimizing unemployment of women and generate self-employment thus contributing in attainment

of National goals of Skill Generation and Employment Generation. Beautician Course will give them an opportunity to earn an honourable alternative livelihood and will assist them in their financial upliftment. It will also help them in improving their standard of living and generate a sense of financial security and well-being.

Biggest ever JUMLA in last 9 years; Women Reservation Bill can't be implemented in more than 10 years: AAP

JINNEWS SERVICE
JAMMU, SEPT 20

Sensing fear of loss in 2024 and negative tendency of women against ruling dispensation due to sky rocketing prices as reflected in Himachal Pradesh, Karnataka and Delhi MCD the BJP which is infamous over throwing JUMLAS to befool the masses & divert their attention from the burning issues, has thrown biggest ever JUMLA to woo the women folk in the name of Women Reservation Bill in Lok SABHA, for 33% reservations to women in Lok Sabha, Assemblies & Municipalities etc which can't implement in more than next ten years for implementation, the Sr. AAP leaders, S/Sh. Major General Retd, R.S. Jamwal, Farooq Ahmed Bandy, Ram Singh Chauhan, Nirmal

Mahna, Kuldeep Kumar Rao, S. Ravinder Singh, Sarpanch, Amit Langer, Agya Kour, S.S. Jamwal, Ram Pal Khajuria, Sandeep Parihar, Romesh Lal Bhagat, Suresh Bhagat, Ashni Mattoo, S. Ranjodh Singh & Sukhdev Kumar Sangral, maintained & added that the bill first need be ratified by 50% Assemblies in the country and then outcome of next census has to be kept into consideration for delimitation of seats in various states in the country which process may take more than 10 years. The AAP leaders further said that fresh JUMLA has obviously been thrown for fear of tendency of loss in 2024 and to befool the women folk across the country feeling & taking it guaranteed that the memory of masses is weak & can be swayed easily. The AAP leaders cautioned

the masses that BJP has smelt rat of eating humble Pie in ensuring 5 state Assembly elections in Nov/Dec, 2023 in MP, Rajasthan, Chhattisgarh, Telangana & Mizoram etc and that is why they are turning every stone to divert the attention of women folk and make best use of their emotions for electoral gains. The AAP leaders have cautioned the women folk across the country to see through the game and not fall into the trap of BJP which they lay at the time of elections and later call it a JUMLA. Their sympathy with the women is well known in case of women wrestlers, Hathras episode and Manipur naked parading of girls & women, the AAP leaders asserted and appealed to teach them a lesson for times to come to save the honor and dignity of women.

Er. Gulam Ali Khatana nominated to PSC of Energy for IInd term

JINNEWS SERVICE
NEW DELHI, SEPT 20

BJP MP Rajya Sabha Er. Gulam Ali Khatana has been nominated to the Parliamentary Standing Committee on Energy for the second term.

In a letter issued by Deputy Secretary, Govt of India, Lok Sabha, S. Lakshmi Kanta Singh, said Departmentally Related Standing Committee on Energy (2023-24) has been constituted w.e.f. 13th September, 2023 and you have been nominated as Member of the Committee. Shri Jagdambika Pal, MP is Chairperson of the Committee.

Chairman TMF pays homage to Martyr Pardeep Singh

JINNEWS SERVICE
JAMMU, SEPT 20

Chairman Team Mask Force vijay Sharma in a press release paid homage to Sepoy Pardeep Singh, martyred during Anti-terror operation in Anantnag. Lt. Gov. Manoj Sinha in a press release said he bows to the exemplary courage and sacrifice of our Braveheart. Sharma said we will always remain indebted to his Martyrdom. Entire nation stood firmly with his family in this hour of grief. The mortal remains of Martyr Sepoy Pardeep Singh will be sent to his hometown for last rites with full military honour.

Revival of militancy in Rajouri, Pir Panchal, Kokernag gunfight indicates present security situation in J&K: Omar



JINNEWS SERVICE
SRINAGAR, SEPT 20

National Conference (NC) Vice President and former chief minister of erstwhile J&K state, Omar Abdullah on Wednesday said that 80 per cent of the population in Union Territory are disappointed and anguished over Bharatiya Janata Party (BJP) and the situation has worsened on the ground, but the government is busy in making baseless statements.

Addressing a gathering in Jammu, Omar, as per the news agency said that the security situation in J&K is known to all as the militant activities are taking place in the areas where the militancy was eradicated completely.

"You have seen attacks and encounters in Rajouri, Pir Panchal and other places, the militancy was completely eliminated in these areas. In Srinagar, an attack took place the day before yesterday. This is the security situation at present," he said, adding that the

government has been busy showing tourists and G20 events while the people are being killed inside their offices.

"The encounter at Kokernag continued for seven straight days in which four including three officers laid down their lives. Howe has the situation improved," he said.

About Article 370 abrogation, Omar said that the decision according to the government was made to merge J&K completely with the union of India while the senior government lawyer in the Supreme Court (SC) recently stated that the decision was necessary as the people were feeling isolated than other people of the country.

"However, the Lieutenant Governor Manoj Sinha in Uttar Pradesh has recently stated that he will continue to be there in J&K till it is fully merged with the union of India, it is hard to understand whom shall we believe now," he added. Meanwhile, Omar stated

that all the daily wagers will be regularized if NC is voted to power. "The daily wagers would have been adjusted as we took steps for their regularization. If voted to power, we will start the process again and regularization of the daily wagers will be ensured in five years of our tenure," he said. He added that the elections are being delayed because 80 per cent of the people are disappointed and anguished over BJP, saying that from smart meters to unemployment, everything has disappointed the people.

"We have the right to speak against the smart meters, but the PSA is being slapped on those who speak over it," he said.

"I can only find anger among 80 per cent of the population, except a few BJP workers are happy as they managed to earn from transfers and other things. 80 per cent of the people want elections to be held as they don't like BJP at all," he said.

ADG PIB, CBC J&K holds IMPCC meeting

JINNEWS SERVICE
JAMMU, SEPT 20

Additional Director General (Region) PIB and CBC J&K and Ladakh, Sh. Rajinder Chaudhry today said, the coordination & cooperation among the Media Units of the Ministry of Information & Broadcasting based in J&K, J&K DIPR, DPR Defence and Central Government Departments is the need of the hour for effective communication and publicity of the Government of India initiatives, policies and programs. Sh. Chaudhry said this while chairing a meeting of the Inter-Media Publicity Coordination Committee (IMPCC) organised by Press Information Bureau, Jammu.

In his address, Rajinder Chaudhry said, better media integration and synergy among the units is significant in achieving the better media coverage. Sh. Chaudhry emphasized, the publicity should not be seen as an event based activity but has to be a sustained ongoing process and the ideas must be shared, to be converted into concrete stories in collaboration with media units.

Sh. Chaudhry further emphasised that the activities of the Media Units and Central Government Departments must be shared well in advance so that a good coverage is given to the



events through proper planning using the best available resources. He also stressed that the Central Government Departments can use their exhibits during the Multimedia Exhibitions organized by Central Bureau of Communication for their promotion and for informing people about the programs and policies of their respective departments.

Sh. Chaudhry also said, the amplification of the events through respective social media handles is important as social media is emerging as the most powerful medium for effective communication and for promotion of the government initiatives, policies and programs.

Sh. Chaudhry also asked the participating departments to utilize social media platforms for quick, fast and accurate delivery of the information and achievements in a professional manner.

Sh. Chaudhry appreciated the efforts of the media units of MIB based in J&K and J&K DIPR for giving best coverage to G20, PM Vish-

wakarma, Meri Maati Mera Desh and other events of national importance.

Deputy Director, Central Bureau of Communication (CBC), Jammu & Kashmir and Ladakh, Ms. Ayushi Puri provided an overview about main activities of CBC in J&K. She emphasized, the cooperation is inevitable between the departments in giving meaningful information so as to develop good developmental stories.

Assistant Director, Doordarshan, Jammu, Sh. Vivek Pathak provided the details of the activities of DD News in Jammu Division and Media & Communication Officer, PIB Jammu, Sheikh Mudassir Amin provided an overview of the activities of PIB in Jammu Region. The meeting was attended by representatives of various media units, defence and different departments of Government of India based in Jammu, including Brig. A. Sridhar, BGS (IW), HQ Northern Command, Lt. Colonel Rohan Mahajan, GSO-1 (Media), HQ Northern Command, Lt. Col. Suneel Bartwal, PRO Defence Jammu, Sh.

Indian Army organises Quiz Competition for school students at Kuchalna, Kishtwar

JINNEWS SERVICE
KISHTWAR, 20 SEP 2023

In its efforts to connect with and simulate the young minds and create awareness amongst the youth, Indian Army organised a Quiz competition for the students of Govt Middle School, Kuchalna in District Kishtwar (J&K). The children participated with zeal and enthusiasm. A total of 32 students participated in the event. The heartwarming talent and knowledge expressed by the young students was evidence to the new found way of life in the region. The teachers and children lauded the initiatives of the Indian Army for building up the confidence among them and they were overjoyed to participate in such an event.

Our doors open for Jamaat, Hurriyat: Altaf Bukhari

JINNEWS SERVICE
SRINAGAR, SEP 20

Former minister and Apni Party president, Syed Altaf Bukhari on Wednesday said that his doors are always open for anyone, who believes in Indian constitution and is not involved in drug abuse & terrorism.

"The doors of our party are always for anyone, be it Jamaat-e-Islami, Hurriyat or anyone, who believes in Indian constitution, don't believe in communal politics and is not involved in drug abuse and terrorism," Bukhari said as per the news agency. Reacting to the statement of Lieutenant Governor Manoj Sinha, he said that democracy allows the people to elect their representatives. "The Lt Governor has the right to speak anything, but the fact is democracy exists because of the people only," he said.

Unlocking Opportunities with the Indian Army's Benevolent Scholarship

JNEWS SERVICE
RAMBAN, SEPT 20

Kiran Bala D/o Madan Singh was born on 12 Feb 2002. She is a determined and hardworking student hailing from the village Sawani, Ramban district in Jammu & Kashmir. Since Childhood, Kiran's dream was to pursue education and uplift her family and community. Despite of numerous hurdles, from lack of resources to societal pressure discouraging girls from pursuing education, Kiran completed her higher secondary school education from



Govt Model High Secondary School, Ramban in 2020 with flying colours. Kiran's unwavering spirit fueled with determination caught the attention of Indian Army who supported her to prepare and

appear for JKSSS under Op Sadbhavana. She worked hard and qualified for the scholarship to pursue a Bachelor's of Science in Radiology at Mewar University, Gangrar, Chhitorgarh (Raj). The institution is equipped with state of art laboratories, experienced faculty and a nurturing environment that fosters growth and learning. Kiran Bala has immersed herself in her studies, eagerly absorbing the knowledge that would shape her future career. Today, Kiran Bala serves as a beacon of hope and inspiration for her com-

munity. She is not only pursuing her goals but has also opened doors for countless others to follow their dreams despite the challenging circumstances. Her story reminds us that even in the most adverse conditions, human spirit can shine with determination, resilience and a commitment to positive change. It's pertinent to mention that the Indian Army's Education Assistance program has been a lifeline for students like Kiran Bala, who have the potential but lack the financial means to pursue their education.

CBC Udhampur organizes Multimedia Exhibition on Seva, Sushasan, Garib Kalyan at Basantgarh

JNEWS SERVICE
BASANTGARH, SEPTEMBER 20

Deputy Commissioner, Udhampur, Ms. Saloni Rai today paid a visit to the inaugural ceremony of the three day Multimedia Exhibition organized at Government Higher Secondary School, Basantgarh, district Udhampur on Seva, Sushasan & Garib Kalyan, G20, Mission LIFE & Ek Bharat Shrestha Bharat on the sidelines of Block Divas. The three day Multimedia Exhibition is being organized by Central Bureau of Communication, Udhampur, Ministry of Information & Broadcasting, Government of India.

Sub- Divisional Magistrate Basantgarh, Wahid Manhas who was also present during the inaugural ceremony said, almost all the welfare schemes of Government of India have been implemented in Basantgarh, a far-flung area in district Udhampur be that the PMAY, PMGSY, PMAY Grameen and Urban, JJM



etc. as the government is trying its best that the benefits of the schemes must reach the last man in the queue. He further said, it is the responsibility of every citizen of India to contribute in nation building especially the students, the future of this nation who must ensure that the vital information regarding Government of India Schemes, Policies and Programs must reach their families and the society so that the people will be able to get the benefits out of it.

With the development of highways across the length and breadth of the nation and the building of

network of roads to the unconnected areas of the country, the government is spending thousands of crores on the construction of roads so that unconnected areas are connected to the mainstream, SDM informed.

Sh. Khurshid Yousuf, Field Publicity Officer, Central Bureau of Communication, Udhampur said, the government of India is steadfast to end the communication gap and organise these Multimedia Exhibitions especially in the far-flung areas to inform people about different schemes so that they will be able to obtain benefits in real-time.

Sh. Soumit Sapolia, Branch Head, JK Bank, Pradeep Singh from Agriculture Department, Dr. Surinder Kumar from Sheep Husbandry Department, Rakesh Paba of Fisheries Department, Dr. Sunil Bhaderwaj, Animal Husbandry Department, also addressed during the event and informed about various schemes of their respective departments provided by the government.

Besides students, locals, the event was attended by Principal HSS Basantgarh, Rajinder Kumar & TA (S) CBC Udhampur, Gurnaam Singh.

During the event, on the spot quiz competition was organised on Seva Sushasan & Garib Kalyan and patriotic songs were sung by the students. Empanelled Private Registered Troupe of CBC, J&K and Ladakh presented Cultural Programmes during the day long event. Prizes were later distributed among the winners of quiz competition.

SSH protests against delay in repairing irrigation canal at Kole Kothe



JNEWS SERVICE
JAMMU, SEPT 20

Shiv Sena Hindustan activists led by Pt Rajesh Kesri today demonstrated against the Irrigation Department at Village Kole Kothe of RS Pura Block, where due to the broken canal or when it rains, the canal water enters residential areas making it difficult for local villagers to move out of their homes. It gets gathered in the houses due to which people face problems in commuting. Children cannot go to school. People's tied animals remain lying in the water. The whole village is worried over this. Kesri further said that for many years, requests were made to the government to clean the banks of the canal, necessary repairing of canal so that water does not accumulate in the streets because

when it rains, more water accumulates due to which children are not able to go to school, people have to take off their clothes to move outside their homes. Kesri requested the government to get canal repaired as soon as possible so that the life of the people can be made easier because these people are very poor and with lot of difficulties manage family affairs and being border area, they do not have much resources for work. They depend only on the milk of animals, so the government should pay attention repairing of canal as soon as possible. Prominent among those present on the occasion include Balveer Kumar, Balwant Fauji, Raj Kumar, Suresh Kumar, Darshana Devi, Rajni Devi Poli Devi, Neeru Devi and dozens of other Shiv Sainiks and villagers.

"Nari Shakti Vandan Adhiniyam" transformative moment in nation's history: Ritika

JNEWS SERVICE
JAMMU, SEPT 20

Chief Spokesperson BJP Mahila Morcha J&KUT Ritika Trehan Wednesday appreciated PM Modi Govt for "introduction of the Women's Reservation Bill" terming it a transformative moment in the nation's history. In a handout issued here, Ritika said Women's reservations in legislatures would empower women and strengthen the nation's democratic edifice. "The transformative law will address historical injustices and give voice to the aspirations of half of our population," she said. She said undoubtedly this is beginning of a cooperative and collaborative political endeavour towards national renewal. Ritika also hailed naming women reservation as "Nari Shakti Vandan Adhiniyam". She said that once the Nari Shakti Vandan Adhiniyam is passed, the number of seats for women in Lok Sabha will increase to 181. She said women today 'have proved that they have got the required ability, strength and courage to take the reins



in their mighty, capable and dependable hands. Therefore the "Women Reservation Bill", needs to be viewed as "Women Empowerment Bill". There is now proof that women have shattered social myths, been more approachable, controlled the dominance of alcohol, invested significantly in public goods like drinking water, assisted other women in finding better ways to express themselves, reduced corruption, given nutrition outcomes priority and altered the reform agenda at the grassroots level, added Ritika. Women are more inclined to prioritise health care, education, and welfare programmes. Also, they are more inclined to advocate for inclusive policies that aid marginalised groups, added Ritika.

the students of Govt Middle School, Kuchalna in District Kishtwar (J&K). The children participated with zeal and enthusiasm. A total of 32 students participated in the event. The heartwarming talent and knowledge expressed by the

young students was evidence to the new found way of life in the region. The teachers and children lauded the initiatives of the Indian Army for building up the confidence among them and they were overjoyed to participate in such an event.

Indian Army organises Quiz Competition for school students at Kuchalna, Kishtwar

JNEWS SERVICE
KISHTWAR: 20 SEP 2023

In its efforts to connect with and simulate the young minds and create awareness amongst the youth, Indian Army organised a Quiz competition for

BJP to reach out to last person in society: Slathia

JNEWS SERVICE
JAMMU, SEPTEMBER 20

Former Minister and Pradesh Vice President Mr Surjeet Singh Slathia today said that the mission of Prime Minister Narendra Modi is not only to steer the nation to highest pinnacles of progress and development but also to ensure that the benefits of welfare schemes percolate down to last person in the society.

"The Prime Minister's vision of Atma Nirbhar (self-reliant) Bharat is Sashaktikaran (empowerment) of all, irrespective of religion, region or caste, as per his cherished agenda of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas", Mr Slathia said, while addressing meeting of Ward No 73 Gadigarh, Ward No 58, Digiana and ward No 57 Model Town public meetings in the run up to scheduled elections to ULBs and civic bodies, adding that it is with this mantra that every BJP Karyakarta is reaching out to the people, aware them about the schemes tailored by the govern-



ment for their welfare, listen to their problems and make every effort in getting these resolved by taking up the grievances or issues with appropriate forums in the administration.

Slathia referred in detail to the path-breaking initiatives like Ayushman Bharat, One Nation-One Ration Card, StartUp, Digital Bharat, Beti Bachao Beti Padhao, Jan Dhan Yojana, Izzat Ghar programme and much more, saying these schemes have changed the lives of the people. He said the health cover of Rs 5 lakh each is available to over 50 crore families across the country, which includes the entire population of Jammu and Kashmir, as a special dispensation. He made a mention of the

most successful Covid containment campaign under the leadership of the Prime Minister, saying this was unparalleled across the pandemic inflicted world. While several major economies crashed, India made a mark as the world's fifth economy, notwithstanding the fact of multiple challenges facing the country. Over 81 crore population is getting free rations for nearly three years now and this speaks of the concern of the BJP towards the compatriots, he added.

Slathia said the commitment of the Prime Minister to public welfare keeps every worker on mission mode to be amid them like a family. This inspiring ethos of the BJP since its inception from the Jana Sangh era is a major

irritant for the Congress and the self-styled socialists, which is why they are channelizing all their negative energies towards maligning the party of the people, for the people and by the people. Earlier, the momentum of opposing the BJP was feeble but after these parties were almost rooted out from the ground by the people due to their self-centric, anarchistic, opportunistic and dynastic politics, the venom has gained the intensity. However, the more these parties orchestrate campaigns against the BJP, the more it becomes dearer to the people for its Nation First mission, he added.

Prominent among those present on the occasion included Baldev Singh Balaria Deputy Mayor JMC Ex MLC Vikram Randhawa Rekha Mahajan District President BJP Jammu Pawan Singh Convenor ULB J&K Ayodhya Gupta Prabhari Jammu South R.S.Pura Ranjodh Singh Nalwa President Minority Morcha Naresh Singh Ranjit Singh Mandal President Kunjwani

Kavinder congratulates on passing of Women Reservation Bill in LS Flays Cong's seven-decade failure in empowering women



JNEWS SERVICE
JAMMU, SEPT 20

Kavinder Gupta, a senior BJP leader and former Deputy Chief Minister, congratulated the women of Bharat on the historic passage of the Women Reservation Bill in the Lok Sabha today with 454 votes and a two-third majority.

In a statement issued here today, the senior BJP leader expressed his support for the Women Reservation Bill and commended the BJP-led government, specifically Prime Minister Narendra Modi, for achieving what the opposition, especially the Congress, has failed to do in the past seven decades. He argued that the BJP's success in passing this Bill disproves the opposition's claims that the party only makes promises without taking any action.

Kavinder highlighted the BJP's fulfillment of its promises, including the construction of Ram Mandir and abrogation of Article 370. He applauded the BJP for reviving and

restoring the rich ethos of Bharat through this legislation.

Gupta also criticized the Congress for attempting to take credit for the passage of the Bill. He pointed out that the Congress had failed to pass this law in the past seven decades, while the BJP has been actively pushing for it for quite some time. He blamed the Congress and its allies for obstructing the bill's progress in the past.

Furthermore, he expressed his optimism about the positive effects of the bill. He believed that with one-third women members in the new Parliament, the functioning of the highest temple of democracy will be both decent and efficient.

Kavinder drew a parallel between the presence of women in households and their positive influence on creating a respectful and enjoyable environment. He expressed his hope about the prospects and opportunities that this Bill opens up for the women of Bharat.

Hindi Pakhwada organized at CUJ



JNEWS SERVICE
JAMMU, SEPT 21

The fifteen days Hindi Pakhwada is being organized by the Department of Hindi of Central University of Jammu (CUJ) under the leadership of Vice Chancellor, Prof. Sanjeev Jain from 14-29 September, 2023.

During the occasion various competitions like speech, poetry recitation, essay writing and story writing were organized. Students from various government colleges of Jammu division and Central University of Jammu participated in large numbers in these competitions.

Vice Chancellor, Prof. Sanjeev Jain, today inaugurated the 'My Signature in Hindi' campaign by signing the first sign. Prof. Yashwant Singh Registrar, Mohammad Iqbal Finance Officer, Prof. Bharat Bhushan HoD Hindi and Other Indian Languages, Dr. Priyanjan Assistant Director Hindi Cell, Heads and Faculty of the department of Hindi and Other Indian Languages also took the campaign forward by signing in Hindi.

Prof. Bharat Bhushan, Head of the Hindi Department, conducted these competitions. First prize

in speech competition, Jagriti Gupta (Education Department, CUJ), second prize, Navratri Khajuriya (Mass Communication and New Media Department, CUJ), third prize Sukanya Kumari (Government College, Bishnah), first prize in poetry recitation competition, Nikhil Singh (P.P. Dogra, Government College, Samba), second prize, Ankit Mishra (Education Department, CUJ), third prize Ravindra Singh (P.M. Dogra, Government College, Samba) First prize in story writing competition, Shweta (Department of Mass Communication and New Media, CUJ) Second prize, Sonam Kapoor (Education Department, CUJ) Third Prize, Keshav (Biology, CUJ) First Prize in Essay Writing, Krishika Gupta (Department of Biology, CUJ), second prize was won by Palak Kumari (Education Department, CUJ), third prize was won by Ansh Dev (Biology Department, CUJ).

Dr. Ritu Bakshi, Dr. Ajay Kumar Singh, Dr. Naresh Sharma, Dr. Parveen Kumari, Dr. Bijendra Kumar, Dr. Vandana Sharma, Dr. Ratnesh Kumar Yadav, Dr. Arvind Kumar Yadav played roles in the jury.

Disability Assessment Camp held at SDH Marh

JNEWS SERVICE
JAMMU, SEPTEMBER 20

Today under the guidance of CMO Jammu Dr. Harbaksh Singh a Disability Medical Camp was organized at SDH Marh by BMO Marh Dr. Jyoti Bhau, which was also attended by Surinder Kumar Chairman Block Development Council Marh. In the camp 31 patients were screened and found disabled in various sections

like Ortho 15, ENT 02, Medicine 01, Ophthalmic 05, ENT 02. The medical team which conducted the camp included Dr Vikrant Sharma (Consultant Ortho), Dr Kailash Chander (Consultant Physician), Dr Sandeep Raina (Consultant Paed.), Dr Arti Khajuria (Consultant Eye), Dr Anuj Khajuria (Consultant ENT). The camp was organized 3rd time in the block where the beneficiaries were given



on spot Medical Disability certificates and few who were not able to move were examined and provided Disability Certifi-

cates in their vehicles by BDC Chairman and BMO Marh. Surinder Kumar BDC Chairman Marh thanked the health officials for conducting the camp and providing the certificates on spot. He assured the beneficiaries that he will leave no stone unturned to provide the basic facilities to the needy people.

Latish Sharma organizes workers meeting at Bahu Fort Absence of democratic system in J&K causing hardship to people: Bhalla

JI NEWS SERVICE
JAMMU, SEPTEMBER 20

JKPCC Working President Raman Bhalla Wednesday expressed serious concern over the difficulties confronting the people in the absence of a democratic system in J&K while slamming the government for snatching the rights of people. This was stated by Bhalla while addressing workers meeting at Bahu Fort Ward-48 organized by Latish Sharma. Prominent among those present on the occasion include Diwan Chand, Bikram Langeh, Leela Jamwal, Mulakh Raj, Rahul Kumar, Ruffi Kumar, Mangat Ram, Rajiv Kumar, Satish Kumar, Chaman Lal besides others. Expressing confidence that the Congress will bounce back in a revitalized form on the J&K's political scene, Bhalla said that the party will continue to push for peace with dignity and will form next government in the Union Territory of J&K. He said that leadership has started working on a revival plan and the cadre is being revitalized to carry on the party's political campaign with renewed vigor.

Speaking on the occasion, Bhalla accused the Centre of snatching the democratic rights of the people of Jammu and Kashmir and said anti-people decisions of Govt were aimed at diverting attention from "real" issues. He accused the Centre of failing the people on all counts. He said J&K was divided into two Union Territories against the wishes of the people and they were now being denied their democratic rights by "the BJP aiming to hide its wrong policies and utter failure". The Congress shall continue to fight for the democratic rights of the people and ensure justice, he said. He slammed various anti-people decisions, terming it "BJP's deliberate move to divert the attention of the people from real issues especially rising unemployment, unprecedented price



hike and other developmental issues concerning people". In his address, Bhalla urged the party leaders to work hard to strengthen the Congress at the grassroots level and stressed that the party "is an instrument of service to the people". He urged his party cadres to gear up for the challenges. He said Congress is fully prepared for ULB, Panchayat, Assembly and 2024 Parliamentary elections, besides it is fully capable to defeat the divisive agenda and misleading politics of BJP. Congress shall continue to fight against the anti-people policies of BJP Govt and vigorously fight for restoration of democratic setup in J&K," he said. He stated that BJP's divided and rule policy and misleading politics stands exposed with the result people have decided to throw BJP out of power.

Bhalla asked the Centre to pave for holding elections in J&K without creating hurdles. He said BJP government has abandoned J&K people of their democratic rights to rule J&K directly and do whatever suits it (BJP) be it enacting different laws from time to time or be it punishing people under the garb of imposing many taxes or be it undermining the institutions to run away from transparency and accountability. Congress Party has fought for the rights of people and it will continue to fight for restoration of democratic set up and safeguarding just rights of people, Bhalla added and told the BJP government to shun the path of confrontation with the people, who are feeling isolated and disappointed over

the way they are being treated by the government.

Bhalla slammed the government for failing to address extreme joblessness, economic losses, lack of development, failed back to back village initiatives after spending huge amount and many anti people measures in terms of imposing taxes, toll plazas and new drama of installing smart meters and said people are being punished on one pretext or the other aiming to hide utter failure on the part of BJP Government. Highlighting a specific issue, Bhalla said: "Every household has been provided with a blood-sucking machine known as a smart meter, and even as people protest, the Government remains indifferent. Those who used to pay a nominal amount for electricity are now burdened with hefty bills."

Speaking on the occasion, Latish Sharma stated that the party has always held the need of dialogue and political approach as the only way out of the unending crises J&K is facing for many decades. "It will continue to pursue it till durable peace is restored in J&K and people start living a normal and peaceful life," he said. "The J&K needs humane handling and promotion of genuine democratic process which cannot be achieved by inspired fragmentation of votes in a particular region of J&K," he said. Sharma said people of Jammu and Kashmir are eagerly waiting for assembly elections and they will teach a lesson to BJP in J&K and will definitely show this party its place in the next elections.

Shree Anna Mela Jammu to be held on 29th Sep 2023 in association with IIM Jammu & DICCI

JI NEWS SERVICE
JAMMU SEPT 20

In a groundbreaking move towards enhancing agricultural incomes and promoting millets, Ministry of Food Processing Industries (MoFPI) in collaboration with Indian Institute of Management (IIM) Jammu & DICCI, convened a high-level meeting on 18th Sept 2023 at IIM Jammu permanent Campus, Jagti under the able leadership of IIM Jammu Director, Prof. B.S. Sahay. The meeting brought together key stakeholders, including Shri Gaurav Gupta from Theta Foundation for Development, along with several eminent dignitaries from industry, Industry bodies and experts.

The primary objective of this momentous gathering was to plan a Regional Conference dedicated to the promotion of Millets



and FPOs in the Union Territory of Jammu and Kashmir. Scheduled for September 29, 2023, at Hotel Radisson Blu, Jammu, the conference is expected to provide a stage for fostering exchange and collaboration opportunities within the realm of millets. It will witness participation from top Bureaucrats, Heads of the Educational Institutes, Government leaders, Researchers, Farmers, Entrepreneurs, and Industry associations, to discuss strategies, inno-

ventions, and best practices for the promotion of millets and the growth of FPOs. The conference will witness the distinguished presence of eminent personalities from the field of administration, Industry, and Farmer's collectives. Shri Milind. P. Kamble, Founder of DICCI and Chairman of the Board of Governors of IIM Jammu will also grace the occasion.

The meeting was attended by Shri Aagam Jain, General Secretary,

Laghu Udyog Authority, Shri Arun Manas, J & K State Agro-Indo Development Corporation Ltd (Online), Shri C.M. Sharma, LEAD Network, Dr. Jyoti Kachroo, In-charge Incubation, SKUAST, Shri Kamal Kaul & Mr. T.S. Reen, from Federation of Industries, Shri Manik Batra, Shri Bhupesh Gupta & Shri Amit Khajuria of ASSOCHAM, Shri Kanav Padha, Jammu and Kashmir Angle Network, Sh. Gagan Jain from NUTRAJ, Mr. Abhimanyu from Jai Organics, Cmdr Kesavan Baskaran (R), Chief Administrative Officer (CAO), IIM Jammu and Dr. Vivek Sharma, Chief Innovation Officer, IIM Jammu. The participants chalked out a plan to discuss and finalize the way forward regarding the upcoming Conference.

Request you to extend wide coverage through your media publications.

CUK's IT dept celebrates Engineer's day

JI NEWS SERVICE
GANDERBAL, SEPT 20

The department of Information Technology, Central University of Kashmir (CUK) conducted an "Induction Programme" for the newly admitted students of B. Tech CSE Programme at Tulmulla campus here. The event was attended by the faculty members of the IT and other Departments. During the event, the students were made familiar with the functioning of the university. Addressing the students, Dr. Zahoor Ahmad Najar, OSD Examination, stressed the need for engineering students to work hard and come up with the out-of-the-box and innovative solutions for the problems confronting the society. Dr. Yash Paul also welcomed the freshers and briefed them about the role of engineers towards the upliftment and development of society.

Women Reservation Bill will empower women of Bharat: Purnima

JI NEWS SERVICE
JAMMU, SEPT 20

Advocate Purnima Sharma, Spokesperson for BJP J&K and former Deputy Mayor, expressed her utmost satisfaction as the Lok Sabha successfully passed the long-awaited Women Reservation Bill. This historic legislation marks a significant milestone in women's empowerment efforts undertaken by the BJP-led government.

In a statement issued here today, Purnima commended the Lok Sabha for recognizing the urgency and importance of elevating women's representation in decision-making bodies. She stated, "The passing of the Women Reservation Bill is a testament to the BJP's unwavering commitment towards gender equality and women's empowerment. This

legislation will pave the way for a more inclusive and progressive society where women have equal opportunities to contribute to nation-building."

Advocate Purnima Sharma also highlighted the various flagship schemes initiated by the Modi government in empowering women across the country. She emphasized the notable initiatives such as Beti Bachao Beti Padhao, Pradhan Mantri Matru Vandana Yojana, Ujjwala Yojana, Jan Dhan Yojana, etc. which have positively impacted the lives of women and brought them into the mainstream socio-economic fabric of the nation.

The senior BJP leader expressed optimism about the meaningful impact that the Women Reservation Bill and these empower-

ing schemes will have on the overall development of society. She stated, "These initiatives reflect the Modi government's sincere commitment to uplift the status of women in Bharat. We firmly believe in the potential and capabilities of our women, and the BJP government will continue to work tirelessly towards their empowerment."

Purnima expressed gratitude to the Lok Sabha, the Prime Minister, and the BJP leadership for their relentless efforts in fulfilling their promise to empower women. She acknowledged that while this is a significant step forward, there is still work to be done to ensure gender equality in all spheres of society. She urged the public to support and actively participate in initiatives that promote women's empowerment, as it is crucial for building a progressive and inclusive nation.

Aseem Foundation's Abhilasha Program inspires hundreds of students in border regions towards Law Careers

Date: 20/09/2023

Abhilasha: Career in Law

Speaker: Ajinkya Kurdukar

350+ students from border areas of J&K benefited from this session

Billawaria inaugurates renovation work of Community Hall at Gangyal

JI NEWS SERVICE
JAMMU, SEPT 20

Continuing the campaign to provide better development as well as basic facilities to the people, Deputy Mayor Jammu, Baldev Singh Billawaria inaugurated the renovation work of the community hall near Shri Durga Mandir at ward 56, Gangyal in RS Pura-Jammu South constituency. This development work will be done under the supervision of Jammu Municipal Corporation (JMC). Speaking on the occasion, Deputy Mayor Jammu, Baldev Singh Billawaria said that it is a pleasure for me to inaugurate the renovation work of the community hall near Shri Durga Mandir Gangyal. Deputy Mayor Jammu said that this was an old demand of Shri Durga Mandir Gangyal Committee and local residents which was fulfilled today.



Deputy Mayor Jammu Billawaria said that he has been working towards redressing the problems faced by the people of weaker and backward sections of the society and it is indeed a matter of satisfaction for him that he has been able to make some kind of expansion. The Deputy Mayor said that an amount has been earmarked for this work, but if needed, more funds will be made available to complete other works of

the Community Hall. The Deputy Mayor further said that after the renovation of the community hall, the local residents will get more facilities. The Deputy Mayor said that people will now be able to do their religious or social work in a better way in the community hall. Addressing the people about the welfare schemes of the Central Government, the Deputy Mayor said that the Bharatiya Janata Party (BJP) is working on the

agenda of "Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Prayas" and for the upliftment of every section of the society. The Deputy Mayor said that the BJP government has worked to give a new direction to the country during its tenure. The main objective of the BJP party is to get the development work done in every area equally with full honesty. Shri Durga Mandir Gangyal Committee and local residents expressed gratitude to Deputy Mayor Jammu, Baldev Singh Billawaria for renovation work of the community hall and expressed their full support to BJP in the upcoming elections. Mandir Committee President Puran Verma, Major Ram, Ranjit Singh, Rakesh Sangral, Om Nath, Suresh Mishra, Sunny Sharma, Rajinder Choudhary, Master Kasturi Lal and others dignitaries were present.

College Teachers Association of GCW Gandhi Nagar observes pen down strike



JAMMU, SEPTEMBER 20

GCW Gandhi Nagar College participated in a two-hour pen-down strike, organized by the College Teachers Association (CTA), in protest against what they perceived as overbearing actions by the District Administration in Doda. During this strike, which occurred from 11:00 AM to 1:00 PM, all faculty members of the college came together in solidarity.

The primary grievances motivating this collective action were twofold. Firstly, the educators opposed the introduction of mul-

iple attendance monitoring systems, specifically the Adhbbut Doda App, in addition to the pre-existing BAS (Biometric Attendance System). This perceived redundancy in attendance tracking was a point of contention.

Secondly, the strike was a response to the alleged withholding of salaries for faculty members in colleges across District Doda. The responsibility for this action was attributed to the District Commissioner (DC) of Doda and the District Treasury Officer, both of whom were accused of causing financial distress

Amit Shah hails PM Modi's historic step to introduce Women's Reservation Bill

JI NEWS SERVICE
JAMMU/SRINAGAR

Union Home and Cooperation Minister Amit Shah wholeheartedly commended Prime Minister Modi for introducing the Women's Reservation Bill in the Lok Sabha. He stated that alongside granting rights to women, Prime Min-

ister Modi has also worked towards enhancing their respect.

As a result, this bill has been named the Nari Shakti Vandan Bill. Amit Shah emphasized that Modi ji has elevated the worth of Indian culture and the nation's democracy by implementing the principle 'Yatra Naryastu

Pujyante, Ramante Tatra Devta' as mentioned in the scriptures.

It is worth noting that on 19th September, the Lok Sabha chamber of the new Parliament House saw the introduction of the Nari Shakti Vandan Bill.

Amit Shah asserted that Modi ji has demonstrated

that women's empowerment isn't merely a slogan for the NDA government, but rather, it stands as the government's unwavering resolution.

"On behalf of millions of countrymen, I extend heartfelt congratulations to the Prime Minister on this historic occasion and also convey my gratitude to him on behalf of

all the sisters and mothers," said Shah.

Once this bill becomes law, women will not only have the right to reservation, but they will also play a pivotal role in propelling India towards self-reliance and development.

Sharing his sentiments on X (Formerly known as Twitter) Amit Shah wrote - People

all over India are rejoicing in the presentation of the Nari Shakti Vandan Act in Parliament. This showcases the steadfast dedication of the Modi government towards empowering women. Regrettably, the opposition seems unable to accept this reality. What is even more disheartening is that, except for mere

symbolism, the Congress has never displayed genuine commitment to women's reservation.

They either let the laws lapse or their allies obstructed the introduction of the Bill. Their duplicity will always be evident, regardless of the maneuvers they employ to claim credit.

Is Black Rice Good For Weight Loss? Let's Find Out

HIRAL PATEL

Black rice has many names, such as forbidden rice, purple rice, and emperor's rice. There are over twenty variants of black rice. This rice has a fantastic taste and is also very nutritious. It belongs to the species *Oryza Sativa L.*

Black rice is considered one of the most beneficial due to its lesser calorie and carbohydrate content compared to white rice. Additionally, it contains abundant dietary fibre, making it perfect for those trying to manage their weight.

With overweight and obesity becoming a primary concern in today's world, one must take measures to reduce their weight and body mass index (BMI). Therefore, regular physical exercise is necessary, and one must be mindful of what one eats.

Interesting Facts about Black Rice

Black rice, native to China, made its way to the rest of the world several centuries ago. In the past, it was reserved for the consumption of royals due to its nutritious value and thus was aptly named "forbidden rice".

Nowadays, people acclaim it for its health benefits, and people looking to lose weight can replace white rice with black rice. Despite its tricky texture, it is still a favourite among health enthusiasts.

Nutritional Properties of Black Rice

As per USDA, the nutritional properties of one hundred grams of raw black rice are:

Nutrient	Amount
Energy	356 kCal
Protein	8.89 g
Total Lipid	3.33 g
Carbohydrate	75.56 g
Iron	2.4 mg

Black rice has the highest protein in comparison to other types of rice. In addition, it is rich in iron, calcium, potassium, anthocyanins, carotenoids, amino acids, fatty acids, antioxidants, flavonoids, etc.

The abundance of these essential minerals in black rice makes it highly beneficial for health. It significantly helps the human body during the growth and development stages.

According to one study, reducing the consumption of high-calorie foods is crucial if you want to lose weight successfully. Instead, opt for options low in fat and rich in dietary fibre. Black rice is an ideal food choice for obese and overweight individuals as it meets these requirements.

Is Black Rice Good for Weight Loss?

Weight loss is one of the potential benefits of eating black



rice. It is rich in nutrients and loaded with antioxidants, such as anthocyanins, which give it its characteristic black colour.

Eating black rice regularly can help you achieve a healthy weight and maintain it on a long-term basis. Let's dig deeper to understand how black rice facilitates weight:

Rich in Proteins

Research shows that adequate protein consumption can help lose weight. Black rice is especially beneficial for this purpose, as it has a higher protein content than other types of rice.

When one consumes proteins, the body burns fat for energy. This process is known as Dietary-induced Thermogenesis (DIT). It results in the release of heat from the food we eat.

This heat increases our energy expenditure, which can lead to weight loss. Therefore, black rice protein is an excellent option to promote DIT and facilitate weight loss.

Promotes Metabolism

The nutrients in black rice help boost metabolism, which is integral to successful weight management.

Studies have suggested that having a higher metabolic rate can make it easier to lose weight in less time, as the calories burn faster. Additionally, having a higher metabolic rate helps reduce fat and bad cholesterol, which can lead to weight loss.

Rich in Fibre

Eating black rice can make one feel full for a longer period and thus reduce cravings. Dietary fibre intake can also lead to better digestion and regular bowel movements.

One study has found that those who are obese or overweight can lose weight if they increase their dietary fibre

intake.

Full of Anthocyanins Pigment

Anthocyanins, antioxidants, are great boosters of weight loss, and the black colour of black rice comes from this pigment. Studies have proven that anthocyanins, derived from plants, can positively reduce weight, prevent cardiovascular issues, and more.

Therefore, black rice can help with weight management and promote overall wellness. So eating it can help to manage one's weight, and although the colour changes to purple after cooking, it still contains anthocyanins.

Rich in Antioxidants

Antioxidants found in black rice have the potential to burn fats, bad lipids, and triglycerides, which can help you rapidly reduce belly fat. Therefore, consuming food rich in antioxidants is a great way to benefit from the many health advantages, such as weight loss.

Note

Black rice is a type of whole grain high in fibre and nutrients, making it a healthy addition to a weight loss diet. The fibre in black rice can help you feel full and satisfied, which may help you eat less and reduce your overall calorie intake. Black rice is also a good source of antioxidants and other nutrients that can help support overall health.

Health Benefits of Black Rice

Adding black rice to your diet could bring many benefits, including weight loss. Here are seven other reasons to try cooking with black rice right away:

Cancer-protective Properties

Black rice being an excellent source of anthocyanins, can potentially reduce one's risk of

developing cancer. Additionally, those diagnosed with cancer in its early stages may get some benefits from black rice consumption.

Reduces Inflammation

Chronic inflammation can be potentially harmful to one's health and can damage cells and organs. However, the anti-inflammatory properties of black rice can help reduce inflammation, particularly chronic inflammation.

Reduces Risks of Cardiovascular Diseases

Consuming too many calories and unhealthy carbohydrates can have a detrimental effect on heart health and can even lead to cardiovascular diseases.

However, black rice is an excellent alternative, as it is low in calories, is a good source of complex carbohydrates and can help reduce the risks associated with cardiovascular issues.

Enhances Brain Health

Those who experience difficulties with mental capabilities should incorporate black rice into their nutrition.

This rice has high antioxidant properties that can minimise the pressure on the brain, reduce free radical damage and promote a healthy mind.

Helps with Constipation and Eases Digestion

The high fibre content in black rice helps promote smooth digestion and gut health. Additionally, it can reduce constipation, aiding in smoother bowel movements.

Strengthens the Retina and Improves Sight

Black rice contains high amounts of lutein and zeaxanthin, two carotenoids known for their role in supporting eye

health. These antioxidants help to protect the cells in your eyes and to reduce the effects of UV radiation.

Keeps Type 2 Diabetes at Bay
Black rice is an excellent option for those looking to prevent or manage diabetes, as it is low in calories and high in complex carbohydrates and carbohydrates dietary fibre.

In addition, this food helps keep blood sugar levels stable by allowing the body to experience a slower, more gradual increase in glucose and insulin rather than an unchecked spike.

Note

Being overweight is often the cause of many chronic illnesses, such as heart strokes and diabetes. Consequently, effective weight management is key to maintaining your health. Adding black rice to your diet is a great way to gain dietary fibre and anthocyanins, two essential elements for weight loss. With the HealthifyMe Pro 2.0 app, you can easily keep track of all your health information, from the number of calories you consume to your cholesterol levels. In addition, you can access all the health details you need with just a single tap.

Conclusion

Maintaining good health is essential for a happy life. It doesn't necessarily mean one has to be physically attractive; instead, one should be fit and healthy. Obesity and being overweight, the everyday problems of today, require people to take action to reduce their weight. A great way to start is to make changes to one's diet.

For example, adding black rice to their diet can be beneficial, as it can help to manage weight and shed those extra pounds. **Source: Healthifyme**

NEWS

Can walking 6,000 steps a day improve heart health in the elderly?

Walking between 6,000 to 9,000 steps daily may significantly reduce the risk of cardiovascular disease (CVD) in older adults, a new study has shown.

According to the study published in the journal *Circulation*, researchers found that individuals walking between 6,000 to 9,000 steps daily had a reduced risk of cardiovascular disease, including heart attacks and strokes, by 40 per cent to 50 per cent. The study analysed data from over 20,000 people in the US and 42 other countries, in which the average age was 63.2 years, plus or minus 12.4 years, with 52 per cent being women, reports *Medical News Today*.

The study found that for every 1,000 steps added, there was an incremental reduction in CVD risk.

"There was no upper limit at which there was no additional benefit in our study. Each incremental increase was associated with lower heart disease risk in older adults," said Dr Amanda Paluch, a physical activity epidemiologist and kinesiologist at the US-based University of Massachusetts Amherst.

The study discovered a progressive reduction in CVD risk for people who walked up to 15,000 steps per day. Moreover, the study suggests that people who want to reduce their risk of CVD should set goals that feel more attainable than the commonly cited 10,000-steps-a-day target, which is not based on scientific research. However, the study found no association between increasing one's steps and lowering CVD risk for younger adults. Dr Paluch believes this is not surprising given that CVD is primarily a disease of the elderly. According to the study, only 4.2 per cent of younger adults had a subsequent CVD event, compared to 9.5 per cent of older adults.

"This does not mean that younger adults shouldn't be exercising for their cardiovascular health," said Dr Paluch.

"For younger adults, being physically active benefits many of the precursors of cardiovascular diseases, such as high blood pressure, obesity, and type 2 diabetes. These conditions are more likely to develop in younger adults, and are important for early prevention of cardiovascular disease," she added.

British-Indian doctor saves man's life twice on flight to India

A British-Indian doctor battled for five hours to save a fellow passenger, who almost died twice during a 10-hour Air India flight. Vishwaraj Vemala, a consultant hepatologist at University Hospitals Birmingham NHS Foundation Trust, was flying from the UK to Bengaluru with his mother when a 43-year-old man suffered a cardiac arrest. Vemala attempted to resuscitate the passenger, who at the time did not have a pulse and was not breathing.

"It took about an hour of resuscitation before I was able to get him back. Luckily, they (the cabin crew) had an emergency kit, which included resuscitative medication to enable life support," Vemala said while sharing his experience. Apart from oxygen and an automated external defibrillator, Vemala, with the help of other passengers, managed to get hold of a heart-rate monitor, blood pressure machine, pulse oximeter and glucose meter to keep an eye on the patient's vital signs. The passenger then went into cardiac arrest for a second time, and this time it took longer to resuscitate him.

"In total, he was without a good pulse or decent blood pressure for nearly two hours of the flight, alongside the cabin crew, we were trying to keep him alive for five hours in total," Vemala said in a statement released by University Hospitals Birmingham.

Concerned for the passenger's chance for survival, Vemala and the pilot tried to get permission to land at the nearest airfield in Pakistan, but their request was denied.

Instead, they were able to arrange for landing at the Mumbai airport, where an emergency crew was waiting for them on the ground.

By the time the flight landed, the passenger was resuscitated and was able to speak.

Black Grapes for Diabetes – Healthy or Risky?

MEHAK SHAH

Despite their diminutive size, black grapes are a surprisingly potent source of nutrition. Containing polyphenols, antioxidants and flavonoids, the humble grape may help prevent chronic diseases such as diabetes.

At first glance, it might seem that the natural sugars in fruits such as grapes might cause a spike in blood sugar levels, especially for those with diabetes.

However, studies indicate that eating black grapes may actually help to manage the condition. Not only are they delicious and cooling, but also offer a range of health benefits.

Fruit contains a type of sugar called fructose, which is different from the other kinds of sugar found in things like chocolates, white sugar, and baked

goods. Since the body absorbs fructose slowly, there is no significant spike in blood glucose levels when eating fruits.

Diabetes – An Overview

When you have diabetes, your body either does not produce enough insulin (Type-1) or cannot effectively use the insulin it produces (Type-2). As a result, it leads to more sugar absorption in your bloodstream, increasing blood sugar levels. Over time, high blood sugar levels can cause serious health issues, such as heart disease, stroke, kidney disease, and eye problems.

Managing diabetes involves making healthy lifestyle choices, such as eating healthy, exercising regularly, and monitoring blood sugar levels. Eating a nutritious diet that includes fruits, vegetables, whole grains, and lean proteins is essential, as is engaging in regular physi-



cal activity. If you have diabetes and wish to include grapes in your diet, you can speak to a registered dietitian at HealthifyMe for individualised advice.

Grapes and Diabetes – The Effect

For those with diabetes, eating fruit, such as green and purple grapes, is recommend-

ed. Despite the negligible risk of elevating blood sugar levels, the body needs carbohydrates to generate energy which grapes provide.

Furthermore, grapes are rich in beneficial micronutrients, like vitamins, minerals, and various phytochemicals that can help prevent diseases. Thus, they make a great source of both micro and macro nutrients for people with diabetes.

Glycemic Index

Grapes have a relatively low glycemic index, ranging from 43 to 53. Eating grapes, whether whole fruit, smoothie, or extract, can help people with diabetes manage their blood sugar levels. It is due to the multitude of phytonutrients grapes contain. Furthermore, grapes improve insulin sensitivity and help manage insulin levels. All grapes, including black, green, red, and blue-purple, benefit

those with diabetes.

Fibre and Antioxidants Improve Insulin Resistance

Regular consumption of black grapes, especially for those with type-2 diabetes, can be beneficial as it can decrease insulin levels, fasting blood sugar, and Ha1C (the three-month average of one's blood sugar).

Even though grapes contain natural sugars, which could affect blood sugar levels, they also have fibre that can help slow sugar absorption into the bloodstream. Furthermore, grapes contain antioxidants and other compounds that can contribute to better blood sugar control.

Despite having a lot of natural sugars, black grapes are low in calories since they are 82% water. The body can fill up and hydrate with all that water. So while grapes are tasty, they are

also low in calories and fat.

It Helps Reduce Sweet Cravings
If you have a sweet tooth, grapes can be a great way to satisfy it. Rather than eating sugary treats like gummies, lollipops, suckers and other fast acting sugar products, eating grapes can be a healthier option.

Note

The effects of black grapes on people with diabetes cannot be made certain. However, when consumed in moderation, grapes (especially black grapes) can be part of a healthy diet for those with diabetes. Though they contain natural sugars, one should continuously monitor portion sizes. In addition, check blood sugar levels when adding grapes to one's diet.

SOURCE: HEALTHIFYME

Sheetal Nanda convenes meeting with deputations of specially abled persons

JJ NEWS SERVICE
JAMMU, SEPTEMBER 20

Commissioner Secretary, Social Welfare Department, Sheetal Nanda, today convened a meeting with various deputations of specially abled persons regarding implementation of welfare schemes meant for their socio-economic empowerment besides assessing their issues.

The meeting was attended by Director General,

Social Welfare Jammu, Vivek Sharma, Director Social Welfare, Kashmir, Mohammad Shafiq Chak, Deputy Director (Admin), Mehmood Riaz Khan, Chief Accounts Officer, Ashu Behl and representatives of various NGOs including Parveen Sangral and Rajesh (MUS-KAAN Foundation), Ajay Kumar Sharma, Ajay Kumar and Sudesh Kumar (J&K Handicapped Welfare Association), Sushil

Sharma (All J&K Disabled Welfare Trust), Sham Lal (Corporator), Ritika (Beloved Grace Organization), Roshan Bhan (J&K Samaj Kalyan Kendra for Deaf and Dumb and Residential School for Blinds Jammu), Beena Bakshi (Mahila Jagriti Udhog Kendra, Jammu) and Umesh Sharma (Disabled Care Foundation).

During the meeting, detailed deliberations were held on various

issues raised by the participants like holding of awareness camps regarding NTA and legal guardian certificate, enhancement of disability pension under ISSS, UDID cards, National Action Plan for skill development for persons with disabilities and related matters.

Commissioner Secretary directed the officers to hold special camps on all the oriented schemes of Department for Wel-

fare of Persons With Disabilities throughout J&K. She asked the officers to ensure that all the eligible candidates are brought under the ambit of welfare and development schemes tailored for them.

The participants appreciated the Social Welfare Department for their holistic approach towards resolving the issues being faced by the specially abled persons of the UT of J&K.

DC Bandipora flags-off Walkathon under 'Eat Right Initiative India'



lets, a highly nutritious grain that plays a vital role in food security and nutrition.

Addressing the participants, the DC highlighted the significance of the 'Eat Right Initiative India' and the importance of millets in our daily diets. He encouraged students to promote healthier eating habits. He said that by celebrating the 'International Year of Millets 2023', they are also shedding light on the sustainable and nutritious benefits of millets.

On the occasion, a Yoga Session was also held. The event not only encouraged physical activity but also shared responsibility for health and nutrition.

The DC urged everyone to incorporate millets into their diets, thereby promoting both personal well-being and sustainable agriculture.

The event was attended by ADC Umar Shafi Pandit, Designated Food Safety Officer Zahoor Ahmad, besides other concerned officers.

JJ NEWS SERVICE
BANDIPORA, SEPTEMBER 20

In order to promote health and nutrition, the Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Wednesday flagged-off a Walkathon from Mini Secretariat Bandipora as part of the 'Eat Right Initiative India' campaign and celebrating year 2023 as 'Inter-

national Year of Millets'.

The Walkathon, organised by Food Safety department Bandipora witnessed participation of hundreds of students, besides officials and citizens. The walkathon was organised to raise awareness about the importance of adopting a balanced and nutritious diet, with special emphasis on mil-

DCO organises Awareness Camp under Nasha Mukht Bharat Abhiyan at Shopian



JJ NEWS SERVICE
SHOPIAN, SEPTEMBER 20

Drug Control Organisation (DCO) Shopian in collaboration with Shopian Chemists and Distributors Association today organised an awareness programme under the aegis of Nasha Mukht Bharat Abhiyan in order to sensitize them about their responsibilities towards the Substance Abuse menace.

Chemists of the area were sensitized regarding the scenario of drug abuse and its consequences on our society.

Guidelines were shared

with chemists and distributors regarding the proper maintenance of records of drugs which are prone to addiction.

Deputy Drug Controller, Kashmir Division emphasized upon the chemists to ensure installation of CCTV cameras and computerized billing system and share responsibilities in eradication of drug abuse.

Assistant Drugs Controller, Pulwama/Shopian instructed the chemists not to dispense any habit forming drugs without the prescription of a registered medical practitioner.

Director Agriculture inaugurates 02 days Seminar on 'Scientific Beekeeping' under NBHM at Ganderbal

JJ NEWS SERVICE
SRINAGAR, SEPTEMBER 20

The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated a two days district level seminar on scientific Bee-keeping at Government Degree College Ganderbal. The programme has been organised by Agriculture Production and Farmers Welfare department Kashmir under National Bee and Honey Mission (NBHM).

Chief Agriculture Officer, scientists from SKUAST, Bee Keepers,

Farmers, Unemployed youth and other stakeholders attended the programme.

Speaking at the inaugural session of the seminar, Director Agriculture marked the importance of bee-keeping as a complementary source to the overall income of the farmers. He said that it is encouraging that a large number of youth are taking bee-keeping as a main venture to earn income and livelihood.

He asked the educated youth of the region to come forward and take

benefit from the programme and schemes by the department for the promotion of bee-keeping and other allied activities.

The Director said that for the development of bee-keeping, a special project under holistic agriculture development programme (HADP) has been approved by the government. He said that bee-keeping as an off-farm activity and has a potential of employment generation due to wide agro-climatic diversity enabling round the year bee-flora available.

DIC Kulgam organises Awareness programme at ITI, K.B.Pora

JJ NEWS SERVICE
KULGAM, SEPTEMBER 20

The District Industries Centre (DIC) Kulgam today organized an awareness programme at Industrial Training Institute (ITI) Khuri Batapora D.H Pora Kulgam.

Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat, who was chief guest on the occasion, virtually attended the programme.

During the programme, DC highlighted various self-employment schemes like PMEGP, NCSS, MSME Tejaswini, Mumkin, PM Vishwakarma etc and advised the participants to avail the benefits of these self-employment schemes.



He also highlighted the Land allotment process of different Industrial Estates of District Kulgam along with achievements of ITI in aspirational blocks of Block Manzgam and DK Marg.

General Manager, DIC, Bashir Ahmad, spoke about industrialization and its importance and sensitized the participants about the different schemes of Industries and Commerce Department and recently launched PM Vishwakarma Scheme.

He also sensitized the participants about prevailing drug addiction and urged the participants to stay away from such activities and stay focused to achieve their goals and delivered a special session regarding career counseling during the programme.

Other resource persons also apprised participants about MSMEs.

The programme was followed by a question answer session and witnessed a threadbare discussion between the participants and speakers of DIC.

Principal ITI K.B .Pora, Faculty Members of ITI, Officers/Officials of DIC Kulgam were present in the programme.

DC reviews action plan for implementation of 'PM Vishwakarma Scheme' at Kulgam

JJ NEWS SERVICE
KULGAM, SEPTEMBER 20

The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers to discuss and review the action plan for the implementation of 'PM Vishwakarma Scheme'.

The scheme was recently launched by the government to facilitate and honour traditional skills of craftspeople and their exemplary commitment and contribution in economic growth of the society. Discussing the salient features of 'PM Vishwakarma Scheme' a transformative initiative of GoI, the DC said that the scheme will directly benefit thousands of artisans and craftspeople of the district working with their hands and tools.

It was informed that the scheme offers a range of benefits including toolkit incentive of Rs 15,000, training to artisans, Rs 500 per day during training, collateral-free credit support up to Rs 1 lakh



(first tranche) and Rs 2 lakh (second tranche) at a concessional interest rate of 5%, incentives for digital transactions and marketing support.

The DC directed the stakeholders to extend the benefits of this scheme across the district and transform the lives of the artisans and craftspeople working with their hands and tools.

He directed the con-

cerned agency (CSC coordinator/ enumerator) to start the registration process at gram panchayat level as per procedure and directed other members of the committee for close coordination and supervision of the scheme.

The meeting was attended by ADC Viqar Ahmed Giri, JDP Zahid Sajjad, GM DIC, Bashir Ahmad, ACP, Sharjeel Ali, EOs and other officers.

Union Territory of Jammu & Kashmir Office of the Executive Engineer Jal Shakti Mech. Division North Jammu

e-mail: xenorth@gmail.com

NOTICE INVITING TENDER e-NIT No. 207 of 2023-24

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Cost of document/ tender fee (in Rs.)	Earnest money	Validity of Rates	Bid validity
1.	Cleaning of water bodies, channels, falls/steps of phase-I & II, bahu fort (kila), water bodies, falls/steps connected with Bahu lake, sunrise fountain water bodies and falls/steps, lion fountain water body and central pump house near guest house at Bagh-e-Bahu.	200/-	Rs. 20,000/- in the shape of CDR / FDR	365 days	365 days

Date of Publishing : 19-09-2023 02.00 pm.

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 19-09-2023 (02.00 pm).
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 19-09-2023 (02.00 pm) to 03-10-2023 (02.00 pm).
- The complete bidding process will be online <http://jktenders.gov.in>.
- The Technical bids received shall be opened online on 04-10-2023 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.
- The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- The bidder should make payment for cost of bidding document in shape of single window challan of JMC / online payment through the JMC website link <http://www.jmcjammu.org/online-payment.html> in the name of Executive Engineer, Jal Shakti Mech. Division North Jammu.
- The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L₁ bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L₁ bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- The date and time of opening of financial bids will be notified on website <http://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.
- The original documents when submitted by L₁ bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scanned copies) otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- Bid security of successful tenderer will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for 365 days from last date of receipt of Bid. No exemption of any kind shall be allowed on this.
- Only such firms should submit tender, who have requisite infrastructure and workshop facility for carrying out similar type of job which may be inspected by the competent authority before awarding the job contract so as to access the working capacity of the tenderer. The workmanship and material used should be of high quality and as per the specifications of the job order / tender.
- The bid for the execution of work shall remain open for acceptance for a period of 365 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.
- The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.
- Special conditions as per Finance Department order No. OM/A/24 (2017)-651 dated 07-06-2018.
 - Furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the bidder who is declared as L-1 after opening of financial bids.
 - The cost of tenders should be collected by introducing e-challan or simply uploading a copy of necessary challan / receipt.
 - Similarly, instead of insisting on actual call deposit receipt, a copy of same duly pledged to the concerned department should be uploaded by the tenderers. However, before allotting the work or issuing the supply order, the original CDR/FDR should be obtained and kept on record.
- Other details, instructions and terms and conditions can be seen / downloaded from the bidding document.

JMSDNJ/3316-18
Dated: 18-09-2023

DIP/J-8546/23
Date: 20-9-23

Sd/-
Executive Engineer
Jal Shakti Mech. Division North
Jammu

