

**JANSAMPARK PRINTING PRESS**  
  
**BYE PASS SIDHRA, JAMMU**  
 Mob. 9419104223

**GOOD HYGIENE IS IN YOUR HANDS.**  
  
 STOP SPREAD

# JINDRAH IMAGES

DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 222 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

## J&K tops country in e-Governance service delivery

**JI NEWS SERVICE**  
JAMMU, SEP 24

Jammu and Kashmir has achieved a significant milestone and remarkable feat in e-governance by providing over 1028 services in online mode for citizens, institutions, and business establishments.

In the National e-services Delivery Assessment (NeSDA) report released by the Department of Administrative Reforms and Public Grievances (DARPG), Government of India on Sunday, the Union

Territory of Jammu and Kashmir secured the top most position with an impressive 1028 e-services, surpassing Madhya Pradesh with 1010 e-services and Kerala with 911 e-services.

Official spokesman said that this landmark achievement firmly places Jammu and Kashmir at the forefront of states and UTs in the provisioning of e-services.

Lieutenant Governor Manoj Sinha, while commending the efforts of all Departments, said that it is an achievement in tune with the commitment

and resolve of the J&K administration to provide ease, convenience and accessibility of services to the common man ushering in a new era of digital governance.

"This remarkable achievement is reshaping the social landscape, enhancing citizen satisfaction levels, ensuring transparency and accountability and empowering the aspirational and talented youth of the region," he added.

"Driven by a 'citizens-first' approach and a steadfast commitment to empowering the

public, this digital transformation represents a significant stride towards a governance system that is transparent, accountable, and highly efficient", he said.

Under the Digital J&K programme launched in mission mode last year, the number of online services has increased exponentially from 35 services in 2019 to 1028 services as on date, he said.

The spokesman added that the remarkable digital journey of J&K and the resultant transformation from a laggard

status in e-governance to a leading position in such a short span of time is unprecedented.

This has brought about a paradigm shift resulting in increased transparency, accountability and efficiency at all levels, he added and said, "There has been a palpable reduction in corruption and increase in citizen satisfaction which is being regularly monitored through a citizen feedback mechanism." Over 61 lakh messages have been sent to the citizens for the feedback assessment with 86 percent

approval rating. Similarly 73 services have been integrated with Digilocker, he said.

The seriousness of Government's resolve can be gauged from the fact that the Public Services Guarantee Act (PSGA), 2011 has been amended to bring online services under its ambit, said the spokesman adding, "around 300 services have been brought under the auto-escalation mechanism for ensuring time bound delivery of services and penalties for delays in service delivery."

CONTINUED ON ► PAGE 4

## Village defence guard shoots himself dead in Udhampur

**JI NEWS SERVICE**  
JAMMU, SEPT 24

A police party rushed to the spot and shifted his body to a hospital for postmortem, police have started inquest proceedings to ascertain the motive behind the incident.

A 53-year-old Village Defence Guard (VDG) allegedly shot himself dead with his rifle in Jammu and Kashmir's Udhampur district, officials said on Sunday.

Babu Ram was at his residence in the remote Roun village of Dudu when he took the step on Saturday, the officials said.

A police party rushed to the spot and shifted his body to a hospital for postmortem, the officials said, adding police have started inquest proceedings to ascertain the motive behind his taking such an extreme step.

## Speed and scale of infrastructure development matching aspirations of 140 Crore Indians: PM Modi

**JI NEWS SERVICE**  
NEW DELHI/UDAIPUR, SEP 24

Prime Minister Narendra Modi on Sunday said the speed and scale of infrastructure development matched the aspirations of 140 crore Indians as he flagged off nine Vande Bharat Express trains connecting religious and tourist destinations across 11 states.

Flagging off the Vande Bharat Express trains via video conferencing, Modi also slammed the previous governments for not paying adequate attention for modernisation of railways and assured that the "day is not far when Vande Bharat will connect every part of the country".

Governors, chief ministers, Union ministers



Jai' as the train chugged into the station.

In his address, the prime minister said the popularity of Vande Bharat trains was rising constantly and more than 1.1 crore passengers have already travelled in them.

He said 25 Vande Bharat Express trains were already functional and nine more were being added on Sunday.

"This speed and scale of infrastructure development in the country is exactly matching the aspirations of 140 crore Indians," Modi said.

The nine trains will provide faster connectivity across 11 states - Rajasthan, Tamil Nadu, Telangana, Andhra Pradesh, Karnataka, Bihar,

CONTINUED ON ► PAGE 4

## India is seen as a role model in crisis management and preventive healthcare: Dr. Jitendra Singh

**JI NEWS SERVICE**  
KATHUA, SEPT 24

Launching Jammu and Kashmir's first ever state-of-the-art Cancer Care facility affiliated to Tata Memorial Center (TMC) Mumbai in the new block of Govt Medical College Kathua, Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said, the facility will cater to three territories of J&K, Punjab and Himachal Pradesh.

The Minister said, he felt pained to receive calls every morning from different parts of the region from desperate family members pleading to arrange admission of Cancer patient at Tata Hospital Mumbai or



arrange accommodation for the attendants. He then decided to start the Tata affiliated facility at Kathua and thus moved the papers in the Department of Atomic Energy which is the controlling authority of Tata Memorial Center Mumbai.

Dr Jitendra Singh said, with increasing lifespan, changing lifestyles, environmental factors etc, the prevalence of cancer is assuming epidemic proportions and cancers of all nature and all organs are happening everywhere. A Tata satellite

Lite Cancer care facility in Kathua will therefore prove to be a great boon for the region, he said.

Under Prime Minister Narendra Modi, satellite hospitals and facility of Tata Memorial Centre have been started in different parts of the country and in Guwahati, even Onco DM and Mch super speciality courses have been started which option could be later contemplated for Kathua as well.

Dr Jitendra Singh further said, Kathua-Udhampur-Doda'

CONTINUED ON ► PAGE 4

## India's G20 presidency was challenging as it confronted very sharp East-West 'Polarisation': Jaishankar

**JI NEWS SERVICE**  
NEW YORK, SEPT 24

India's G20 Presidency was "challenging" as it came amid "a very sharp" East-West polarisation and "very deep" North-South divide, External Affairs Minister S Jaishankar has said.

The remarks by Jaishankar came at a special 'India-UN for Global South: Delivering for Development' side event he hosted here on Saturday on the margins of the 78th session of the UN



General Assembly. "We meet just a few weeks after the New Delhi G20 Summit, a summit which took place on the theme of 'One Earth, One Family, One Future'. Now, it was a challenging

summit. It was actually a challenging presidency," he said. The event saw participation from dignitaries at the UN as well as Foreign Ministers from Asia, Africa, Latin America, the Caribbean and the Small Island States.

"It was challenging because we were confronting a very sharp East-West polarisation as well as a very deep North-South divide. But we were very determined as the presidency of the G20 to make sure that this

CONTINUED ON ► PAGE 4

## Security forces bust 2 terror modules, 5 terrorists arrested in Kulgam

**JI NEWS SERVICE**  
SRINAGAR, SEP 24

Security forces busted two terror modules and arrested five hybrid terrorists along with arms and ammunition in Jammu Kashmir's Kulgam district, police said.

Police said "in a major success in curbing terrorist activities, Kulgam police alongwith IRR, 9RR, 18 Bn CRPF, 46 BN CRPF busted two terror modules and arrested five hybrid terrorists along with arms and ammunition". Two Pis-

tols, 3 Hand Grenades 1 UBGL, Pistol magazine 2, pistol rounds 12, AK 47 Rounds 21, have been recovered from their possession, police said.

Police identified them as Aadil Hussain of Poniwah, Suhail Ahmad Dar of Bugam, Aitmad Ahmad Laway, a resident of Brazilian Jageer, Mehraj Ahmad Lone of Hawoora and Sabzar Ahmad Khaarof Ghat Redwani Payeen.

A case under relevant sections of the law stands registered in police Station Qaimoh, they added.

## Upper reaches of Gulmarg experiences season's first light snowfall



**JI NEWS SERVICE**  
SRINAGAR, SEP 24

Higher reaches of the famous ski resort of Jammu Kashmir's Gulmarg received the season's first light snowfall on Sunday, officials said.

Affarwat mountains in the vicinity of Gulmarg received season's first light snowfall today much to the delight of the tourists staying in the valley of the meadow in north Kashmir.

CONTINUED ON ► PAGE 4

## Army, CGDA synergy facilitates release of Rs 400 Cr in pending dues to JCOs, other ranks

**JI NEWS SERVICE**  
NEW DELHI, SEPT 24

Long-pending claims worth Rs 400 crore by a significant number of Junior Commissioned Officers (JCOs) and other ranks of the Army have been settled following a joint initiative by the force and the defence accounts department, official sources said on Sunday.

Majority of the claims pertained to house rent allowances, pay fixation cases and education allowances to children of the Army personnel, they

said. The Army headquarters and the Controller General of Defence Accounts (CGDA), the office that heads the defence accounts department, carried out the pan-India outreach to clear the cases of claims, the sources said.

To clear the pending cases, a "war room" was established in the CGDA and cases were being monitored closely, the sources said, adding the exercise has benefitted a large number of JCOs and other ranks.

The outreach com-

menced at the beginning of this month, spearheaded by joint CGDA (grievances), under which camps were organised in all 48 'pay and account offices' across the country, they said.

Similarly, Indian Army activated their records offices to address all cases on priority, they added.

The records offices in the Army are responsible for checking the veracity of the claims while the vetted claims are finally cleared by the pay and accounts offices.

The pay and accounts

offices (PAO) operate under the CGDA. There are a total 48 records offices and PAO set ups across India, one for each regiment, arm or service.

The Indian Army received a large number of grievances from the JCOs and other ranks that their claims were not cleared due to various observations.

"The issue was raised with the CGDA and the Joint CGDA (Grievances) in an unprecedented move worked expeditiously in complete synergy

CONTINUED ON ► PAGE 4

## Specially-abled need opportunity, not pity: Rana

**JI NEWS SERVICE**  
JAMMU SEPTEMBER 24

Senior BJP leader Mr Devender Singh Rana today called for creating adequate opportunities for specially abled persons to grow as proud and useful citizens in the society rather than taking pity on them that saps their morale.

"Society has to play a pivotal role towards empowerment and emancipation of specially abled people so that they give their best in return and don't become burden", Mr Rana said while addressing the valedictory func-



tion organized by National Federation of the Blind in Collaboration with Saksham Tek Fiesta Jammu and Handicapped Association J&K at Louis Braille Memorial Residential Schools for Girls at Roop Nagar here.

He observed that dis-

ability in any form is not a curse but a condition like any other conditions among so-called normal people, which does not bar them from progression in their chosen fields. He referred to the contribution of differently abled

people towards upliftment of society from times immemorial and said with the advent of age and technological advancement they have proved second to none. The only prerequisite is to create conditions for their healthy growth, he added.

"The specially abled might be lacking a certain physical ability but are generally blessed by Almighty with such a talent which differentiates and distinguishes them from others", Mr Rana observed, saying these capabilities are needed to be harnessed in a

CONTINUED ON ► PAGE 4

## Director Rural Sanitation J&K runs with hundreds of locals at historic Mansar lake to promote Sustainable Sanitation

**JI NEWS SERVICE**

MANSAR (UDHAMPUR), SEPT 24

In a remarkable display of commitment to sustainable sanitation practices, the Director Rural Sanitation, J&K Mr. Charandeep Singh, led 'Swachhathon' a spirited crowd of over 2500 locals in a run at the historic Mansar Lake. This extraordinary event, organized with the aim of raising awareness about the importance of sanitation, showcased the J&K dedication to preserving its natural beauty and cultural heritage by promoting sustainable sanitation practices in rural J&K.

Nestled amidst the scenic beauty and lush green hills, Mansar Lake has been a popular tourist destination for decades. However, the increasing footfall of tourists, coupled with a lack of awareness regarding sustainable sanitation practices, has led to concerns about its environmental impact.

The Director Rural Sanitation, J&K, along with Vice Chairperson DDC Udhampur, Ms. Juhi Pathania, DDC Majalga Adv. Amit Sharma, BDC Chairman Captain Dina Nath, All Sarpanches and PRI members of block Majalga, Deputy Director, Rural Sanitation, J&K Ms. Sanna Khan, ACD Udhampur Ms. Ranjit Singh Kotwal and BDOs including BDO Majalga Vishal Sadhotra led the "Swachhathon".

The run was held to cover the distance of more than 4 kilometer around the Mansar lake, witnessed a diverse age group of participants, including senior citizens, elderly, youngsters, men, and women, all running together with a shared purpose - to promote sustainable sanitation practices and protect the pristine Mansar Lake.



run. The Director emphasized the need for responsible waste management, water conservation, and maintaining cleanliness in public spaces. "We have a collective responsibility to ensure a clean and sustainable future for J&K. Through initiatives like this run followed by sanitation drive, we can inspire positive change and encourage everyone to adopt eco-friendly habits".

During the event, Charandeep Singh highlighted the significance of responsible tourism and sanitation in preserving the region's natural treasures. He emphasized the need for proper waste disposal, maintaining cleanliness, and raising awareness among tourists to ensure that Mansar Lake remains a symbol of natural beauty and cultural heritage for generations

to come. Before flagging off the Swachhathon, the Director said our mission is not only to promote sustainable sanitation but also to foster a sense of responsibility towards our environment. Together, we can ensure that J&K remains a jewel of the country when it comes to sustainable sanitation. Participants were also encouraged to take a swachhata pledge to continue practicing good sanitation habits and to educate others about their importance in maintaining our surroundings clean. They all wore T-shirts emblazoned with the slogan "Swachhata Hi Seva" and "Garbage Free India" to symbolize their commitment to the cause.

Local folk artists while performing their plays expressed their enthusiasm, saying, "It's heartening to see young population is leading from the front in promoting sustainable sanitation. We all need to do our part to

keep our surroundings clean and protect the environment."

As part of the event, participants also took part in a cleanup drive, picking up litter and plastic waste along the run route. This hands-on approach showcased the immediate impact that collective action can have on the cleanliness of the area. The largest quantity of garbage collected by young volunteers were rewarded with cash prize on the spot. Different groups of students from different schools also performed different plays to raise awareness about the sanitation in J&K.

The Director Rural Sanitation, J&K Mr. Charandeep Singh further said that this Swachhathon was a part of an ongoing series of initiatives taken under "Swachhata Hi Seva" to promote sustainable sanitation. These will include awareness campaigns, waste segregation programs, and tree planting drives, among others.

Under the ambit of Swachhata Hi Seva 2023, the Directorate of Rural Sanitation has taken impressive strides in organizing IEC activities to promote safe and sustainable sanitation practices. These initiatives are set to continue until 2nd October, reinforcing the collective mission of cleanliness.

## Kathua lifts winner trophy of UT level AAG boys wrestling competition at Doda

**JI NEWS SERVICE**

DODA, SEPTEMBER 24

Kathua lifted the winner trophy in UT level all age group (AAG) boys wrestling competition at Indoor Stadium Doda today. More than 200 players from 9 districts participated in the event. The participants from far-off districts narrated that not only the staff treated them very well, but the people here were very kind and cooperative, and they felt it as if they were at their own respective homes.

They wished to go out and see some popular hill spots of Doda like Dal Draman, Nagni, Lal Draman, etc but for the scarcity of time at hand, they can't be able to do so. Some teenagers promised to return soon with their families to explore the beauty of Doda.

The main motive behind the sports competitions was to encourage the children towards sports.

Under the guidance of all higher officials of the Youth Services and Sports Department, the culture of participating in sports is flourishing.

In the U/17 wrestling competitions Shokat (Reasi), Jasveer Singh (Jammu), Talib Jaan (Doda) bagged gold, silver and bronze medals 45 weight category; Shagun Chand (Udhampur) Zakir Hussain (Samba) Kaka Ali (Reasi) in 48 weight category, Mohammad



Akram (Doda) Anshu Kumar (Jammu) Shokat Hussain (Samba) in 51 kg weight category; Umar Din (Doda), Barkat Ali (Kathua) Raman (Jammu) in the 55 kg weight category; Tarun (Jammu), Mohammad Kaif (Kathua), Mohammad Younis (Doda) in 60 kg weight category; Satvir Singh (Udhampur) Kifayatullah (Doda) Ranveer (Jammu) in 65 kg weight category; Jaffar Hussain (Kathua), Gulchain Singh (Reasi), Mohammad Billa (Samba) In the 70 kg category; Ankush Sharma (Jammu), Mohammad Rafiq (Kathua), Sunil Charak (Samba) In the 74 kg category; Sajjan (Jammu), Nayeem (Udhampur), Angrez Singh (Reasi) in the 79 kg category; Shabir Khan (Kathua), Mathu Barti (Jammu), Amrit Thakur (Udhampur) in the 86 kg category.

The results of U/19

wrestling competition held today Ankit Choudhary (Jammu), Mohammad Yaseen (Kathua), Deepak Singh (Reasi) in the 57 kg category; Gorav Singh (Kathua), Surjeet Sharma (Jammu), Ranjeet Singh (Reasi) in the 61 kg category; Sahir Ali (Samba), Sudesh Singh (Udhampur), Jaffar Hussain (Kathua) In the 65 kg category; Jaffar Hussain (Kathua), Gulchain Singh (Reasi), Mohammad Billa (Samba) In the 70 kg category; Ankush Sharma (Jammu), Mohammad Rafiq (Kathua), Sunil Charak (Samba) In the 74 kg category; Sajjan (Jammu), Nayeem (Udhampur), Angrez Singh (Reasi) in the 79 kg category; Shabir Khan (Kathua), Mathu Barti (Jammu), Amrit Thakur (Udhampur) in the 86 kg category.

ry; Farman Ali (Kathua), Partab (Samba), Narinder (Reasi) in the 92 kg category; Murad Ali (Kathua), Anwar Khan (Jammu), Vansh (Samba) in the 97 kg category and in the 125 kg category Mushtaq Ali (Kathua), Mohit Kumar (Jammu) bag the gold, silver and bronze medals respectively

The overall medal tally of all the participating districts is as follows:

Kathua topped the list with 9 gold, 7 silver and 3 bronze medals; Jammu bagged 8 gold, 7 silver and 5 bronze medals clinching second place; host Doda bagged 5 gold, 5 silver and 2 bronze medals; Reasi got 2 gold, 4 silver and 6 bronze; Samba got 2 gold 2 silver and 6 bronze; Udhampur got 2 gold, 2 silver and 3 bronze medals; Kishtwar got 1 gold, Rajouri bagged only 1 silver while Anantnag failed to win any medal.

District Kathua lifted the winner's trophy. Jammu district got the runner-up trophy, while District Doda stood at 3rd place.

The DYSSO Doda, in his concluding address congratulated the winners, their escort officials, spectators and all on duty officials of the host district for making the competition successful. Later, a swearing in ceremony and handing over the merit certificates and medals to the winners and participants was held in the Indoor Sports Stadium at Doda.

## Our focus is on reaching out to 'Vanchit, Shoshit & Pirit': Vice Chairperson DDC Udhampur

### Kickstarts work on Dhar road to SC Basti Sunal Road

**JI NEWS SERVICE**

UDHAMPUR, SEPTEMBER 24

Juhi Manhas Pathania, Vice Chairperson DDC Udhampur, in presence of PRI members of Panchayat Thial, on Sunday inaugurated and formally kick started work on PWD road from Dhar road to SC Basti Sunal at Panchayat Thial in Tehsil Majalga, amidst a thunderous applause, renting of slogans and boosters of appreciation from the locals of the area.

She received a thumping welcome by the locals. The said road would provide connectivity to about 100 households, especially SC houses in the area.

While addressing people, she called for reaching out to those who have been left out of



the loop of development. She called for qualitative development and time bound completion of projects.

She stressed on early completion of developmental projects and directed officers to ensure prompt delivery of services to the public. She underlined the role of Panches/Sarpanches in ensuring a proactive

and participative administration and sought their cooperation in dealing with vital issues of public importance. She assured them all support to ensure implementation of developmental projects in their areas.

Pathania also took stock of public grievances regarding power supply, drinking water, road connectivity and health

infrastructure. People demanded extension of a new road from SC Basti up to the stadium at Chougan along with construction of protection works at different spots to protect their lands.

While responding to public demands, the Vice Chairperson assured the gathering that she will take up all the demands and issues with the district administration and try to resolve them at the earliest.

She was accompanied by local Sarpanches, Panches and PRIs of the area. Those present in the inauguration were Kuldeep Singh ex-Sarpanch, Sham Lal Panch, Shiv Ram, Haji Mohammad, Renu Sharma, Surinder Singh and others.

## Vasuki Nag Mela

## JKAACL organises maiden Cultural Bonanza at remote Duggan village in Bani Sub Division

**JI NEWS SERVICE**

KATHUA, SEPTEMBER 24

The remote village Duggan of Bani on Sunday buzzed with festivities as Jammu and Kashmir Academy of Art and Culture and Languages organised a day long cultural extravaganza at the annual Vasuki Nag Mela in picturesque landscapes of the Bani valley.

The occasion created a history as it was the maiden grand event organised ever in the remotest area of Kathua district.

Eminent Producer/Director & Filmmaker, Kulwant Singh Manhas was the Chief Guest, while Sub Divisional Magistrate, Satish Sharma was the guest of honour. DDC Member, Bani Reeta Thakur was the special guest.

At the very outset, SOCA Kathua, Sanjeev Gupta informed that JKACCL, under the mentorship of Secretary, Bharat Singh has been organising a host of events for the promotion of art and culture across the length & breadth of the Union Territory Jammu & Kashmir. One can easily find the representation of JKAACL



in almost every event happening in J&K, he added.

Speaking on the occasion, Kulwant Singh Manhas commended the efforts of the JKAACL artists for promoting local folk art and culture in the picturesque Duggan village of Bani Valley. He further said such kind of initiatives always take the Culture to the next level of preservation. He advocated for organising more such events to revive the age old traditions, which are the identities of our culture. Such festivities play a major role in promoting communal harmony, brotherhood and community participation. I hope that JKAACL will

continue to come up with such kind endeavours in Bani, he added.

Earlier, the programme started with the folk singing by seven different folk parties - Varinder Jotyand & Party; Darmaz Sandu & Party; Simu Thakur & Party; Ravi Kumar & Party; Madan Lal & Party; Ajeet Singh & Party and Bandhana Devi & Party who left everyone spellbound with their mesmerising singing.

This was followed by Kud Dance which is one of the most popular folk dances of Jammu and Kashmir. This dance is mainly performed to pay obeisance to the Lok Devas by three Kud Parties viz. Kuldeep Singh &

Party, Pankesh Kumar & Party & Bushan Singh & Party who made everyone awestruck with their powerful presentation skills.

The one day cultural event culminated with the power-packed performances of Goorain & Suhaag by Tripta Devi & Party, Dogri Folk Singing by Mela Ram & Party, Dogri Dance by M. R Chahuman & Party, Dogri Singing by Lekh Raj & Party, Folk Dance by Madan Mantoo, Folk Singing by Rajesh Parihar & Party and Dogri Singing by Paramjeet , Monika Devi and Party.

Earlier, Additional Secretary, JKAACL Sanjeev Rana shared the details of efforts being made by the academy for promotion and preservation of local art, culture and languages. He highlighted that this one day cultural programme is part of a series of events aimed at celebrating the rich heritage and culture of Jammu and Kashmir, particularly within the Samba & Kathua districts. The festival serves as a testimony to the Academy's commitment to preserving and promoting the cultural diversity of the region.

SOCA Kathua, Sanjeev Gupta presented the vote of thanks.

## Gandhi Jayanti

## DSEJ's Shanti Yatra- a journey to peace reaches Kathua district

**JI NEWS SERVICE**

KATHUA, SEPTEMBER 24

As part of 154th Birth anniversary celebrations of Father of the nation Mahatma Gandhi Ji, the 'Shanti Yatra- a Journey to Peace' being organised by School Education Department, J&K reached Kathua today and was formally received at Chhatergala Pass in Bani Sub Division.

The Yatra was accorded a warm reception by students, teachers and a large number of locals amidst chanting of slogans in favour of universal peace and non-violence.

The Yatra, which entered district Kathua today, will touch Basohli, Mahanpur, Lakhampur, Kathua HQ, Marhean and Hiranagar in next few days and the Shanto Chhin will be formally handed over to Samba district on 27th September 2023 at Kootah Morh. Alongside Shanti



Yatra, Kathua administration has already rolled out a calendar of activities featuring theme based Symposium and Slogan Writing competitions at School, Zone and District levels, being held across all schools of the district from 16th September - 02 October 2023. Further, on 30th September, 2023 a Divisional level competition will also be held, winners of which will get prizes on the culmination day of Shanti Yatra in Jammu.

Pertinently, Directorate of School Education, Jammu with the co-ordination of Cultural Cell DSEJ has planned a Shanti Yatra

to promote rich values of Gandhian Philosophy which was flagged off on 9th of September, 2023 from Poonch district.

The Yatra is being coordinated in Kathua District by a team of Cultural and Education Cell under the guidance of CEO Kathua Parkash Lal Thappa with active teams of Zonal Cultural Incharges under Zonal level Cultural Committee constituted for this purpose.

The Shanti Yatra will culminate on 2nd of October, 2023 in Jammu on the occasion of Gandhi Jayanti covering all the districts of Jammu Province.

## DC Ramban orders crackdown on retrofitting of load carriers across district

**JI NEWS SERVICE**

RAMBAN, SEPTEMBER 24

Taking a swift action against retrofitting of load carriers in the district which is the total violation of the Motor Vehicle Act, the Deputy Commissioner, Ramban, Mussarat Islam directed Assistant Regional Transport Officer to launch a drive across the district to book violators.

On the report submitted by the Assistant Labour Commissioner, Ramban, the Deputy Commissioner Ramban issued a strict order to Motor Vehicle Department, Ramban for conducting frequent checking drives in the district to put a complete crackdown on retrofitting of vehicles, especially on load carriers.

## 'Genomics Towards Better Health' Need for multidisciplinary collaboration in genomics: Dr Jitendra Singh

JINNEWS SERVICE  
SRINAGAR, SEP 23

To expose young students to the recent and evolving technologies in genomics and their applications in public health and to provide them an opportunity to broaden their career prospects, the Centre for Interdisciplinary Research and Innovation (CIRI), Kashmir University (KU), in collaboration with the Council of Scientific and Industrial Research-Institute of Genomics and Integrative Biology (CSIR-IGIB) organised a two-day symposium here.

The symposium, titled 'Genomics towards Better Health' brought together participants from within and outside Jammu and Kashmir to explore the multifaceted aspects of genomics and its potential in enhancing healthcare outcomes.

Minister of State (MoS) for the Prime Minister's Office (PMO), and Union Minister of Science and Technology, Dr Jitendra Singh who presided over the valedictory function emphasised the need to understand and harness the power of genomics in healthcare.

Highlighting the significance of diverse cultures and disciplines working together in the scientific world, he said: "In the field of genomics, collaboration knows no boundaries. To achieve success in scientific endeavours, we must bring together different cultures and perspectives, fostering an environment of innovation and discovery."



Reiterating that genomics is a potent tool for research, drawing significant interest in finding novel treatments for various medical conditions, he encouraged continued growth and integrity in the field of genomics research.

While welcoming Dr Jitendra Singh, KU Vice Chancellor, Prof Nilofer Khan underscored the importance of understanding genomics in the context of better health.

She said genomics is emerging as a valuable tool in identifying rare genetic diseases that had previously taken years to diagnose.

Acknowledging the pivotal role played by CIRI in elevating the university's profile on a global scale, Prof Khan said, "CIRI is playing an important role in promoting quality interdisciplinary research and leading in generating funds to set up world-class scientific infrastructure at the university."

While thanking Dr Jitendra Singh, KU Registrar, Dr Nisar Ahmad Mir said genomics is a new

phenomenon that has the potential to shape the social and economic fabric through timely diagnosis and treatment of genetic diseases.

"The university is trying to infuse support to develop a centralised facility at KU for the benefit of the masses and is contemplating to start centres on genetics and virology with government support," he said.

Noted endocrinologist and Head, Department of Clinical Research, SKIMS, Srinagar, Prof M Ashraf Ganie highlighted the pivotal role of genomics in the prediction, prevention, and treatment of diabetes while emphasising its significance in evaluating the validity and clinical utility of diseases.

During a special ceremony, Dr Jitendra Singh inaugurated the ICMR India Diabetes Study and Diabetes Educator Programmes at the function.

Senior Scientist IGIB, Dr Munia Ganguli who proposed the vote of thanks at the valedictory thanked KU VC while hoping to do

more such collaborations in future as well.

Meanwhile, during the inauguration held Friday, Director IGIB, Prof Souvik Maiti stressed the importance of introducing genomics at various academic levels and proposed a collaboration with KU to provide training to students of the varsity at his centre in New Delhi.

Dean, Research, KU, Prof Irshad Ahmad Nawchoo encouraged students to explore this interdisciplinary field and emphasised the significance of knowledge and resource sharing for academic and research development.

Coordinator, CIRI, KU, Dr Altaf Bhat underscored the immense importance of genomics in improving health outcomes and its potential for discoveries, diagnostics, and start-ups in revolutionising the healthcare landscape.

Scientist, IGIB, Dr Sonam Dhamija proposed the vote of thanks while research scholar at CIRI, Dr Wafa Khan conducted the proceedings of the inaugural event.

## Officers from District Administration visit Special Booth Camps across Bandipora Panchayats

JINNEWS SERVICE  
BANDIPORA, SEPTEMBER 24

In order to strengthen the democratic process and ensure the inclusion of eligible voters, the Bandipora District Administration today organized a series of Special Booth Camps across various panchayats in the district.

These special booth camps were organised in view of the Second Supplement to Panchayat Electoral Rolls.

Officers from the Bandipora District Administration visited these Special Booth Camps to oversee the registration and verification of voters.

As part of ongoing visits, Nodal Officer Election Monitoring, Mohamad Ashraf Hakak inspected various polling booth locations including Sumbal, Naidkhai, Hajin, Nowgam



and Ganatan

He said that these Camps have been set up across various panchay-

ats in Bandipora, ensuring that residents from remote and far-flung areas had easy access to the

voter registration process. He said that the entire registration and verification process is being conducted transparently, with the officers ensuring that every eligible voters are given a fair chance to register or update their details.

He stated, that the goal of district administration is to make the electoral process as accessible and inclusive as possible. He further said that the administration will ensure that no eligible voter is left out.

Similar camps have been set up in Gurez Sub division of the district. SDM Gurez visited different panchayats of Gurez Sub division to oversee the work progress in voter registration process in view of the second supplement to panchayat electoral rolls.

## National Conference on "Emerging Challenges in Obstetrics and Gynaecology" concludes

JINNEWS SERVICE  
SRINAGAR, SEPTEMBER 24

The two day National Conference on "Emerging Challenges in Obstetrics and Gynaecology" organized by Postgraduate Department of Obstetrics and Gynaecology of Government Medical College, Srinagar concluded here today.

Earlier, the conference was inaugurated by Secretary Health and Medical Education, Bhupinder Kumar.

Professor Masood Tanvir (Principal/Dean, GMC Srinagar), Professor Bilquees Jameela (former HOD Gynaecology & Obstetrics GMC, Srinagar) were guests of honour. Professor Rizwana Habib (HOD Gynaecology and Obstetrics GMC, Srinagar) and Professor Syed Masuma Rizwi, Professor Samiya Mufti were organising Chairperson and Organising Secretaries respectively.

Bhupinder Kumar complimented the department for organising National level conference on recent trends and workshop on Minimal Access Surgeries. He also praised the developments and advancements in the field of Obstetrics and Gynaecology. He highlighted important Government Schemes beneficial to expecting mothers.

Professor (Dr.) Bilquees Jameela greeted the faculty and praised the department for conducting the conference and excellent workshop on Minimal Access Surgeries.

Professor Rizwana Habib (HOD Gynaecology and Obstetrics), in her welcome address, deliberated on the theme of the



He expressed concerns about the increasing rate of Caesarean Section surgeries especially in district hospitals and asked the organizing committee to give recommendations through a discussion by experts on the panel.

Principal and Dean, Professor Masood Tanvir congratulated the department for holding successful National conference. He stressed upon the complexities of health women face today and the need for constant upgradation of skills and technologies to combat these health concerns.

Professor (Dr.) Bilquees Jameela greeted the faculty and praised the department for conducting the conference and excellent workshop on Minimal Access Surgeries.

Professor Rizwana Habib (HOD Gynaecology and Obstetrics), in her welcome address, deliberated on the theme of the

conference and the ever evolving technological advancements in the field of Medical Science leading to improved ability to diagnose and treat diseases. She emphasized the dire need of updating and acquiring latest knowledge and skills, for which conferences and workshops are the best platforms to propagate and exchange knowledge.

She also gave brief description of workload in LD hospital and the need for establishing the state of art Minimal Access surgery OT, foetal medicine and IVF centre.

On the first day of the conference, a workshop on "Minimal Access Surgery" was conducted in Government LD Hospital Srinagar by expert National operating faculty, Dr Hafiz Rehman, Dr. MilindTelang and Dr Nikita Trehan along with faculty and theatre staff of the Hospital where in

numerous advanced high risk Laparoscopic and Hysteroscopic Surgeries were performed.

There was a full day paper and poster presentations wherein delegates and postgraduate medical students from all over the country got a platform to showcase their research. It was dedicated to the memory of Dr Deepak Sharma, Senior Post Graduate Student of Surgery, who tragically lost his life in an unfortunate accident.

The winners of paper and poster presentations were given prizes by the Administrative Secretary.

This was followed by elaborate "Scientific Sessions Programme" at Auditorium Hall of Govt. Medical College, Srinagar on Saturday. It included enlightening lectures, by well-known faculty of different medical colleges across the country, about emerging health problems and challenges faced by women like Infertility, Menopause, Gynaec-oncology, Early Pregnancy challenges, Preterm Labour, High Risk Obstetrics, etc.

The conference proved to be a boon for the participants and was attended by more than 250 faculty and delegates from all over India including former HODs of the Department of Obstetrics & Gynaecology, GMC, Srinagar.

## Police solves burglary case in Budgam within 2 days; 03 arrested



JINNEWS SERVICE  
BUDGAM, SEPT 24

Police in Budgam have solved a burglary case by arresting 03 accused persons involved in the commission of crime and recovered stolen property from their possession within 02 days after the complaint was received.

On 20/09/2023, Police Station Magam received a written complaint from the owner of MB Traders to the effect that during intervening night of 19-20/09/2023, some burglars have barged into his office at Agrikalan Magam and had stolen cigarette cartons worth Rs 5 lakh.

Accordingly, a case vide FIR No. 144/2023 under relevant sections of law was registered at PS Magam and investigation

was initiated.

During the course of investigation, after strenuous efforts, officers zeroed in on three suspects identified as Mohd Yaseen Hajam @Cobra son of Ghulam Mustafa Hajam resident of Trikollal Pattan, Javid Ahmad Sheikh son of Ghulam Mohammad Sheikh resident of Churpora Narbal and Muzaffar Ahmad Dar son of Ghulam Mohd Dar resident of Reshipora Hanjivera Pattan. During questioning, they admitted their involvement in the commission of crime, besides, stolen goods were also recovered on their disclosure. The have been arrested and shifted to police station where they remain in custody.

Further investigation of the case is still going on.

## Police facilitates Police Community Partnership Group meetings



JINNEWS SERVICE  
SRINAGAR, SEP 24

In order to bridge the gap between Police & public, Police in Kulgam have facilitated Police community Partnership Group (PCPG) meetings at Police Station Kulgam, Police Station Devsar, Police Station Qazigund, Police Station Kund, Police station Manzgam and Police Post Frisal. The meetings were chaired by respective jurisdictional officers and were attended by prominent persons, youth, auqaf committee members, chowkidars, numberdars, and other respectables of the respective areas.

Participants while speaking on this occasion, appreciated the process of organising such events in the district by police department in which an opportunity is provided to highlight the prevailing issues of the society and seek their redressal for the

betterment of all. The officers present in the meetings gave a patient hearing to their issues and assured them that their issues which are pertaining to other departments will be taken up immediately with the concerned officers for appropriate action besides, issues related to Police will be resolved on priority.

While addressing the participants, chairing officers urged in strengthening the Police public relations and also cooperation in eradicating all types of crime from the society so that a peaceful and crime free atmosphere is created in the area.

The participants in the meetings assured their full co-operation to Police in tackling social evils and also appreciated the efforts of Police in facilitating community interaction meets where participants express their opinions freely.

## DDD Chairperson Ramban kick starts work on Tube well at upper Dalwah Gujjer Gali

JINNEWS SERVICE  
RAMBAN, SEPTEMBER 24

Chairperson District Development Council Ramban, Dr. Shamshad Shan today kick started the construction work on the pump Room (tube well) for Water Supply Scheme at Upper Dalwah Gujjer Gali of subdivision Gool. PRIs, JE, Pavan Singh, prominent citizens of the area were present on the occasion.

After formally launching the work on the WSS being constructed at a cost of Rs 8.00 lakh, the Chairperson congratulated the people of the area and appreciated the work of the department.

While interacting with the locals, the DDC Chairperson said that Jal Jeevan Mission is envisioned to



provide functional tapped water connections to all the households and steps are being taken by the department to achieve the 100% targets in the district.

The Chairperson also said that the Jal Shakti Department is tirelessly working to provide adequate drinking water supply to the general

public. The concerned officers from the Jal Shakti Department were asked to ensure that the schemes are completed within the set deadlines to provide necessary benefits to the general public.

The chairperson sought cooperation of the PRIs and Locals for smooth execution of the work.

## District Baramulla clinches Inter-District Kho-Kho Under-17 Girls Championship

JINNEWS SERVICE  
BARAMULLA, SEPTEMBER 24

In an exhilarating display of talent and determination, District Baramulla has once again showcased its sporting prowess by emerging as the champions of the Inter-District Provincial Level Kho-Kho Tournament for Under-17 Girls.

The tournament, held at District Shopian, witnessed an intense competition where Baramulla faced off against District Budgam, ultimately securing victory. Jatinder Singh, District Youth Services and Sports Officer Baramulla extended heartfelt congratulations to the victorious team for their outstanding performance.

This victory not only adds another feather to District Baramulla's cap but also underscores the region's commitment to nurturing and promoting sports talent.



# Undemocratic to deprive people of elected govt for a long time: Bhalla

JJNEWS SERVICE  
JAMMU

Jammu and Kashmir Pradesh Congress Committee (JKPCC) Working President Raman Bhalla on Sunday accused the BJP of depriving the people of Jammu and Kashmir of the elected government for the last five years. He said the Election Commission is under the constitutional obligation to hold assembly polls in Jammu and Kashmir as the last time elections were conducted in J&K was in 2014. "Since then, no assembly polls were held here," he said while interacting with the people at Sanjay Nagar Ward-1 after inaugurating construction of protection wall near Fateh Singh Sahaib Gurdwara Sanjay Nagar Jammu in presence of Dwarka Choudhary. Prominent among those present on the occasion include Bachan Singh KAS Retd Labour Commissioner and President of Gurdwara Sahaib, Satinder Singh Ex President of Gurdwara Sahaib, Balbir Singh, Tersem Lal, Kulbir Singh, joginder Singh Retd AEE, Deep Raj Retd Capt, Ashok Kumar, UEED staff, sanitation staff of the Ward and other local people of the ward.

On the occasion, Bhalla said, "Except for the Opposition, there is nobody in Jammu and Kashmir while the government dictates the terms and doesn't take people or political leaders on board. The government only knows how to harass people. When we tried to meet the government, it didn't oblige. The time has come for the assembly elections in J&K and it is undemocratic to deprive the people of an elected government for a long time."

Bhalla said Congress believes in democratic values and will ensure that various pro-people initiatives are launched to benefit the weaker



sections of people in our society if elected to power. The Congress leader also accused the government of failing to create diverse economic opportunities in various sectors including tourism, agriculture and horticulture so that the economy of common people improves.

Bhalla said it was the second-longest period of Presidential rule in the country since Independence. "Still, many in Jammu and Kashmir wait eagerly to vote because no place has suffered so much for the right to vote as J&K. There is a continuous denial of democracy in J&K after it was stripped of its statehood. With five years under direct Central rule, there is still no clarity on when the assembly polls would be held in the Union Territory," he said. He urged the people to support Congress saying, "Only this party can fight the wrong policies and politics of diversion and hate of the BJP in the whole country."

"Democratic setup means elected representatives become MLAs and run the government because in a democracy this work can be done by elected representatives," he added. "In India or elsewhere in the world, officers cannot run the government for more than six months," said Bhalla. Bhalla appealed the workers to prepare for Local Body elections and

strengthen the party in the district. Coming down heavily on BJP, he said, the party befooled the people with their false promises and they completely failed to fulfil the promises made with the people of Jammu and Kashmir. The first time rule under BJP proved to be worse of its kind where the common masses were suffering and ruling class enjoyed royal lifestyle.

"They never care for Jammu where from they got their votes. The people who voted them to power faced frequent power cuts, lack of drinking water supply, price rise of essential commodities, failed to deal with Pakistan on borders, due to which many soldiers got martyred in absence of strong foreign policy," he alleged. He said that BJP has brought Jammu and Kashmir at a stage with one region stood against other. "It was Congress Government which always kept different regions united as one unit. There was equal share in development and employment without any disparity," he said, while praising the people friendly policy of the previous Congress Government.

Bhalla hoped that the Congress is first choice of people of Jammu and Kashmir and there is a strong need to work on ground to strengthen the party so that next Government will be formed by the Congress party in Jammu

and Kashmir. He said Congress will continue to fight anti-people policies of the Centre and LG's Administration in J&K UT, besides defeating the challenges faced on various fronts especially, misleading politics of BJP. "Party is supreme and every worker is bound to further strengthen it at grass roots level and serve people as Congress has the legacy of serving and strengthening the people," Bhalla said.

Former Minister said Congress will form next government in Jammu and Kashmir. He said bureaucratic rule has never been alternative to democratically elected Government. He said all major projects in J&K UT were mostly conceived and launched by Congress government. Bhalla said people of Jammu and Kashmir are eagerly, waiting for assembly elections and they will teach a lesson to BJP in J&K. He said Congress Party is serving people with dedication and without self-interest.

Dwarka Choudhary speaking on the occasion said he and his party is available for service at people 24x7. He said that Congress is only political force in the country consistently playing role of healthy opposition in the country. He said "untoward things" happened in these five years "because of which, the situation in every respect in our state became worse". "Our fight for the rights of local people will continue. But if you are in power you negotiate from the position of strength, so winning elections will help us to strengthen our resolve to bargain for our people," he added. Since then, no government in power ever could match the development pace and all the benefits people take out of facilities were sanctioned or executed during Congress tenure only, Choudhary added.

# Radha Ashtami celebrated with religious fervor at Raghunathji Temple

JJNEWS SERVICE  
JAMMU

J&K Dharmarth Trust celebrated Radha Ashtami with religious fervor at Shri Raghunath ji Temple in Jammu.

On the occasion, Brig R.S Langeh (Retd), President J&K Dharmarth Trust along with Ashok Kumar Sharma (IPS Retd), Secretary and Temple priests performed Pooja with traditional rituals.

The temple of Radha and Krishna was decorated with flowers. The devotees chanted Bhajans and many observed fast on the occasion. Hundreds of women residing in adjoining areas of Raghunathji Temple assembled in temple premises and performed their traditional rituals.

The temple premises resonated with Shlokas and Mantras when the Pooja started in the temple premises. The day is celebrated 15 days after



Krishna's birth as Janmashtami.

Brig R.S Langeh (Retd), President J&K Dharmarth Trust, in a statement issued today, said "Let us seek blessings of Radha Rani and Lord Krishna to bless us with knowledge and wisdom in life."

He emphasized that the Radha Ashtami festival offers a profound opportunity for devotees to connect with the divine and seek divine guidance. It is a time to reflect on the teachings and virtues of Radha Rani and Lord Krishna, who are considered to be embodiments of unconditional love, devotion, and wisdom,

he added.

Trust's Secretary Ashok Kumar Sharma informed that the Trust made elaborate arrangements for celebrating the Radha Ashtami festival with fervour and gaiety. The festivities will encompass a wide array of religious rituals, attracting devotees from all walks of life to join in the celebration and seek the blessings of Radha Rani, he added.

A Head Priest of Raghunathji Temple said "Radha Ashtami is the birth anniversary of 'Shri Radha Rani. She is an incarnation of Goddess Lakshmi. Radha Ashtami falls on the eighth day of the Shukla

Paksha during the month of 'Bhadrapada. Radha Ashtami is also known as 'Radha Jayanti.' Devotees worship Goddess Radha with utmost devotion. The day also honors the selfless bond of Lord Krishna and Radha, a unique relationship between human and God."

"The observer of the Radha Ashtami fast will be blessed with a prosperous life and the devotees will overcome all the obstacles, attain happiness and salvation. It is believed that observing the Radha Ashtami Fast and worshipping Goddess Durga, helps to get rid of all the sins," he added.

A Langar of Kheer was also organized for the devotees, he added.

Earlier, the Trust's President, Secretary and Temple priests paid tributes to Maharaja Hari Singh on his 128th Birth anniversary in a function held at Raghunath ji Temple, Jammu.

# Dr. Karan Singh offers prayers at Gadadhar Temple, Hazratbal Shrine

JJNEWS SERVICE  
SRINAGAR, SEP 24

Dr. Karan Singh, former Sadr-i-Riyasat and Chairman Trustee of J&K Dharmarth Trust, today visited the ancient Gadadhar Temple and revered Hazratbal Shrine in Srinagar and offered prayers for the well-being and harmony of the people of Jammu and Kashmir.

During his visit to Gadadhar Temple, the Chairman Trustee undertook a comprehensive assessment of the temple's facilities and its ongoing activities. He gave necessary directions to the temple's upkeep and preservation, emphasizing the importance of maintaining its ancient heritage.



Dr. Karan Singh also interacted with the temple priests and directed them to enlighten the visiting devotees about the historical significance of the Gadadhar Temple. He said that the Trust is committed to preserve the cultural and spiritual heritage of temples falling under its ambit and ensured that

these treasures are preserved for future generations.

Meanwhile, Dr. Karan Singh, during his visit to Hazratbal Shrine, received a warm welcome and heartfelt greetings from the people, underscoring the deep respect and admiration they hold for him.

# Ibn Sina Public Health Award-23 presented to MP Er. Gulam Ali Khatana

JJNEWS SERVICE  
ALIGARH, SEP 24

Ibn Sina Academy today conferred Ibn Sina Public Health Award, 23 on Raja Sabha MP Er. Gulam Ali Khatana in a function organised by the Academy at its headquarter in Dодhpur, Aligarh. The Founder of Academy Padm Shri Prof. Sayed Zillur Rahman handed over the award to the MP and gave a brief account of the academy.

While speaking at the ceremony, MP Gulam Ali said that Bharat under PM Narendra Modi is progressing by leaps and bounds. There are lots in the country that we can utilise to further our development in all fields of life. Therefore, we need to be positive and hopeful. He further said that the country is abuzz with opportunities and it's up to us whether we are capable of seizing them or not. No one has been stopped from pursuing their dreams in the country. He maintained that the Hon'ble PM has ensured the progress and development for all and sundry without any discrimination, adding that the education is the essence of life and we should not lag behind in it at all. He averred that It's the responsibility of every parent to ensure that their ward gets education. He further said that we are the largest minority in the country and we have full potentials to contribute profusely to the development of our country. He lauded the efforts of Hon'ble PM to provide level playing fields and equal opportunities to everyone across the country.

# 54th Shat Chandi Mahayagya culminates amid chanting of hymns, Shrimad Bhagwat Katha and mass langar at Paloura

JJNEWS SERVICE  
JAMMU, SEPT 24

The 11-day long 54th Shat Chandi Mahayagya held at Baba Sidhgoria Temple from September 14 to September 24, 2023 culminated amid chanting of religious hymns, conclusion of Bagwat Katha and mass langar where thousands participated on the concluding day here today.

The culmination of the 54th Shat Chandi Mahayagya witnessed unprecedented rush of pilgrims and devotees who thronged the temple to participate in the Puran Ahuti and mass langar organised by Mahant Kuldeep Singh Ji Maharaj Paloura Wale where many social, political and religious dignitaries marked their presence.

The culmination of the Mahayagya began in the morning with satsang attended by hundreds of devotees which started at Baba Sidhgoria Temple Paloura led by Mahant Shri Kuldeep Singh Ji Maharaj amid chanting of religious slogans and mantras.

The religious activity was followed by special breakfast and langar where devotees took prasad and later Sadhu Samaj who were important part of the Mahayagya were served the langar with great religious festivity.

The Puran Ahuti was



performed at 12 pm after which the Bhagwat Katha by Mahant Shri Dr. Sat Narayan Dass Ji Maharaj was also concluded followed by Chowki thus culminating the 11 day long 54th Shat Chandi Mahayagya.

It is worthwhile to mention here that the 54th Shat Chandi Mahayagya, Hawan Pujan, Sant Samelan and the Journey to Enlightenment through the religious discourse of Shrimad Bhagwat Katha by Dr. Mahant Shri Sat Narayan Dass Ji Maharaj was organised by Mahant Shri Kuldeep Singh Ji Maharaj Paloura Wale at Baba Sidhgoria Temple, Paloura, Jammu from September 14 (Thursday) to September 24 (Sunday), 2023 where large number of devotees took part in Mahayagya and listened Shrimad Bhagwat Katha during the programme.

Prominent among those who attended the Purana-

huti and culmination of Bhagwat Katha include Team Jammu Chairman Zorawar Singh Jamwal, Mahant Rameshwar Dass Ji Maharaj, MP Jugal Kishore Sharma, Ex. MP Samsher Singh Manhas, BJP Protocol Incharge Mahila Morcha, JKUT, Pooja Salgotra, Senior Journalist King C Bharati and Raman Raina who looked after media and other facilities during the 11-day long Mahayagya.

The managing committee members include Ashok Singh Chib, Satish Sharma Narwal Wale, Atul Sood Shiv Nagar, Vasu, Vishu Jaipal Paloura, Suresh Kumar Laswara, Sonu Baba Paloura, Jyot Baba Paloura, Ashok Singh, Corporator, Balbir Singh Paloura, Mohit Gupta, Amarjeet Singh, Deepanshu, Pawan Kumar Sharma, Suresh Kumar Rehari, Kuldeep Gupta Talab Tillo and Varinder Singh Badori.

# Col Mahan applauds PM Modi's "Mann Ki Baat," highlights women's empowerment in Basohli

JJNEWS SERVICE  
BASOHLI, SEP 24

Col Mahan Singh, Chairman of District Development Council (DDC) Kathua, joined the enthusiastic gathering at Panchayat Ghar Plahi, Block Basohli, to listen to the "Mann Ki Baat" program hosted by Prime Minister Narendra Modi. The event witnessed an overwhelming turnout of enthusiastic women eager to hear PM Modi's words of wisdom.

During the event, Col Mahan Singh conveyed his heartfelt gratitude to Prime Minister Modi and commended the Bharatiya Janata Party (BJP) and the Prime Minister for their steadfast commitment to promoting gender equality. He emphasized the transformative impact of



the 33 percent reservation for women, highlighting how it empowers women to stand shoulder to shoulder with men.

Col Mahan Singh also underscored the positive outcomes of the abrogation of Article 370, which has enabled women to actively participate in elections. In the new three-tier system in Jammu and Kashmir, women have

found representation in various roles, including DDC and BDC seats, showcasing their growing influence in the political arena. This progressive legislation has motivated women to assume more active roles in governance.

He said such event marks another significant stride towards gender equality and the active participation of women

in politics. It reflects the ongoing commitment of the BJP and Prime Minister Modi to creating a more inclusive and progressive society.

During the program, BDC Sushma Jamwal and Sarpanch Bohli Devi expressed their appreciation to Prime Minister Modi for his visionary leadership.

The event was graced by several dignitaries, including Balvinder Singh Bindu, Mandal Pradhan of Basohli BJP; Yuv Karan Singh, Mandal Gen Secy; Pinkey Jasrotia, Social worker and Block General Secretary in charge of Self-Help Groups; and numerous women who collectively celebrated the empowerment and progress of women in the region.

# Vinay, Bharat kick starts laying of water pipeline in Raipur Satwari

JJNEWS SERVICE  
JAMMU, SEPT 24

Asserting that Bharatiya Janata Party's (BJP) performance on the developmental front holds the key to the party's unprecedented victory in the upcoming polls this was stated by BJP senior leader and Seh Prabhari Jammu North Vinay Gupta while started laying pipeline for Water

Supply Schemes (WSS) in cantonment ward no.5, Raipur Satwari of Bahu Constituency, Jammu South. Vinay assured that BJP is sure to form the next Govt in J&K on its own. Vinay Gupta stated this during a program organized in connection with development work in Raipur Satwari, here today. Vice Chairman Cantonment Board Jammu and BJP Gandhi

Nagar Mandal President Bharat Bhushan, BJP District Vice President Narinder Gupta Koki, Ramesh Chib, Hans Raj and other prominent persons of the area were present on the occasion.

In his address, Vinay Gupta said that the Bharatiya Janata Party (BJP) believes in 'Sabka Saath, Sabka Vikaas, Sabka Vishwas' as a result of which the party has

been progressing by leaps and bounds with each passing day. He said that it is the ground performance of the party and its Modi-led Govt at the Centre that speaks itself of the unprecedented pace of developmental works going on across the nation, especially in J&K UT. Vinay along with Bharat Bhushan started the much-awaited WSS and the dream project

came true for the residents after completion of work the people of Raipur Satwari in cantonment ward no 5 will be supplied with the required water supply. Vinay said this was the long pending demand of the area and this project is being executed by the PHE Dept with the efforts of Bharat Bhushan Vice Chairman Cantonment Board Jammu.

## EDITORIAL

## Avoid divisive politics, hate speeches

BJP MP Ramesh Bidhuri's recent controversial, rather objectionable, speech on the floor of the Parliament has brought to fore the real face of political discourse going down in the country. Bidhuri is under the radar for using words like the 'Bhadwa' (pimp), 'Katwa' (circumcised one), 'Mullah ugravadi' (Muslim terrorist) and 'atankvadi' (terrorist) for BSP MP Danish Ali in the Lok Sabha on the last day of the Parliament Special Session concluded recently. The speech has come as a big embarrassment for the BJP which has been riding high for passing the Women's Reservation Bill during the five-day special session of Parliament in the new premises. For over two days, members across the party spectrum debated the Bill intensely, and in the end, a near-consensus emerged in its favour. Parties agreed to disagree over the demand for a sub-quota for other backward classes (OBCs) but refused to let their differences in opinion spoil the positive atmosphere that prevailed in the House. In the end, Bidhuri's hate speech hit the headlines though it could have been avoided. Unfortunately, some senior BJP leaders, who earlier held the position of Union Ministers, were seen laughing at the speech instead of forcing their party colleague to stop making any such comments. While this has attracted outrage from several opposition MPs, the BJP has so far only issued a show-cause notice against Bidhuri, even as many are demanding his suspension from the party. Lok Sabha speaker, Om Birla, has so far only issued a warning to Bidhuri, as per reports. Ali has written to the Lok Sabha speaker demanding that action be taken against Bidhuri and hinted that he would resign from the Parliament if no action is taken against the BJP member who is hardly the first time has courted controversy for his speech. In the last few years, the leader, who has previously been a 3-time MLA from Delhi's Tughlakabad, drew flak for his words as five women MPs accused him of making sexist remarks. In 2015, five women MPs had lodged a complaint with the Lok Sabha speaker alleging that Bidhuri used "abusive, sexist and derogatory" remarks against them in the lower house. The MPs had alleged that Bidhuri had abused them in the course of some mayhem that had erupted in the house, after 25 Congress MPs had been suspended. Thereafter in 2020, just days after there was a global outbreak of the Coronavirus, Bidhuri had reportedly said that spread of the virus could be prevented by "greeting with people with a Namaskar", which is "Indian culture" and "not with an Adaab or Assalamu Alaikum." In late 2020, Bidhuri hit out at the historic farmer protests, alleging that they are sponsored by 'Canada and tukde-tukde gang'. AAP's Raghav Chadha had accused Bidhuri of using abusive language against the farmers and calling them 'pimps'. However, Bidhuri had denied this saying he actually called them "thalue" which translates to useless or worthless. With elections round the corner, it is perceived that these speeches are being made intentionally to gain public attention. The political parties, however, must bear in mind that divisive and hate politics need to be avoided at all cost and they should talk about developmental issues.

# Army Goodwill Schools of J&K: Neighbour's Envy, India's Pride

NILESH KUNWAR

When Pakistan sponsored terrorism raised its ugly head in Kashmir Valley during the early nineties, this place, which for centuries was fondly referred to as 'paradise on earth', literally became a veritable hell. With Kalashnikov toting youth who had been thoroughly indoctrinated during their training in camps established by the Pakistan army's notorious spy agency Inter Services Intelligence [ISI] in Pakistan occupied Kashmir [PoK], Kashmir virtually became a war zone.

Due to the unprecedented bloodletting and mindless violence that followed in Kashmir turned upside down and things stabilised only after New Delhi rushed in additional security forces. The gullible youth who had been trained and armed by ISI were made to believe by their mentors that they were 'mujahideen' [Holy warriors] who by waging 'jihad' [Holy war] would earn a place in paradise for themselves. However, the reality was that ISI was just using them as pawns in its proxy war against India!

While security forces brought the situation under control, the mayhem caused by terrorists had created a void that couldn't be filled. On orders of their masters sitting across the Line of Control [LoC], Pakistan's proxies unleashed a wave of terror on the minority pandit community killing their men, womenfolk and even children. This forced them to flee the

Valley en masse and as it was the pandit community that was traditionally the backbone of Kashmir's education setup, their exodus put the prospects of Kashmir's education under immense strain.

Realising that lack of teaching staff and inadequate educational infrastructure would adversely impact the career prospects and future of school going children, the Indian army undertook an initiative to create a quality educational domain. The objective was to provide quality education to wards of locals belonging to financially weaker sections of society living in far-flung areas of J&K and Ladakh who couldn't afford to send their children to residential schools in cities.

Taken up as a part of 'Operation Sadbhavana' [Goodwill] by Udhampur based Northern Command of the Indian army, this project has been a thumping success. Starting with just four primary level Army Goodwill Schools [AGS] in 1998, their number has, due to popular demand from locals, swelled to a whopping 45 and having an attendance of approximately 14,500 students.

Besides a significantly subsidised fees structure, AGS also provides scholarships to meritorious students from economically backwards sections of society. Creation of AGS has thus fulfilled the long cherished wish of the economically marginalised masses in J&K an opportunity to provide quality education to their chil-



dren.

Though AGS provides primary level education, the Indian army is providing necessary assistance to students pursuing higher education. Besides tie-ups with prestigious institutions outside J&K, the army has also undertaken several initiatives in this regard like the 'Kashmir Super 30' and 'Kashmir Super 50' to train meritorious candidates from economically weaker sections of society for the engineering and medical joint entrance exams respectively.

The Indian army's comprehensive approach towards education in J&K is evident from the fact that it has even catered for providing educational facilities to the children belonging to nomadic groups of graziers. For this purpose, it has established 'Shepherd's Schools' in traditional grazing grounds like Tosha Maidan, Jumagund, Mandian-Kundian and Lokut bungus.

The AGS success story

is the result of the Indian army's excellent management, professional acumen and dedication of its teachers and support staff as well as hard work put in by students. The spectacular achievement of AGS have been recognised by many reputed entities in the field of education, and Bharti Foundation is one such organisation which has been adjudged as the 'Most Committed NGO' by UBS Forums in the 8th edition of Corporate Social Responsibility Summit and Awards 2023.

On September 2 this year, Bharti Foundation presented Mr. Mushtaq Ahmed who has been teaching in AGS Tithwal for the last 16 years with the prestigious 'Principal and Teacher Award 2023' for his exceptional contributions to the field of education. This is not the first time that the teaching staff of AGS has received such recognition. 23 educators from 17 Army Good-

will Public Schools across Jammu and Kashmir today received the prestigious "Teachers Innovation Award" from Bharti Foundation in 2018!

While people of J&K are extremely happy with the AGS project, its immense popularity remains a cause of great embarrassment to Islamabad as educational facilities in PoK are in shambles. Accordingly, its desperate attempts to dissuade locals from patronising AGS by ordering its proxies to spew venom against APS and even issue threats to parents, are understandable.

In 2017, senior All Parties Hurriyat Conference [APHC] leader SAS Geelani, at Islamabad's bidding, asked parents not to send their children to AGS. He alleged that "[Army] Goodwill schools are part of their [Indian army's] long-term policy to strengthen occupation," and that "They are psychologically preparing our new generation to

accomplish their nefarious designs." He went on to lambast the overwhelming public endorsement of AGS by saying that "For petty material gains, we are losing our next generation."

Yet the people of Kashmir outrightly rejected the separatist leader's absurd appeal, which is not at all surprising. This is because just a year earlier, a national daily had in a news report titled 'Kashmir Unrest: Hurriyat chairman Geelani has bandh [shut down] calendar for every school except that of his grandchild', had already exposed his appalling duplicity on the issue of choosing schools was concerned.

In 2019, the ISI directed Hizbul Mujahideen [HM] to accomplish what Geelani, the tallest separatist leader in J&K, had failed to do. HM obediently complied with this direction and put up posters in several villages of Shopian district threatening parents of dire consequences if they continued to send their children to AGS. But the HM's threat of bodily harm too fell on deaf ears.

What could be a better indicator of the AGS success story than the fact that it compelled Pakistan to use its proxies for disuading and intimidating locals from patronising these schools? And, isn't the abysmal failure of both the separatists and terrorists to do so an unambiguous vindication of the fact that this Indian army initiative is purely in public interest sans any motivated agenda?

## Women's Reservation Bill : Modi Creating New History

OMKAR DATTATRAY

PM Narendra Modi is creating a history by giving the cabinet nod to the tabling of the long overdue women's reservation Bill in Parliament and in fact his government has tabled this important bill of empowering the women who constitute half of the population of the country in Lok Sabha. Women's reservation bill is tabled in the new parliament on the second day of the special session of the parliament. It now seems that the myth of the women's reservation is now becoming a reality. Modi is not only tabling this important piece of legislation in parliament having far reaching importance but will get it passed after the debate, discussion and deliberation in both the houses of the parliament. He has the guts, will power and the political will to get this important bill to passed in the parliament. The issue of the reservation to women in the parliament and state assemblies dates back to pre independence days and in the modern times it has been lingering on for the last 27 years.

The women reservation bill seeks to reserve one-third -33% of the total number of seats in the state legislative assemblies and parliament for women. The bill also proposes sub-reservation for SCs, STs and Anglo Indians within the 33% quota. The union cabinet on Monday cleared the Women's Reservation Bill -WRB in a key meeting chaired by the PM Narendra Modi. "Only the Modi government had the moral courage to fulfill the

demand for women's reservation which was proved by the approval of cabinet. Congratulations to Narendra Modi Ji and congratulations to the Modi government." minister of state for Food Processing Industries and Jal Shakti Prahlad Patel wrote on the X. Reacting to the development senior Congress leader Jairam Ramesh wrote on X, "It has been a long standing demand of the Congress party to implement women's reservation. We welcome the reported decision of the union cabinet and await the details of the bill. This could have very well been discussed in the all party meeting before the special session and consensus could have been built instead of operating under a veil of secrecy." Recently, Bharat Rashtra Samiti - BRS leader K Kavita begun a day long hunger strike in New Delhi, demanding passage of the WRB. She was accompanied by TRS minister Sabitha Indra Reddy and Satyavati Rathod. BRS claimed that twelve political parties which include AAP, Akali Dal, TMC, JDU, RJD and the left parties such as CPIM had participated in the event.

The reserved seats may be allotted by rotation to different constituencies in the state or union territory. The bill says that the reservation of seats for women shall cease to exist after the commencement of the act. BJP government has tabled the women's reservation bill called as Nari Shakti Vandan Adiniyam in Lok Sabha on September 19, and the high voltage debate and discussion is taking place and con-



gress has supported the women's reservation bill but wanted provision of reservation to STs and SCs also and it also wanted that the reservation should be implemented in 2024. But it cannot be implemented in 2024 as the constitutional provisions prescribe the holding of the census and then delimitation and therefore it will take some years for its implementation. It was former prime minister Rajiv Gandhi who in May 1989 first planted the seed of women reservation in the elected bodies by introducing Constitution Amendment Bill to provide one-third reservation for women in rural and urban bodies. The bill was passed in Lok Sabha but failed to get passed in Rajya Sabha in September 1989. In 1992 and 1993, the then PM P.V. Narasimha Rao reintroduced the Constitution Amendment Bills 72 and 73, which reserved one-third -33% of all seats and chairperson posts for women in rural and urban local bodies. The bills were passed by both houses of parliament and became the law of the nation. Now there are nearly 15 lakh elected women representatives in Panchayats and nagarpalikas across the country.

On September 12, 1996

, the then Dave Gowda-led United Front government for the first time introduced the 81st constitution Amendment Bill in Lok Sabha for reservation of women in the parliament. After the Bill failed to get approval in Lok Sabha, it was referred to a Joint Parliamentary Committee chaired by Geeta Mukherjee. The Mukherjee committee presented its report in December 1996. However the bill lapsed with the dissolution of the Lok Sabha. Two years later, the A.B. Vajpayee-led NDA government pushed the WRB in the 12th Lok Sabha in 1998. However this time too Bill failed to get support and lapsed again. It was subsequently reintroduced in 1999, 2002 and 2003 under the Vajpayee government, but with no success. Five years later, the WRB again gained some traction during Manmohan Singh-led UPA government. In 2004, the government included it in its common minimum programme and finally tabled it on May 2008 this time in Rajya Sabha to prevent it from lapsing again.

The legislation was sent to standing committee on May 9, 2008. The standing committee presented its report on December 17, 2009. It got the stamp

of approval from the union cabinet in February 2010. The Bill was eventually passed in the Rajya Sabha with 186-1 votes on March 9, 2010. However the Bill was never taken up for consideration in the Lok Sabha and eventually lapsed in 2014 with the dissolution of the Lok Sabha. Bills introduced / passed in Rajya Sabha do not lapse, hence the WRB is still very much active. Dimple Vadav of SP, MP pleaded for giving reservation to Muslim women. But reservation on the basis of religion is against the constitution and it should not be given. Lastly the Modi government showed its courage and commitment to women empowerment and thus Law minister Arjun Ram Megawala introduced the women's reservation Bill titled as, 'Nari Shakti Vandan Adiniyam.' In Lok Sabha and the debates, discussions and deliberations are going on the Bill and this time it is hoped that this legislation will be passed in both the houses of the parliament and it will become a law and the women will be empowered politically and the political empowerment will result in the social and economic empowerment of the women.

In fact the new history is being created by the Modi when the women reservation Bill will be passed in the new parliament building as the very first legislation. The passage of the women's reservation Bill will be written in the golden letters in the history of the independent India. Thus Modi has created a history by tabling the reservation Bill and he is making serious efforts to get the Bill passed in both the houses of the parliament and the passage of this bill will be a master stroke of Modi and it will be a game changer in the general elections of 2024 and BJP will be the gainer in the five state assembly elections and ultimately in the general election. In short the myth of women's reservation is now turning into reality in the tenure of Modi government and he will definitely get the credit of women's reservation if the bill in this regard is passed by both houses of parliament. This bill shows the commitment of the Modi government to uphold the Sanatan ideology so far as it relates to the improvement in the status and representation of the women. The empowerment of the women is important and so the women reservation bill is all the more necessary. Our Shastras declare, 'Yatra Sitristo Samanta, Tatra Ramante Deva.' meaning where women are respected, gods travel there. Thus all the political parties without doing politics should support the women's reservation Bill introduced in the Lok Sabha by union Law minister and make the women's reservation a reality.

# The Ultimate 7-Day Meal Plan for Intermittent Fasting

ALPA MOMAYA

Intermittent fasting has gained significant prevalence as a powerful method for weight loss and overall health improvement. Its ability to enhance fat burning, optimise metabolic health, reduce calorie intake, boost growth hormone levels. It also encourages a commitment to a healthy diet that has captured the attention of many individuals seeking to transform their lifestyles.

Choosing the right foods can be daunting when it comes to intermittent fasting. The selection of appropriate foods, portion sizes, and meal timings is crucial to ensure the effectiveness of fasting and maximise its benefits. Without careful consideration, the whole purpose of fasting may go in vain. It's no wonder many people are confused and uncertain about what to eat and how to structure their meals.

This comprehensive article aims to provide a 7-day meal plan for intermittent fasting and essential tips to help you navigate this eating pattern successfully. By offering practical guidance and evidence-based recommendations, the article aims to empower you to make informed choices, optimise your intermittent fasting experience, and achieve your health and weight loss goals.

## Intermittent Fasting: An Overview

Intermittent fasting, at its core, involves alternating between eating and fasting periods. One can take several approaches when practising intermittent fasting. Still, the most common method is the 16:8 approach, where individuals fast for 16 hours and consume their meals within an 8-hour window. Another popular approach is the alternate-day fasting plan, while some opt for a 24-hour fast once or twice a week. Research shows that intermittent fasting offers many health benefits when implemented correctly. Some of the benefits are weight loss, improved blood sugar control, and reduced inflammation.

## The Importance of Intermittent Fasting: A Research-Based Analysis

### Weight Loss

Scientific research has extensively explored the potential advantages of intermittent fasting, and the findings have been promising. One notable benefit is weight loss. Several studies prove intermittent fasting can significantly reduce body weight and fat percentage. It is because of several factors, including reduced calorie intake and increased fat-burning mechanisms within the body.

### Insulin Sensitivity

As per research, intermittent fasting has shown positive effects on insulin sensitivity, which is crucial for maintaining healthy blood sugar levels. By giving the body regular rest periods from constant eating, intermittent fasting stabilises insulin levels and helps improve the body's response to this vital hormone. It, in turn, can contribute to better blood sugar control and may reduce the risk of developing type 2 diabetes.

### Improved Heart Health

Intermittent fasting can lead to improved cardiovascular health. Studies showcase that it can lead to lower blood pressure levels, reduced levels of total cholesterol, and improvements in other cardiovascular risk factors. In addition, by promoting weight loss and improving insulin sensitivity, intermittent fasting may contribute to improved heart health and a lower risk of heart disease.

### Cognitive Benefits

Research also suggests that intermittent fasting may have cognitive benefits. For example, one study revealed that intermittent fasting could improve brain function and protect against neurodegenerative disorders such as Alzheimer's. However, the mechanisms behind these benefits are still being studied. Still, experts believe intermittent fasting may enhance the production of proteins and molecules that support brain health and protect against age-related cognitive decline.

### Summary

Intermittent fasting offers a com-



prehensive approach to improving various aspects of health. From weight loss and enhanced insulin sensitivity to cardiovascular benefits and potential cognitive advantages, the scientific evidence supporting the advantages of intermittent fasting continues to grow. However, it is crucial to approach intermittent fasting with caution and consider individual circumstances before starting. By understanding the potential benefits and limitations, one can make informed decisions and tailor an intermittent fasting plan that suits their needs and goals.

## Guidelines to Know Before Planning an Intermittent Fasting Meal Plan

Intermittent fasting may initially seem daunting, but the right approach can make it a successful and sustainable way to achieve your health and weight loss goals. First, it is crucial to know what foods to eat and avoid. Then, it is vital to plan your meal timings.

## The Best Foods to Keep You Satisfied During Alternate Day Meals

If you're embarking on intermittent fasting, choosing foods that will keep you satisfied during your eating windows is essential. Focus on foods high in protein and fibre, which are remarkably filling. Some excellent options include whole grains, pulses, meats, fish, eggs, tofu, nuts, seeds, and vegetables. These foods

not only provide satiety but also offer essential nutrients to support your overall health.

### Foods to Avoid

Avoid foods containing high sugar or refined carbohydrates. These foods can cause fluctuations in blood sugar levels, leading to hunger and fatigue. Instead, opt for complex carbohydrates like whole grains and legumes, which provide a steady release of energy and help sustain you throughout your fasting periods. Avoid junk and processed foods which can increase the calorie and fat intake. These will nullify the positive effects of intermittent fasting.

### How to Schedule Your Meals

When planning your meals for intermittent fasting, find a schedule that works for you. For example, many individuals find it helpful to start their fasting period after dinner and break their fast with a late breakfast or lunch the next day. This approach, commonly known as the 16:8 method, involves fasting for 16 hours and consuming all meals within an 8-hour window.

One must also listen to the body and adjust the schedule as needed. For example, if you feel excessively hungry or tired during fasting, move your eating window earlier in the day or increase the protein and fibre content. Experimenting with differ-

ent schedules and meal compositions will help you find a routine that suits your needs and preferences.

Remember, intermittent fasting is not a one-size-fits-all approach. Tailoring it to your lifestyle and preferences while considering your overall health and well-being is essential.

### Summary

Intermittent fasting can be a successful and sustainable approach to achieving health and weight loss goals. By focusing on nutrient-dense foods high in protein and fibre, such as lean meats, fish, eggs, tofu, nuts, seeds, and vegetables, you can stay satisfied during your eating windows while supporting your overall health. It's essential to avoid foods high in sugar or refined carbohydrates and instead opt for complex carbohydrates like whole grains and legumes. It is crucial to find a meal schedule that works for you, like the 16:8 method, and adjust it based on your body's cues. Remember to customise intermittent fasting to fit your individual needs and consult with professionals for guidance.

### Other Important Tips for Successful Intermittent Fasting

#### Stay Hydrated

Research shows adequate hydration is crucial during any diet plan. The same is in the case of intermittent fasting. Ensure you stay well-hydrated by consuming plenty of water throughout the day, especially during fasting. Besides preventing dehydration, it will also help curb hunger and cravings.

#### Plan Your Meals

Effective meal planning is essential for any diet, especially intermittent fasting. Make sure to have healthy, satisfying meals and snacks ready when your eating window opens. Planning ahead can help prevent impulsive and unhealthy food choices, ensuring you stay on track with your nutritional goals.

#### Choose Nutrient-Dense Foods

Research shows that one should choose nutrient-dense foods for optimal health. Focusing on nutri-

ent-dense foods becomes even more crucial when your eating window is limited. So, opt for foods high in vitamins, minerals, and other essential nutrients. Examples include:

Fruits and vegetables contain essential minerals, vitamins, and fibre. So they will keep you full and satisfied.

Lean protein: Incorporate sources like chicken, fish, and plant-based options such as beans and tofu. These provide protein without excess calories.

Whole grains: Opt for whole grains like quinoa, brown rice, and whole wheat bread, as they offer more nutrients and fibre than refined grains.

#### Limit Calorie Intake

While choosing nutrient-dense foods is essential, you must watch your calorie intake during your eating window. Consuming calorie-dense foods such as pizza and burgers can easily lead to exceeding your calorie needs and negating the benefits of fasting. Instead, focus on filling up with nutrient-dense foods and limit your consumption of high-calorie options.

#### Stay Active

Regular exercise not only aids in weight loss but also improves overall health and well-being. However, during your fasting periods, it's important to avoid overexertion. Therefore, stick to low to moderate-intensity exercises and ensure you refuel properly during your eating window to support your energy levels. By following these top tips, you can set yourself up for success with the 7-day meal plan for intermittent fasting.

#### Summary

To achieve success with intermittent fasting, stay hydrated, plan your meals ahead of time, choose nutrient-dense foods high in vitamins, minerals, and fibre, and limit calorie intake during your eating window. Incorporating exercise into your routine, being patient with results, and maintaining consistency are vital factors.

SOURCE: HEALTHIFYME

IMONROY

We live in a world that celebrates efficiency, efficacy, and accessibility. Yet in all of this we somehow forget that our health is the greatest virtue. Technological advancements have been a boon to medical science and these innovations have redefined the need of prevention and precaution. One such mechanism which is designed to nudge people into embracing a healthy lifestyle is a Smart Scale.

Unlike other weighing scales that offer information only about your weight, Smart Scales are electronic devices that measure and track your fitness data, beyond weight. Of course, it measures your weight, simultaneously, it also calculates other health metrics like body fat percentage, metabolic age, bone density, etc.

Healthify 2.0 is all about creating a fitness ecosystem and the HealthifyMe Smart Scale is a tool that helps track various fitness dimensions essential to keep you motivated throughout your wellness journey and more. If you have questions about Smart Scales, its utility, and how it helps one in their day to day lives, this article will answer all.

## How Does a Smart Scale Work?

Just more than a decade ago, this was unimaginable, to comprehend how a compact home like a weighing scale is able to learn about one's body composition. The science behind the functioning of a smart scale is that it uses BIA (Bioelectrical Impedance Analysis). It has two electrodes that send a small painless electrical current that enters from one leg and travels up to your pelvis and exits from the other leg. This current can pass through muscles, lean tissues, etc., and accumulate information about the body's composition.

The HealthifyMe Smart Scale is a Bluetooth syncing device that easily connects with the HealthifyMe App and helps you track your diet and fitness progress. It is designed to evaluate 12 major body metrics along with smart weight tracking at your convenience. Also, these values help nutritionists and fitness profession-

als to customize recommendations and guide you accordingly.

## Who Should Use a Smart Scale?

A smart scale brings about convenience and accuracy in the daily life of people who need to track their basic health information or work towards their weight loss/weight gain journey. It is a simple piece of equipment that can help you gain some insight into your overall health.

## How Does the HealthifyMe Smart Scale Benefit Your Transformational Journey?

The HealthifyMe Smart Scale is designed to help one understand their body composition easily and thus take essential steps in the direction of healthy living. Whether you are trying to lose weight or gain muscle mass, this device helps you or your nutritionist understand your bodily mechanics better and take constructive steps towards your goal.

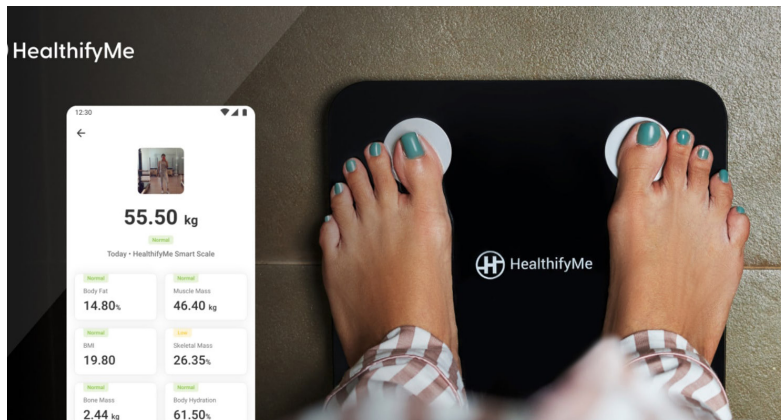
Furthermore, the smart scale assessed parameters also aids to identify and manage various underlying diseases like thyroid, type 2 diabetes. It can also prevent the risk of chronic problems like heart diseases, osteoporosis, hypertension, fluctuating cholesterol levels, etc.

Humans are creatures of habit and breaking the pattern to adapt to a different diet or lifestyle is difficult in order to reach your goal. Behavioral change is a crucial part of any kind of transformation. Here your HealthifyMe Smart Scales can be a motivator that helps you achieve your goal.

## This Smart Scale Calculates and Displays 12 Body Metrics, these are:

Weight- The Smart Scale like any other weighing scale, provides the accurate weight of an individual and is ideal for goal setting. You can check your weight on the digital screen of your smart scale or even log in to your HealthifyMe App. You can also set weekly reminders on the App that nudges you to log in your weight.

Body Fat- It also tells you the approximate body fat percentage that a person has and if it is normal,



borderline, or unusual. The scale sends a painless electric current through one of the legs that assess tissues, muscle, etc. up to your pelvis. Fat is a poor conductor of electricity than muscle or water and thus causes resistance. The scale picks up on that and displays a body percentage.

Muscle Mass- Whether you are trying to lose weight or gain some, muscle mass is essential to build strength, retain energy and live an active lifestyle. The muscle mass of a person depends on the age and gender of the person. It is proven that muscle mass decreases after one reaches the age of 30. So, a smart scale calculates muscle mass and helps to identify if the person needs to alter their diet or fitness plan to gain muscle.

Visceral Fat- Visceral fat is the fat found deep inside the abdominal cavity that surrounds vital organs. Everyone has some amount of visceral fat and it is essential to keep your internal organs safe. A smart scale calculates visceral fat in percentage and could learn if it is normal or not. Unusual values can indicate the risk of various health complications.

Metabolic Age- An individual's metabolic age can substantiate how many calories in the form of energy you need to keep your body functioning, even when at rest. It also depends on various other factors like gender, height, weight, muscle mass etc. Knowing your metabolic age can help you manage your weight better and also improve other health parameters.

Skeletal Mass- Skeletal muscles

are tissues that help individuals to move, maintain posture, balance body temperature, and perform various other functions. It constitutes 30- 40% of your total body weight. Skeletal mass can sometimes be lost due to dietary restrictions and lifestyle changes, when one is trying to lose weight. So, a smart scale keeps track of skeletal mass percentage in the body.

Bone Mass- Bone mass is directly proportional to bone strength. It is essential to maintain bone mass to avoid the risk of osteoporosis, fractures, etc. Though it is based on the genetics of a person, certain modifiable environmental factors can help keep up a strong bone mass like intake of calcium and protein and also focused physical activity. A smart scale can help you determine your bone mass and prevent bone related complications

Hydration- Smart scales can calculate body water percentage by taking into account your gender and age. Hydration has been associated with weight loss as it suppresses appetite, boosts metabolism. So, a smart scale can help you maintain a healthy hydration level and aid weight management.

Protein- Keeping a tab on your body's protein content can help you in your transformation journey. A person's protein intake can help them boost their metabolism, maintain the muscle to fat ratio, and also keeps one satiated for a long time.

BMI- BMI or Body Mass Index is a way to estimate your body fat ratio and is also exceptionally useful to identify any underlying health risks. Using a smart scale to determine

BMI is great as it is quick, easy, and accessible.

BMR- Basal Metabolic Rate or BMR helps you understand the amount of energy in the form of calories needed to keep you active throughout the day, even when your body is at rest. Based on your BMR, your nutritionist can design a calorie deficit plan, if you want to lose weight.

Subcutaneous Fat- This is the kind of fat that is present under the layer of your skin. Some amount of this fat is necessary to keep your body warm during the cold and even protect deep tissues. But, a higher percentage of subcutaneous fat can indicate health problems like heart disease, diabetes etc.

How Accurate is HealthifyMe Smart Scale?

The HealthifyMe Smart Scale is designed by taking into account the quality checks and complying with all the industry standards. Simple to use and connects seamlessly with the HealthifyMe App offering a comprehensive health overview. However, it is not a medical device and shouldn't be used as an alternative to visiting a medical practitioner or DEXA (dual x-ray absorptiometry) scan.

## How can You get a HealthifyMe Smart Scale?

You can get a HealthifyMe Smart scale free by availing any of the HealthifyMe Pro Plan or you can buy it separately on Amazon and directly connect to your HealthifyMe App.

## How can you Sync Your HealthifyMe Smart Scale to the App?

HealthifyMe Smart Scale is a wireless device that can seamlessly connect through bluetooth. Here the steps you can follow:

### Switch on the Bluetooth of your phone

### Open HealthifyMe App on your Smartphone

Feed on the basic Information if you are using it for the first time (Once you have completed, you will be displayed a Home Screen)

In the Home Screen, click on the purple (+) button present under the 'Weight' Section.(You will be dis-

played a pop up screen called 'Add Log').

Choose the first option to 'Add Automatically'.

You will view a screen that displays two options: 'View Plans' and 'I have the Smart Scale'. (If you have bought your HealthifyMe Smart Scale from third party sellers like Amazon, click on the second option)

Once you click on the second option, you will see a form that requires you to choose 'Where Did You Get Your HealthifyMe Smart Scale?'

Post selecting, click on 'Next' at the bottom of the screen.

Following that, click on 'Yes', if you have already received your HealthifyMe Smart Scale

You will need to confirm the information present on the screen and press 'Confirm'.

On the next screen, you will be displayed 'Let's Connect your Smart Scale'. Click on 'Next' at the bottom of the Screen. (Remember to read the guidelines before clicking next)

Now, simply step on the Smart Scale and wait for the scale display to light up. Wait for a few seconds and you would find your information displayed on the app screen.

### Final Words

A Smart Scale is a medium that aligns with your lifestyle and fitness goal. It provides insight into your body composition from your home and helps you address health concerns.

Though it looks like a typical weighing scale, it can help you set your goal and work towards it. This device also tremendously helps your nutritionist or fitness coach in providing an in-depth understanding of your current state and offers customized solutions.

For example, it can record your BMI and also display if it is Normal, Borderline or Overweight. Thus, helping you make informed decisions.

HealthifyMe strives to create a healthy ecosystem that offers accessible and approachable solutions for you. So step up and get your HealthifyMe Smart Scale today.

SOURCE: HEALTHIFYME

# Ex-CPFWA advocates for their rights and benefits

**JI NEWS SERVICE**  
JAMMU, SEP 24

The Ex-Central Paramilitary Forces Welfare Association in the Jammu & Kashmir Union Territory shed light on the challenges and demands of ex-Central Paramilitary Forces personnel and advocate for their rights and benefits.



Addressing a press conference at Gandhi Nagar, here Shashi Sharma, President of the Association and D.K. Chauhan, General Secretary, highlighted that ex-Central Paramilitary Forces personnel face similar challenges and risks as the Defense Forces. However, they do not receive the same benefits and concessions as the Armed Forces under the Ministry of Defence (MOD), which raises concerns about fairness and justice, they said.

“The service conditions of Paramilitary Forces are similar to those of Defense Forces, including provisions for court martial. However, their pay, perks, and post-retirement benefits, including pensions, are regulated by rules

from 1972, providing benefits equivalent only to Central Government Civilian Employees,” Shashi Sharma said.

The Association also raised concerns about the exemption of GST on Central Paramilitary Forces pensioners.

“While the Central Pay Commission (CPC) rates are high, pensioners are not exempted from GST. Letters have been written to the government on this issue, and the matter falls under the purview of the Central Government,” Shashi Sharma said.

He added that cooperation from Paramilitary Force Organizations in annual welfare meetings has been lacking, affecting the well-being of personnel and their families.

The Association strongly advocated for the implementation of "One Rank One Pension" (OROP) for Paramilitary Forces, similar to the benefits provided to the Defense Forces.

This includes forces like the Border Security Force (BSF), Central Industrial Security Force (CISF), Central Reserve Police Force (CRPF), Sashastra Seema Bal (SSB), and Indo-Tibetan Border Police (ITBP).

The key members of the association present in the press conference include Harinder Mahajan, Chief Advisor, SK Sharma, President, Harbans Lal, Vice President, Noor Muhammad, General Secretary (Samba Division), Yash Paul, Jagan Nath, Ashok Kumar, Ram Nath, Mohan Lal and Lal Chand.

# M Jackson Cultural Institute of Society honours Team of Film

**JI NEWS SERVICE**  
JAMMU, SEPT 24

A programme was organized by M Jackson Cultural Institute of Society, Jammu to honour the team of producer, director, actor Bikram Singh & the actors of the forth coming Punjabi feature film 'Meri Jind Jaan' which has been produced in Jammu with the talent of mainly Jammu actors and technicians. The senior and young actors, and producer/ director & writer of the film were felicitated by the head of the Society J R Sharma 'Jackson', a noted choreographer of Jammu & Kashmir. Film maker, director & wruter Dr. Baljit Singh was the special invitee on this occasion. The function was attended by the team members like Bikram Singh, Shamsher Singh Chohalvi, Meera Tapasavi, Veena Dogra Sharanjeet Kour, Vicky Sagar, Rakesh Mayush, Rahi Simbalpuria, Davinder Singh Dhanjal,



Jang S. Verma, J R Shama Jackson, and others.

On this occasion the young children who were declared winners of the Mega Star event of talent hunt conducted by the Society, presented dance sequences. The members of the team of the actors expressed their views of making the film and wished for the good show of the film which is going to be released very soon in the cinema halls of Jammu & Kashmir, Punjab, Haryana, Himachal Pradesh, and Rajasthan.

Speaking on this occasion Bikram Singh thanked

the Society for organizing the function and honouring the team of 'Ik Jind Jaan'. He said that it's a family film based on the value based relations in the families. He informed that if the screening of the film successful in the cinemas then it would be launched worldwide. Dr. Balji Raina appreciated that the film industry has come forward in the areas like Jammu where the films in regional languages and Hindi have been produced in the recent past. JR Jackson also expressed his views on this occasion and extended vote of thanks.

# Younger generation showing increased vulnerability to cardiac ailments: Dr Sushil

**JI NEWS SERVICE**  
JAMMU, 24TH SEP

In order to aware general masses with particular focus on younger lot regarding the increased prevalence of cardiovascular disease Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum Health Checkup Camp at Bal Niketan ,Ved Mandir Amphalla, Jammu in which main focus was to educate the younger generation to adopt healthy and cardiac friendly lifestyle to reduce the future mortality and morbidity.

While interacting with the people Dr Sushil Stated cardiovascular diseases is the leading cause of Death worldwide and as many as 4% to 10% of all heart attacks occur before age 45, and most of these strike men. It's a reminder that men should not ignore warning symptoms just because they are "too young" to have heart disease. And since atherosclerosis can and does start in youth, it's a reminder that prevention should start early in life before problems develop. Because CAD is the most important cause of early heart attacks, it deserves the most attention. But the other causes should also be considered. In broad numbers, about 4% of heart attacks in young adults are triggered by inborn abnormalities of the coronary artery anatomy.

He added that It used to be incredibly rare to see anyone under age 40 come in with a heart attack and some of these people are



erwise normal coronary arteries, where they block the artery. And in another 5%, various disorders of the blood clotting system increase the risk of clot formation throughout the circulatory system, including in coronary arteries.

He elaborated that in the past 2 decades, a high prevalence of risk factors for cardiovascular disease, such as obesity, physical inactivity, and poor diet, has been observed among young individuals living in developed countries. The rate of substance abuse (opioids, cocaine, electronic cigarettes, and anabolic steroids) is also increasing among young adults, whereas cigarette smoking might be declining. Among younger individuals (aged 18-50 years), the incidence of cardiovascular diseases over the same time period has either been steady or has increased, in contrast to the trend towards a lower incidence of cardiovascular disease in adults aged >50 years. Current observations might, therefore, be used to forecast a potential epidemic of cardiovascular disease in the near future as the younger segment of the population ages.

Others who were part of this camp included Dr Nasir Ali Choudhary and Dr. Dhaneshwar Kapoor. Paramedics and Volunteers who were part of the team included Vikas Kumar ,Raghav Rajput , Ranjeet Singh ,Rajkumar, Arun Singh, Paramveer Singh, Akshay Singh , Rohit Nayyar ,Gourav Sharma , Jatin Bhasin , Amnish Dutta , Kamal Sharma and Nirvair Singh Bali.

# “Maharaja Hari Singh Ji” always an inspiration for Dogras: Gurmeet Singh

**JI NEWS SERVICE**  
JAMMU, SEPT 24

Gurmeet Singh Distt. General Secretary a Senior Congress Leader and President Beopar Mandal Pays humble Tribute to Maharaja Hari Singh - the last Dogra ruler of Jammu Kashmir on his Birth anniversary at Congress office, Rajinder Bazar Jammu .On his 128th birth anniversary of Maharaja Hari Singh was celebrated with enthusiasm across Jammu on Saturday with various political and social groups



holding public events to pay rich tributes to the "great social reformer" of his times. The Jammu and Kashmir administration had last year declared.

Maharaja Hari Singh Birth Anniversary: Maharaja Hari Singh, the last ruler of the princely state of Jammu and Kashmir, was

born on 23 September 1895 in Jammu, and died on 26 April 1961 in Maharashtra at the age of 65. Hari Singh, the last king of Jammu and Kashmir, was different from other kings in many ways. Let's know the whole story of his becoming king from Kashmir and becoming nominal king.

# LG requested to make Dogri a Compulsory subject in Schools: Senior Citizens

**JI NEWS SERVICE**  
JAMMU, SEPT 24

Senior Citizens Support Service Club, Chowadi under the Chairmanship of Dr. Kasturi Lal, former Principal GMC and Presidency of Sh. Ashok Gupta, former Drug Controller J&K, Maj Gen SK Sharma, AVSM (Retd), Member Governing Body, Model Institute of Engineering and Technology (Autonomous), Jammu and former Member Shri Mata Vaishno Devi Shrine Board, Sh. Kailash Langer, social activist and Sh. Raman Gandotra social activist called on Hon'ble LG and requested him to make Dogri a compulsory subject in the schools.

Maj Gen SK Sharma, AVSM (Retd), Member Governing Body, Model Institute of Engineering and Technology (Autonomous), Jammu and former Member Shri Mata Vaishno Devi Shrine Board gave details of the case. He said that the National Education Policy NEP-2020 clearly lays directsthat the medium of instruction in classes 1 to 5 should be the mother tongue but the SCERT JK Calendar for the year 2022-23 lists only 5 major subjects like English, Hindi/Urdu, Math, Science and Social Science. Dogri is not listed anywhere with the result, it is not being taught in the schools.

It is pertinent to mention that Dogri got included in the Eighth Schedule of the Indian Constitution in 2003 thus making this language a national language. Later, when Sh. Manoj Sinha came as LG of J&K UT, he took up the

case with the Centre govt to make this language an official language of UT too. On 23 Sep 2020, Lok Sabha passed J&K Official Languages (Amendment) Bill and made Dogri an official language.

Senior citizens appreciated the efforts of Hon'ble LG and thanked him.

However, on ground it has not taken off. As Dogri has not been made the compulsory language, the Dogra students are lured to take English and Hindi/Urdu because these are the compulsory languages.

As per National Education Policy-2020, the Three Language Formula is to be adopted with mother tongue to be first language. It also directs the states to teach students of classes 1 to 5 in their mother tongue. It is believed that SCERT JK UT does not follow the Three language formula thus defying the National Education Policy 2020.

This attitude has resulted in dwindling number of students Dogra children not knowing their mother tongue. As per one estimate, the Dogri speaking number of students in the age group of 2 to 25 years, in Jammu city, may be even less than 10%. This is a cause of concern for the Dogra community.

Hon,ble LG informed senior citizens that he has already formed a committee on this issue and assured that Dogri, being an official language of the UT, will be introduced as a compulsory subject in classes 1 to 5. Senior citizens thanked Hon'ble LG for his proactive approach.

# Blood Donation Camp Organised by Sant Nirankari Mission Branch Kathua



**JI NEWS SERVICE**  
KATHUA, SEPT 24

With the blessings of Her Holiness Satguru Mata Sudhiksha Ji Maharaj Sant Nirankari Charitable Foundation (Social Wing of Sant Nirankari Mission) organized a voluntarily blood donation camp at Sant Nirankari Satsang Bhawan, Kathua. The devotees were enthusiast to donate blood in a selfless way.

The camp was inaugurated by Dr. Rakesh Minhas IAS, Deputy Commissioner Kathua. While speaking on the occasion Dr. Rakesh Minhas Congratulated Sant Nirankari Mission for donating blood in a selfless way and also appreciated the Mission for regularly organising such kind of events for the benefit of humanity. He especially lauded the efforts of Female Donors of the Mission.

Later in the day Dr Jitendra Singh, Minister of State in the Prime Minister's Office, Department of Atomic Energy, Department of Space (Vice President, CSIR), Ministry of Personnel, Public Grievances & Pensions, Minis-

ter of State for Science & Technology Etc. also visited the Blood Donation Camp. He appreciated the donors and congratulated Sant Nirankari Mission for this drive.

Sh. Ajit Singh, Zonal Incharge Jammu welcome all. He admired donors for their selfless service. He told that first Blood Donation Camp was organized in 1986 and since then for last 37 years Blood Donation Camps are being organized by this Mission to spread the message of Baba Hardev Singh Ji 'blood should flow in veins not in drains'.

Babu Ram Sanyojak branch Kathua presented the vote of thanks.

Other Dignitaries presented on the occasion were Sh Ranjeet Singh JKAS DC State Taxes Kathua , Dr Zulfikar, Dr Taseer from Blood Bank GMC Jammu, Dr Mona Jamwal from GMC Kathua, SatPal Khetriya Sancahlak Kathua and several senior citizens and social workers of the society.

The camp was held in collaboration with blood & transfusion dept. of Govt. Medical College Jammu, GMC Kathua & JKASCS.

# BJP's Ishant Gupta Kicks start Blacktopping Project in Channi Himmat



**JI NEWS SERVICE**  
JAMMU, SEP 24

Ishant Gupta (Advocate), the BJP J&K State IT Head, kick started a remarkable blacktopping work in Sector 1, Ward No. 50, Channi Himmat, with an estimated cost of Rs. 25 lakhs. The said project was initiated by Neena Gupta Corporation Ward No. 50 Channi Himmat.

Manjeet Singh, President of Gurudwara Sector 1 Channi Himmat, BJP Booth President Nishant Sharma, Dedicated Social workers Trishula Gupta and Amit Gandotra, and numerous enthusiastic residents, gracing the

occasion by their presence. Ishant Gupta, while addressing, attributed the inception of this much-needed initiative to the unwavering commitment of Ward No. 50 Corporator Neena Gupta. Despite her temporary absence, Gupta said that BJP remains resolute in delivering on her promise and commitment to enhance connectivity between the main Gurudwara Channi Himmat and SDDM Hospital, a road that had been adversely affected by the repair work of PHE pipelines, disrupting the daily lives of local residents.

Gupta underscored the BJP's steadfast dedication

to Prime Minister Narendra Modi's transformative vision of "Saab Ka Saath, Saab Ka Vikas, Saab ka Vishwas," emphasizing that the party continuously strives for comprehensive development and the welfare of the public at large.

Manjeet Singh, Trishula Gupta, and Amit Gandotra, also spoke on the occasion and said that the exemplary work of Corporator Neena Gupta in serving the best interests of the community. They fervently appealed to the public to extend their support again in the upcoming Municipal Urban Local Body Elections.

# Thakur Sabha Bani commemorates Maharaja Hari Singh's Birthday

**JI NEWS SERVICE**  
BANI, SEPT 24

Thakur Sabha Bani, in collaboration with the residents of Bani, organized a commemorative event to celebrate the birthday of Maharaja Hari Singh in Bani. The event saw the presence of notable guests, including Sanjeev Singh Rana, Additional Secretary of the Academy of Art, Culture, and Language Jammu; Satish Sharma, SDM Bani; Kulwant Manhas, journalist and Ajeet Singh Rana, among others. Prominent citizens of Bani, including Kajol Rajput, Congress leader; Gujari Lal, social activist; Liaquat Ali, NC leader; Mela Ram, Retired ZEO and Nazir Ahmed Sheikh, Retired BDO, also graced the occasion.

Members of Thakur Sabha Bani, including Ajab



Singh, Vice President of Thakur Sabha, Lekh Raj Sundharm, Media Secretary of Thakur Sabha Bani, and Dr. Rameshwar Singh, expressed their gratitude to all the esteemed guests and the public for their participation.

Dr. Rameshwar Singh highlighted the life of Maharaja Hari Singh and encouraged everyone to celebrate this day with pride and enthusiasm. He also made a request to the administra-

tion to recognize this occasion as a cultural festival in the coming years.

The chief guest commended Thakur Sabha and the residents of Bani for their initiative in organizing such a program to educate the younger generation about their king and history. This event marked the first time in Bani's history that Maharaja Hari Singh's birthday was celebrated with such enthusiasm and joy.



## Manyal asks party workers to gear up for the upcoming elections

J1NEWS SERVICE  
JAMMU, SEPT 24

BJP State general secretary and former minister Dr. Devinder Manyal asked party workers to gear up for upcoming elections in a meeting organized by Sanjay Kumar Baru, BJP senior leader and JMC Councillor at Anand Nagar in ward-41.

Dr. Devinder Manyal, in the meeting asked the party workers to gear up for the upcoming ULB elections. While he was being apprised by the various development works completed as well as under process in the ward, he said that every BJP dedicatedly serves the masses with full might. He said that the principle of Sewa Dharma established by Prime Minister Narendra Modi has been followed by the party workers at the



ground level. He said that PM's efforts have yielded results in the form of growing prestige of Bharat in the world, influx of major projects by leading companies, transformational decisions like women reservation bill and these changes have resulted only under the strong leadership of PM Modi and asked the party workers to take these achievements to the people.

"The BJP activists must work on a mission mode now. You must devote yourself to the welfare of

the people and to serve the nation, adopting the role of hero by securing election victory for the BJP".

Sanjay Baru, asked the party workers to review the ongoing development works in the ward. He said that they must visit every area of the ward, where development works have been undertaken and assess the work for the quality. He asked them to inquire with the locals whether they are satisfied with the present work and to assess their aspirations.

He also prompted the BJP activists to take the knowledge of already completed works and party's vision to the masses to gain their absolute support in the upcoming elections.

Parnesh Mahajan, while speaking on the occasion, stressed that the BJP is committed for the welfare of the people. He said that every party worker is in touch with the masses on the ground. He said that the party worker must also act as two-way passage in between the masses and the party seniors.

BJP leader Jatin Sethi presented vote of thanks.

BJP leader Lokesh Bhagat, Booth President Kewal Sharma, Payare Lal Mawa, M.K Zutshi, Janki Nath Bhat, Ram Ji Koul, D.K Luthra, Ashish Jain, and others were present in the meeting.

## Kavinder inaugurates AA Creations – a one-stop studio for men & women

J1NEWS SERVICE  
JAMMU, SEPT 24

Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta today inaugurated first of its kind, the ambitious AA Creations, a one-stop centre for all the needs of women folks in Channi Himmatt, Jammu.

Designed and executed by Anju Artist, the Centre will provide the services like hair care, makeup, skincare, fashion, nail art, Spa, besides the collection of all the designers attires and wardrobes



selections. AA Creations run by Anju Gupta along with her son Adityas Gupta and his friend Sanjeev Singh Manhas. The arrival of AA Creations

marks a significant milestone in the city's beauty landscape. Renowned for its unmatched expertise, world-class services, and exceptional client experi-

ences, the Salon is poised to redefine beauty standards and elevate the art of self-care.

"The newly opened salon boasts an exquisite and spacious setting, exuding grandeur and sophistication. Every corner of the salon has been meticulously designed to create a serene environment that pampers the senses and indulges the soul", it reads. AA Creations believes in empowering individuals to embrace their unique style, enhancing their confidence, and fostering a sense of well-being.

## Cong finding excuses for impending defeat in ULB polls to save face: Kavinder

J1NEWS SERVICE  
JAMMU, SEPT 24

Senior BJP leader and former Deputy Chief Minister Kavinder Gupta on Sunday said that Congress party is trying to find excuses for face saving, looking at its dwindling position in forthcoming ULB polls in J&K.

In a statement issued to media, the BJP stalwart said that foreseeing crushing defeat in the ULB polls, Congress leader Vikar Rasool Wani has started working on making Bandedobast for face saving as he demanded holding of Municipal Corporations and other ULBs elections under the State Election Commission (SEC) like those of Panchayats. Kavinder said that people have understood that Congress has nothing in offering for them and this reality of losing people's faith has been understood by the



Congress leadership, and that is the reason, the PCC chief is making ground for finding alibis in advance so that no one could challenge his leadership post his party's debacle in ensuing ULB polls.

Kavinder said that BJP is all set to make inroads in places which were once considered as bastions of other parties as its performance and people-friendly policies in J&K has won the hearts of people and they are in no mood to even listen the name of

any other party whether regional or mainstream.

Meanwhile, several delegations called on Kavinder and assured wholehearted support to the saffron party in all the ensuing political contests to be held in J&K. The members of delegations reposed full faith in the leadership of BJP asserting that no other party took so much pain in mitigating the problems of people. They particularly lauded the BJP leadership for reaching out to public in need without any hesi-

tation. They were of the opinion that the achievements of BJP in the last over nine years were fantastic especially in case of J&K, which has been freed by the party from the clutches of Article 370, which snarled the development and progress for decades together.

Later, Kavinder visited the Lord Ganesha Stall in Gandhi Nagar area and paid obeisance. He said that BJP government has opened up vistas of opportunities for the people in J&K and today people have been prospering as never before whether it is Jammu region, or Kashmir. He said that to continue with the same pace of achieving progress and prosperity, it is necessary that people in J&K should vote for BJP as it is only this party which has the potential to bring about desirable changes as it did in the cases of Article 370 and other issues.

## Aryans Pharmacy Students celebrates World Pharmacist Day

J1NEWS SERVICE  
MOHALI, SEPT 24

On this year's theme "Pharmacists Strengthening Health Systems- Angdaan Mahadan" & Observing the vision of International Pharmaceutical Federation (FIP) & World Health Organization (WHO), Aryans College of Pharmacy Rajpura, Near Chandigarh celebrated "World Pharmacist Day". Various activities were organised & the B.Pharm & D.Pharm students participated enthusiastically.

Prof. (Dr.) Tejvir Kaur, Head, Dept of Pharmacy, Govt. Medical College, Patiala while addressing



said that Pharmacists are the reason why people get the best from their medicines, they are using their experience, knowledge, and expertise to make the world a better place for everybody. Moreover,

they give access to medicines, advice people on how to properly take them and so much more, added Singla.

Dr. Krishan Singla, Principal Aryans College of Pharmacy said that the

celebration of pharmacists day is a valuable tool to promote the profession and honour the crucial role played by pharmacists in improving global outcomes. Various activities including Tree Plantation Dive, Poster Presentation, Speech etc were organized, added Singla.

It is to be mentioned that every year on 25th September, world Pharmacist day is celebrated. Pharma students participated in poster presentation & skit. A student rally mentioning this year theme was also organized in nearby area to aware everyone about the role of pharmacist.

## Dr. Siyarah to Represent India at 2023 International Day of Peace in Bangkok, Thailand

J1NEWS SERVICE  
NEW DELHI, SEP 24

Dr. Siyarah, a highly accomplished Indian Fashion Designer and model, known for her outstanding achievements and commitment to peace, is set to represent India at the prestigious 2023 International Day of Peace.

The event, co-hosted by the United Peace Keepers Federal (UNPKFC), the Jamaica National Commission for UNESCO, and Adventure of Humanity, will take place on September 24 at the Royal Thai Airforce in Bangkok, Thailand. This global gathering is dedicated to promoting sustainable development and fostering a better world through the ideals of peace and harmony.

In 2022, Dr. Siyarah received the prestigious BHARAT BHUSHAN AWARD by IHRA & International Peace Corps for her exemplary work in advocating for voiceless animals and her unwavering commitment to promoting peace.

The International Day of Peace, observed annually, serves as a symbol of worldwide solidarity for peace and an opportunity to strengthen the ideals of peace both within and among all nations and peoples. This year's event promises to be a remarkable gathering of key influencers and global leaders who have dedicated themselves to the cause



of peace, with the participation of renowned organizations like the United Nations Educational, Scientific and Cultural Organization (UNESCO), Adventure of Humanity, members of royal families, government bodies, and honorable embassies, among others.

Speaking about her participation in the 2023 International Day of Peace, Dr. Siyarah shared her thoughts on peace-building: "Peace is not merely the absence of conflict but the presence of justice, compassion, and understanding. It is our collective responsibility to work towards a world where every living being can coexist in harmony. I

am honored to be part of this global initiative, and I believe that together, we can create a more peaceful and sustainable world for generations to come."

The 2023 International Day of Peace promises to be a landmark event, uniting individuals and organizations from around the world in their shared mission to build a more peaceful and prosperous future. With Dr. Siyarah proudly representing India and countless other global leaders in attendance, the event will serve as a powerful platform to inspire positive change and promote the values of peace, unity, and sustainable development.

## Stranded German Tourist Rescued By Police In Ladakh

J1NEWS SERVICE  
LEH, SEPT 24

A tourist from Germany was rescued from a remote area in southern Ladakh after he fell sick during a trekking expedition and made a distress call, police said on Sunday.

A police team safely evacuated Cristo, a German national, from Nurbo Sumdo in Nyoma subdivision, 75 km from Korzok, near the Himachal Pradesh border on Saturday evening, the police said.

## ZNS NIST ACADEMY organises Audition for their upcoming Fashion Show

J1NEWS SERVICE  
JAMMU, SEPT 24

Today in Jammu Haat ZNS NIST organises Audition in which number of Aspiring models take participate for ZNS Fashion Fusion 2023 .every ZNS comes with fashion Show to showcase their Students work of Designing & Artistry . In Jammu Haat models emphasis they are waiting for this fashion show .

Nusrat Malik said, Models look confident in Auditions they are very impressive. ZNS believes in jammu Kashmir girls have their high Potential of Modelling . Girls are very confident during



auditions. Jury member of Audition: Guest- Meenu mahajan ( Mrs.India 2016), Harsh Kataria MD Film City Jammu , Nusrat

Malik & Shabir Malik MD ZNS NIST Academy , Irfan Choudhary ( Director).

Selected models will provided grooming classes

to nourish for the Grand Fashion Show .There is no audition fee charged by ZNS NIST said Shabir Malik.

## Nb Sub Hans Raj Memorial Cricket Tournament concluded in Poonch



J1NEWS SERVICE  
POONCH, SEPT 24

Closing ceremony of Nb Sub Hans Raj Memorial Cricket Tournament was organised at Jhullas Cricket Ground in Poonch (J&K). The cricket tournament was organized in the memory of the JCO who made supreme sacrifice in

service of nation on 16 May 2002. The tournament featured eight teams from villages of the region, who competed over a span of three days. A diverse array of population flocked to the Jhullas Cricket Ground to cheer for the finalists. An exhibition match was also played between teams of the Indian Army

and Media in memory of the JCO. Final match of the tournament played between Star Vipers Kunaiyan and Jhullas XI, was won by the former. The tournament encouraged the youth of the region to pursue their dreams of being a sportsman and joining the Indian Armed Forces.

## Indian Army organises screening of Patriotic Movie at Bhaderwah, Doda



J1NEWS SERVICE  
DODA, SEPT 24

As a part of ongoing process & to promote everlasting peace and prosperity in the region and to educate the youth about patriotism, Screening of Patriotic Movie was organised for the youth at Bhaderwah and adjoining areas in district Doda (&K). A total

53 people were present during the event. Inhabitants appreciated the event to keep youth in main stream, choose a healthy and progressive life. Populace also remarked that, "These kind of initiatives will help to mould the young generations to make their choice in future as a Gentleman of our Indian Armed Forces.

## Rahul again pitches for immediate implementation of Women's Reservation Bill, need for caste census

AGENCIES  
NEW DELHI, SEP 24

Former Congress president Rahul Gandhi on Sunday again raised the issue of immediate implementation of Women's Reservation Bill, and also pitched for the caste census to address equity in the country.

Speaking at a conclave here, which Congress shared from its X handle, Rahul Gandhi asked if there fairness and equal participation in our country.

"Does the northeast feel that it is actively engaged in the national conversation, with its ideas, culture, and vision being incorporated? On many fronts, India is failing comprehensively. I raised the point in parliament regarding the core of the Government of India, where out of 90 secretaries, only three were OBCs. So, the central question arises: what is the popu-



lation of OBCs, Dalits, SCs, and STs in India," he asked.

"A caste census is now a fundamental aspect of addressing equity in this country," the Congress leader said.

He also said that the Women's Reservation Bill can be implemented tomorrow by allocating 33 per cent of Lok Sabha and Vidhan Sabha seats to women.

"There is no connection between women's reservations and the Decadal Census or Delimitation," he asserted.

ment is very clear," he said.

He also slammed the government over the violence in northeastern state and said that the idea of Manipur doesn't exist anymore, and we have to restore it.

"I have never seen what I saw in Manipur in my entire life. When we arrived in Manipur, the Meiteis warned us not to bring Kuki members as a part of our security; otherwise, they would kill them. Similarly, the Kuki people warned us against bringing security personnel from the Meitei community," he said.

He said that he has never seen a situation where the government of India has no control.

"What is happening is the politics of hatred that the BJP has been playing, which has destroyed the state of Manipur. The idea of Manipur doesn't exist anymore, and we have to restore it," he added.

## Indian Navy chief participates in Seapower Symposium in US

AGENCIES  
NEW DELHI, SEP 24

Indian Navy chief, Admiral R. Hari Kumar attended the 25th International Seapower Symposium (ISS) in the US, the Defence Ministry said on Sunday.

At the conference, the CNS spoke extensively about the challenges of Human Resource Management, with specific reference to recruitment and retention of trained personnel and India's initiatives towards addressing these through the "Agnipath" scheme, empowering women and driving the Indian Navy into a gender-neutral force.

According to the ministry, the ISS is conducted by the US Navy at US Naval War College, Newport, Rhode Island and provides the opportunity to engage with the FFCs towards the shared vision of enhancing maritime cooperation in the Indo-Pacific.

The visit of the Chief of the Naval Staff to the US provided a significant opportunity for apex



level navy to navy engagements for deepening bilateral cooperation as well as engaging with diverse partners across the Indo-Pacific, it said.

Admiral Hari Kumar also held bilateral engagements on the sidelines of the ISS with his counterparts from various navies including of the US, Australia, Egypt, Fiji, Israel, Italy, Japan, Kenya, Peru, Saudi Arabia, Singapore, and the UK, a Defence Ministry official added.

The extensive engagements during the visit are a demonstration of the Indian Navy's steadfastness towards realising the

vision for a free, open, and inclusive Indo-Pacific and an international rules-based order, the official said.

During the Indian Navy chief's visit, extensive deliberations were also held towards exploring greater IN-USN operational engagements at bilateral and multilateral exercises such as the Malabar, RIMPAC, Sea Dragon and Tiger Triumph.

Regular subject matter expert exchange also takes place between both the navies to institutionalise interoperability in various fields, the ministry official added.

G20 university connect programme to be held on Sep 26, PM urges students to participate

AGENCIES  
NEW DELHI, SEP 24

Prime Minister Narendra Modi on Sunday announced that the G20 University Connect Programme will be held on September 26, where lakhs of university students across the country will connect with each other. Prestigious institutions like IITs, IIMs, NITs and medical colleges will also participate in it.

In his monthly radio broadcast 'Mann Ki Baat', PM Modi said that he will also be participating in the programme.

"I wish that if you are a college student, you must watch this programme to be held on the 26th September and join it. In this, many interesting exchanges are going to take place on the future of India and on the future of the youth. I myself shall participate in this programme," he said.

The prime minister also informed that a big event on cleanliness is going to be organised on October 1, where he urged people to participate.

"You too should take out time and help in this campaign related to cleanliness. You can also join this cleanliness campaign in your street, or neighbourhood...or at a park, river, lake or any other public place and cleanliness must be undertaken wherever a water body has been built," he said.

He referred to the India-Middle East-Europe economic corridor, which was announced during the recently held G20 summit.

"This corridor is going to become the basis of world trade for hundreds of years to come, and history will always remember that this corridor was initiated on Indian soil," PM Modi said.

## 'Sagar Kavach' exercise strengthens synergy between forces engaged in coastal security

AGENCIES  
KOLKATA, SEP 24

Effectiveness of the coastal security mechanism along the coasts of West Bengal and Odisha was validated through a two-day-long exercise 'Sagar Kavach' that ended on Friday.

The exercise was conducted by the Indian Coast Guard (ICG) in conjunction with the Indian Navy, Army Air Defence College Gopalpur, Marine and State police forces of West Bengal and Odisha, CISF, Integrated Test Range/Proof and Experimental Establishment Chandipur, Forest and Fisheries Departments, Customs, Ports in both states, Lighthouses, immigration departments and intelligence agencies, both central and state.

"Such exercises are essential to evaluate



threats emanating from seaward in the present geo-political scenario and validate existing Standard Operating Procedures (SOPs) of all stakeholders. The exercise was also important to check the efficacy of layered security arrangements. Air surveillance and deep-sea patrolling is carried out by ICG aircraft and larger vessels. Close-coast patrolling is done by ICG intercept-

tor boats as well as ves-

sels of the marine police, CISF, Customs and forest department," a senior ICG official from Coast Guard Headquarters Region North East said.

Participants were divided into Red and Blue Teams. Members of the Red or 'attack' team were to act as anti-national elements and infiltrate into the coastal area while Blue Team members estab-

lished coastal security surveillance. Ships, patrol boats and aircraft of ICG, Indian Navy, Border Security Force, marine police, CISF and Customs were deployed at sea while land-forces maintained watch on shore. The exercise checked the alertness of personnel and the state of their equipment to check any incursion by non-state actors. There was a seamless flow of communications between all levels.

"Real time threats were simulated. This included unauthorised access of vessels at sea by using commandeered fishing boats, capture of high value targets, port security, hostage crises and infiltration through creeks. Such exercises have become mandatory after the 2008 Mumbai terror strike.

## World's largest 3D concrete printed campus of BRO inspected

AGENCIES  
CHANDIGARH, SEP 24

Lt General Rajeev Chaudhry, Director General Border Roads, on Sunday visited the upcoming world's largest Himank Air Dispatch Unit here and inspected the ongoing construction works of world's largest 3D concrete printed campus.

On the occasion, the Director General Border Roads commended the successful efforts of the Border Road Organisation (BRO) in strengthening the infrastructure of roads along borders in far-flung areas.

He said in the last few years the BRO projects were completed in a speedy manner due to advanced technology and enhanced budget.

The BRO is constructing roads, tunnels and bridges in the border areas.

Under the government of India's schemes, the BRO is connecting the people living in the countryside by constructing



roads. Around 300 BRO projects of Rs 8,000 crore were completed in the past few years.

The Central government increased two percent budget for the BRO projects for this fiscal. A BRO museum with 3D technology is also under pipeline in Ladakh.

Briefing on the 3D technology building in Chandigarh, the Director General Border Roads said the BRO and L&T Construction have joined hands to create a world class facility Himank Air Dispatch unit, featuring state-of-the-art 3D printing technology.

The campus hosts facilities catering accommodation for officers, junior

commission officers and other ranks along with an administrative building and storage facilities in a site of 1.98 acres.

The concept behind this facility is Biophilic design. The landscape extends from the ground to the buildings in the form of terraces, gardens, and balconies.

These spaces act like rejuvenating outdoor areas that contribute as passive design features on the lines of sustainability.

The facility hosts six building blocks. Five of the six building blocks are constructed using 3D printing technology and one block makes use of precast technology.

## RSS to focus on non-Hindu groups to expand base

AGENCIES  
LUCKNOW, SEP 24

The Rashtriya Swam-sevak Sangh (RSS) chief, Mohan Bhagwat has urged the Sangh functionaries to prioritise work among non-Hindus.

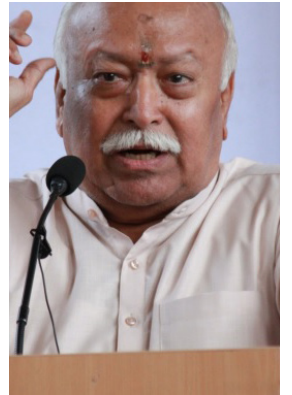
This is being seen as an attempt to become an inclusive organisation instead of just a pro-Hindu outfit.

According to sources, directives to work among non-Hindus, including Sikhs, Christians, Muslims, Jains and other religions were given to the RSS Awadh Prant functionaries during the day-long meeting held at Saraswati Shishu Mandir Nirala Nagar on Saturday.

These directives were part of the "samajik sadbhav" agenda of the meeting.

A senior RSS functionary said that this has been on the agenda of the Sangh Parivar for quite some time and even Prime Minister Narendra Modi has been calling upon the BJP workers to work among Pasmamda Muslims.

The functionary said that even though the RSS was already working among non-Hindus, this



from the RSS chief, a functionary said.

Earlier such activities were a bit casual and the seriousness which is required to work among non-Hindus requires people who are not only aware of the RSS activities but are also accepted among such communities.

The RSS functionaries would now not only hand-pick such Sangh workers but would also increase activities and welfare work among non-Hindu communities, another RSS functionary said.

The RSS chief also discussed preparation of centenary celebration and reviewed various works being undertaken by the RSS in this regard. This was the second point on the agenda of the meeting on Saturday.

Bhagwat also directed the functionaries to increase their activities among Dalits, and also urged the functionaries to encourage Dalits youths to follow RSS ideology.

The RSS, for the past several years, has been focusing on working among the Dalits as part of the Sangh's agenda to be known as an inclusive organisation.

## Chandrababu Naidu's judicial custody extended till October 5

AGENCIES  
VIJAYAWADA, SEP 24

The Vijayawada ACB court on Sunday extended, till October 5, the judicial custody of TDP supremo and former Chief Minister N. Chandrababu Naidu in the alleged Skill Development Corporation scam.

With Naidu's custody ending Sunday, he was produced before the court virtually from Rajahmundry Central Jail.

Judge Hima Bindu extended the custody by 11 days.

Naidu was produced before the judge soon after his two-day police custody came to an end.

The CID officials questioned the Telugu Desam Party (TDP) chief for two days in jail.

The judge enquired from Naidu he was subjected to any third degree method during the questioning.

The CID requested the court to extend Naidu's custody for further questioning. The judge asked it to file a petition.

Naidu's bail petition will be taken up for hearing on Monday.

## Centre mulls move to cancel OCI cards of Khalistani terrorists, confiscate their properties in India

AGENCIES  
NEW DELHI, SEP 24

A day after the National Investigation Agency (NIA) confiscated the properties of Canada-based 'designated individual terrorist' Gurpatwant Singh Pannun, it is learnt that the government has asked the investigative agencies to identify the properties of other terrorists wanted in India sitting abroad.

Sources privy to the matter said that the government has asked the agencies to identify the properties of the terrorists settled abroad.

The source also said that the government has asked the agencies to identify Khalistani terrorists settled in countries like US, UK, Canada and Australia and cancel their Overseas Citizenship of India (OCI) so that they don't come to India.

The government plan comes a day after the National Investigation Agency (NIA) confiscated the properties of Pannun in Chandigarh and Amrit-



sar. Dingh, US, Ranjit Singh Neeta, Pakistan, Gurmeet Singh aka Bagga, Gurpreet Singh aka Baaghi, UK, Jasmin Singh Hakimzada, UAE, Gurjant Singh Dhillon, Australia, Jasbir Singh Rode, Europe and Canada, Amardeep Singh Purewal, US, Jatinder Singh Grewal, Canada, Dupinder Jeet, UK and S Himmat Singh in US

The source said that their properties will be confiscated under section 33(5) of UA(PA).

Earlier the security agencies identified a group of 11 individuals, believed to be both gangsters and terrorists, currently residing in Canada, the United States, and Pakistan. Of these, eight suspects are suspected to be operating from within Canada.

The list includes the names of gangsters and terrorists like - Harvinder Sandhu aka Rinda believed to be in Pakistan, Lakhbir Singh aka Landa, Sukhdool Singh aka Sukha Duneke (killed three days ago), Arshdeep Singh aka Arsh Dulla, Ramandeep Singh aka Raman Judge,

Charnjit Singh aka Rinku Bihla, Sanawer Dhillon and Gurbinder Singh aka Baba Dalla, all believed to be in Canada.

The list also includes names of gangsters and terrorists like Gaurav Patyal Lucky and Anmol Bishnoi believed to be in US.

The source said that the government's action will help in dealing with the terrorists who have been staying abroad with OCI cards and choke their movements in India so that they are not able to target the gullible youths for radicalising them to join their movement in India.

The source said that the NIA investigations in Pannun case had revealed that his organisation, Sikhs for Justice, was misusing the cyberspace to radicalise gullible youth and to instigate them to undertake terrorist crimes and activities. It also emerged during the NIA probe that Pannun was the "main handler and controller of the SFJ".

## 2nd ODI: Krishna, Ashwin, Jadeja rattle Australia as India win in Indore, take unassailable 2-0 series lead

AGENCIES  
INDORE, SEP 24

Prasidh Krishna took back-to-back wickets upfront while experienced spin duo of Ravichandran Ashwin and Ravindra Jadeja rattled the Australian batters by taking three wickets each as India beat Australia by 99 runs via DLS method at Holkar Stadium to take an unassailable 2-0 series lead.

Australia were given the target of chasing 400 after Shubman Gill and Shreyas Iyer smashed sparkling centuries, hitting 104 and 105 respectively while sharing a 200-run partnership. Captain KL Rahul and Suryakumar Yadav lit up the innings with their blazing half-centuries, 52 and 72 not out respectively as an absolute run-fest propelled India to a mammoth 399/5, their highest ODI score against Australia.

In the start of the chase, Krishna landed huge blows by taking out Matthew Short and Steven Smith on consecutive deliveries, before rain stopped proceedings for Australia at



56/2 in nine overs. With a revised target of 317 in 33 overs, the pitch gave more turn to spinners.

It resulted in Ashwin taking 3-41 in seven overs and triggering an Australian collapse, while Jadeja took 3-42 in 5.2 overs. Sean Abbott made 54 and had a stand of 77 off 44 balls with Josh Hazlewood for the ninth wicket before the duo were dismissed in three balls as Australia were all out for 217 in 28.2 overs, also their fifth straight loss in the format.

Matthew Short began Australia's chase by

taking two boundaries off Mohammed Shami via drive and flick. But Krishna, playing in place of a rested Jasprit Bumrah, took Short out by extracting a big edge on his attempted slice and the ball flew to third man.

On the very next ball, Prasidh got some away movement and stand-in captain Steven Smith threw his hands at it, giving first slip a catch above his head. David Warner (26 not out) and Marnus Labuschagne (17 not out) led Australia's recovery by hitting eight

boundaries while adding 47 off 45 balls for the third wicket till rain arrived, forcing players to go off the field.

Post that, with revised target in hand, Warner and Labuschagne hit four more boundaries, till Ashwin turned the game on its head. Ashwin's carrom ball on a pitch giving spinners turn - crashing into Labuschagne's off-stump when the batter played for an off-break.

Warner brought out the ploy to bat right-handed against Ashwin, but the carrom ball did the trick

again, as he fell over in an attempt to reverse-sweep and was trapped lbw in front of stumps, though replays showed a clear bottom edge. Josh Inglis was next to be trapped lbw by Ashwin while trying to sweep off him.

Australia continued to fall like nine pins as Alex Carey and Adam Zampa were cleaned up by Jadeja while Cameron Green failed to put his bat down in time, and was run-out. Abbott and Hazlewood tried delaying the inevitable by hitting 13 boundaries in their entertaining ninth wicket stand, till the duo fell in quick succession as India put an end to the fun in a game where they got a lot of clarity in the run-up to the World Cup.

### Brief Scores

India 399/5 in 50 overs (Shreyas Iyer 105, Shubman Gill 104; Cameron Green 2-103, Josh Hazlewood 1-62) beat Australia 217 in 28.2 overs (Sean Abbott 54, David Warner 53; Ravichandran Ashwin 3-41, Ravindra Jadeja 3-42) by 99 runs via DLS method.

## 20 killed in suicide car bombing in Somalia



AGENCIES  
MOGADISHU, SEP 24

At least 20 people, most of them civilians, were killed in a suicide car bomb attack in Beledweyne town in Somalia, local officials said.

According to Beledweyne District Commissioner Omar Alasow, the explosion occurred near a market and two petrol stations, causing massive destruction.

Security forces and medical teams are on

the ground to support the victims of the suicide bomb attack, Xinhua news agency reported quoting Alasow. Talking to reporters, Alasow said, "We are still gathering details related to the terrorist attack. The casualties are significant, and we are transporting the victims to local hospitals. If they cannot treat the serious casualties, we will try to airlift them to Mogadishu for further treatment."

"It is a very shocking and disturbing terror-

ist attack. Houses and business centers were destroyed, and residents inside those houses are still missing. Some dead bodies have been recovered. The blast was like an earthquake," Abdi Hussein, an elder who was at the scene, told Xinhua over phone.

No group has claimed responsibility for the attack, but the al-Shabab extremist group usually stages such attacks in Mogadishu and elsewhere across Somalia.

## 35 killed in petrol warehouse fire in Benin

AGENCIES  
PORTO-NOVO, SEP 24

At least 35 people were killed and more than ten seriously injured in a fire at a petrol warehouse in Benin, the government said.

The fire broke out in a town near the border with Nigeria when bags of petrol were being unloaded from a vehicle at around 9:30 a.m. (0830 GMT), the Beninese Ministry of the Interior and Public Security said in a statement.

The fire engulfed the place, causing an initial toll of 35 deaths, "including one child, and more than a dozen serious injuries sent to hospital, as well as significant material damage," said the statement, Xinhua news agency reported.

The fire brigade, police and medical teams were immediately mobilised to tackle the situation, said the statement, adding that the Public Prosecutor's Office has opened a full investigation into the cause of the accident.

In Benin, smuggled petrol comes from its eastern neighbor, Nigeria, a major oil producer where fuel is cheaper.

Thousands of liters of petrol sold on the streets of Benin's towns and neighborhoods generally come from stations located along the Benin-Nigeria border.

The trade, which generates huge profits, also entails major risks, given the precarious conditions in which the product is stored. As a result, fires occur frequently with heavy tolls.

## Pakistan says two foreign spies held in Islamabad with explosive material

AGENCIES  
ISLAMABAD, SEP 24

In an intelligence-based joint operation, the Counter Terrorism Department (CTD) and Federal Capital Police have hunted down two agents of a foreign spy agency and recovered explosive material with arms, ammunition and suspicious documents from their possession, local media reported.

The daylight operation was conducted at a hide-out near Green Belt Pahari (hill), located at the Islamabad Expressway, when the two suspects were exchanging directions or information passed by the foreign agency, The News reported.

The CTD has registered a first information

report (FIR) and shifted the alleged agents to an unknown place for investigation. A joint team of CTD and police, upon receiving information from intelligence agencies, were on surveillance of the suspects.

The two bike riding suspects appeared from Rawalpindi and stopped near Khanna Pahari when the CTD and police commandos arrested them and shifted them to CTD police station after recovering more than one kilogram (1,050 gram) of explosive material with detonators, 3 feet prima cord, two sophisticated guns (China made Norinco used in shooting at Benazir Bhutto on 27th of December, 2007) and ammunition, said the FIR,

The News reported.

Bomb Disposal Squad (BDS) was called to collect explosive material and other relevant evidence, the sources said and added that the BDS has sent a sample of explosive and other material for chemical examination.

The people engaged in the investigation of the case, said that the foreign agents both hailing from Gujar Khan, during the preliminary investigation confessed that they were paid agents of the foreign spy agency and hit their targets mentioned by the agency, including political, social and religious personalities, adding that the agency funds them through unknown sources before mentioning the targets.

## 1 dead, 7 missing as boat capsizes in China

AGENCIES  
BEIJING, SEP 24

One person was killed and seven others were missing after their boat sank off Dalian City in China's Liaoning Province, according to local maritime authorities.

According to the Liaoning Maritime Safety Administration, the inci-

dent occurred on Saturday at 10.50 a.m. when the fishing boat registered in Dandong, Liaoning, collided with a cargo ship off the coast of Dalian.

The crew of the cargo ship is reportedly safe, Xinhua news agency reported.

Search and rescue operation is underway, local authorities said.

## After Nijjar's killing, FBI warned Sikhs in US about death threats

AGENCIES  
WASHINGTON, SEP 24

After Khalistani terrorist Hardeep Singh Nijjar was shot dead outside a Gurdwara in British Columbia, the Federal Bureau of Investigation (FBI) agents visited several Sikh leaders and warned them that their lives were also at risk, as per a report in The Intercept.

Pritpal Singh, a political activist who is a coordinator for the American Sikh Caucus Committee, told The Intercept that he and two other Sikh Americans in California received calls and visits from the FBI after Nijjar was killed.

Sukhman Dhami, co-director of Ensaaf, a California-based nonprofit group said Sikhs throughout the US have received police warnings about potential threats.

India and Canada are enmeshed in a diplomatic row over Canadian Prime Minister Justin Trudeau's allegation of involvement of Indian intelligence and the state in the killing of Canadian citizen and Sikh separatist Nijjar. Nijjar was declared designated terrorist by India in 2020.



India had rejected claims by the Canada government terming them as "absurd and motivated".

Both countries announced tit-for-tat expulsions of senior diplomats and issued travel advisories.

"Based on a month-long investigation into Nijjar's death, the Canadian government had amassed both human and signals intelligence which includes communications involving Indian officials including Indian diplomats present in Canada," public broadcaster Canadian Broadcasting Corporation (CBC) reported quoting government sources.

Some of the intelligence was provided by an unnamed ally in the Five Eyes intelligence alliance, that consists of the US, the UK, Australia, Canada and New Zealand, the CBC reported on Thursday.

## Dahal in China for Business Summit

AGENCIES  
KATHMANDU, SEP 24

Nepal Prime Minister Pushpa Kamal Dahal 'Prachanda' on Sunday arrived in Beijing to attend the Nepal-China Business Summit.

After arriving here, he attended the opening of 19th Asian Games. He is scheduled to address the Nepal-China Business Summit later in the day.

More than 100 industrialists are expected to take part in the summit, organised by Federation of Nepalese Chambers of Commerce and Industry (FNCCI) and China Council for the Promotion of International Trade (CCPIT), The Himalayan Times reported.

Nepal's ambassador to China Bishnu Pukar Shrestha will host a dinner in honour of Dahal and the Nepal entourage today.

On Saturday, Dahal held a meeting with Chinese President Xi Jinping during which he told the latter that Nepal supports a series of important concepts and initiatives proposed by China.

Prachanda is on a week-long visit to China, beginning September 23, during which he is scheduled to hold bilateral meeting with his Chinese counterpart Li Qiang.

## US prepares for potential government shutdown

AGENCIES  
WASHINGTON, SEP 24

With the US government on the brink of a shutdown this week as Congress remains at an impasse on a funding deal, federal departments and agencies have begun the mandatory process of planning to bring non-essential functions to a halt, local media reported.

Every department and agency has its own set of plans and procedures. That guidance includes information on how many employees would get furloughed, which employees are essential and

would work without pay, how long it would take to wind down operations in the hours before a shutdown, and which activities would come to a halt. Those plans can vary from shutdown to shutdown, CNN reported.

The Office of Management and Budget reminded senior agency officials Friday to update and review shutdown plans.

Should Congress fail to pass a short-term spending bill to keep the proverbial lights on, a shutdown could have enormous impacts on all Americans, in areas from air travel to clean drinking water.

### JAL SHAKTI DEPARTMENT, JAMMU OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) CITY DIVISION NO-1, JAMMU

0191-2543654 (Fax)

E-Mail:-xenphecity1@gmail.com

#### NOTICE INVITING TENDER

E-NIT No.JS/PHECD-I/ 93 of 2023-24

Fresh of E-NIT No.JS/PHECD-I/ 74 of 2023-24

For and on behalf of The Commissioner, Municipal Corporation, Jammu, of J&K Union Territory, E-Tender (Item Rate Based) is invited by the Executive Engineer Jal Shakti (PHE) City Division No-1, Jammu, from approved and eligible contractor of appropriate class registered with UT of Jammu and Kashmir/ other UT's or State Govt./CPWD/MES registered firms/contractors under two cover system, Cover 1 comprising of technical bid and cover 2 comprising of financial bid for the following work:-

S. No.	Name of work	Cost of Tender (In Rs.)	Cost of Tender document Fees (In Rs.)	Earnest Money Deposit	Class of Contractor	Time of Completion
1	Improvement of water supply at spots ward no.14 under UT Capex (financial assistance of JMC).	Rs.3.71 lacs	Rs.200	Rs.7420/-	A to D	45 days
2	Improvement of water supply in Bharat nagar and adjoining area under ward no.40 under UT Capex (financial assistance of JMC).	Rs.3.62 lacs	Rs.200	Rs.7240/-	A to D	45 days

Position of funds :Partially Available

Position of Ts: Accorded

Position of AAA: Accorded

- Date of publishing:-22-09-2023 (1800Hrs)
- Bid documents can be seen and downloaded from the website [www.jktenders.gov.in](http://www.jktenders.gov.in) from 22-09-2023 (1800Hrs) onwards.
- The bids shall be uploaded on the website [www.jktenders.gov.in](http://www.jktenders.gov.in) from 22-09-2023 (1800Hrs) to 30-09-2023 upto (1200Hrs).
- The complete bidding process shall be online.
- The technical bids received shall be opened online on 30-09-2023 after (1200Hrs) or any other convenient later date in the office of The Executive Engineer Jal Shakti (PHE) City Division No-1, Jammu.
- Furnishing of hard copies of bids immediately after submission of e-tenders has been dispensed with as per Govt. order no. OM No. A/24 (2017)-651 Dated 07-06-2018. The same shall be obtained only from the bidder, who is declared as L1 after opening of financial bids.
- A copy of CDR/FDR duly pledged to the Executive Engineer Jal Shakti(PHE) City Division No-1 Jammu, against the earnest money deposit, should be uploaded by the bidders, However before allotting the work, the original CDR shall be obtained from the bidder declared as lowest bidder and shall be kept in record till the allotment process is finalized. The earnest money shall be released on receipt of the performance security or CDR/FDR against the EMD can be retained after accepting the balance amount in the shape of CDR/FDR to meet the requirement of the amount of the Performance security. **The CDR / FDR used for one tender shall not be entertained for other tender; which are under the process of tendering and the validity of such CDR / FDR shall remain till the outcome of such tender only. The CDR / FDR used for one tender shall have to be released from the Divisional Office before using for another tender.**
- The Lowest Bidder shall be intimated through e-mail on his registered e-mail ID to deposit the performance Security equivalent to the 5% of the allotted amount.
- Cost of bidding/tender fees receipt in the shape of e-challan/ single window challan of JMC shall have to be paid online, through the JMC link <http://www.jmcjammu.org/online-payment.html> and no cash shall be entertained at any cost. Further, bidders are requested to mention name of the work upon the particular Challan/e-receipt. Under unavoidable circumstances if the work is retendered, The contractor need not to deposit the Tender document Cost for rebidding for the same work.
- Any such Challan deposited on back dates or any irrelevant date shall not be accepted.
- The Successful bidder shall be liable to deposit the performance security as envisioned in the GFR 2017.
- The financial bids of the qualifying bidders shall be opened online in the office of the Executive Engineer Jal Shakti (PHE) City Division No-1, Jammu on same date of opening of technical bid or any other convenient date.
- The bid for the work shall remain open for acceptance for a period of 90 days from the date of opening of bids.
- The opening authority reserves with him the right to accept/reject/cancel, any or all tenders without assigning any reasons thereof.
- The successful bidder shall be responsible for providing all safety measures at site during execution of work.
- The quoted rates should be inclusive of all taxes. The department will deduct income tax/labour Cess/GST/or any other tax as applicable during payment at prevalent rates.
- The Contractor shall approach the Department for getting the "Nishandehi" of the work within seven days from the date of allotment
- If the contractor fails to start the work within 07 days of its allotment, work shall be treated as cancelled without serving any notice to the contractor /firm and the work shall be offered to 2<sup>nd</sup> lowest bidder at the rate offered by 1<sup>st</sup> lowest bidder.
- The delay in completion of the works shall attract penalty aggregating to 10% of the cost of such works and shall be reckoned per month, with recommended percentage of Engineer-in-Charge. If the work remains un-attended in the completion period, the contractor shall be recommended for his black listing.
- In case the billed amount increases the allotted amount due to increase in the advertised quantity or addition of non-advertised items during execution, the same shall be paid on the allotted rates after revising the cost of the work/Scheme and getting revised AAA accorded and technically sanctioned from the competent authority.

Sd/-

Executive Engineer  
Jal Shakti (PHE) City Division No-1  
Jammu

No:PHECD-I/5226-5231

Dated:- 22-09-2023

DIP/J-8688/23

Date: 25-9-23

## ASIAN GAME

# Indian rowers row to glory with two silver and one bronze in Hangzhou

AGENCIES  
HANGZHOU, SEP 24

A few months back Indian rower Arvind Singh was not sure whether he would be able to participate in the Asian Games in Hangzhou because of a serious lower-back injury that threatened to hamper his progress following he and his partner Arjun Lal Jat had made the world take note of their talent by reaching the semifinals at the Tokyo Olympics.

But a month-long session with a physio associated with the Indian Army helped him recover and on Sunday he and Arjun Lal Jat bagged silver in the Lightweight Men's Double Sculls, India's first medal in rowing at the Hangzhou Asian Games.

What made it a memorable day for Indian rowing was that the Men's Coxed Eight also won silver while Babu Lal Yadav and Lekh Ram claimed a bronze medal as the rowers made a big splash at the 19th Asian Games by bagging three medals on the penul-



time day of rowing competitions at the Fuyang Water Sports Centre.

Arvind Singh and Arjun Lal Jat set the ball rolling for India in the Men's Lightweight Double Sculls event when they completed the course in a timing of 6 minutes 28.18 seconds, finishing behind the Chinese duo – Junje Fan and Man Sun, who crossed the finish line in 6:23.16. Uzbekistan's Shakhzod Nurmatov and Sobirjon Safaroumov won the bronze medal in 6:32.47.

With Arjun Lal Jat at the bow and Arvind Singh at the stroke, the Indian pair was placed second at the 500m mark, completing it

in 1:33.80 and maintaining themselves just 0.70 seconds behind the Chinese pair in the lead.

By the 1000m mark, the Chinese pair had extended the lead but the Indians maintained their gap with the Uzbekistan pair.

By the 1500 mark, the writing was on the wall as the Chinese continued to extend their lead while the Indians maintained their second position, keeping the Uzbekistan rowers at bay.

That's how they crossed the finish line as India started their campaign with a silver medal.

The Men's Coxed Eight added more lustre to the

performance when the team won a silver medal.

The Indian team of Jaswinder Singh, Bheem Singh, Punit Kumar, Ashish, Naresh Kalwaniya, Neeraj, Neetish Kumar, Charanjeet Singh and Dhananjay Pande won the silver medal in Men's Coxed Eight while Babu Lal Yadav and Lekh Ram won bronze medal in the Men's Pair events on Sunday, taking the Indian tally in rowing to three medals on the day.

In the Men's Coxed Eight, India finished in a timing of 5:43.01, ending behind China at 5:40.17 and ahead of Indonesia who finished third at 5:45.51.

The Indian Eight completed the 500m at 1:24.94, trailing the Chinese by 2.18 seconds. They maintained the gap in the next 500 metres and cut down the gap to 2.20 seconds when they crossed the 1500m mark in 4:16.59. The Chinese duo however made a final push to extend the gap to 2.54 seconds at the finish line.

In the Men's Pair, India's Babu Lal Yadav and Lekh Ram finished third in 6:50.14. Hong Kong China bagged the gold medal in 6:44.20 with Uzbekistan taking silver in 6:48.41. The Indians ran the Uzbekistan pair close but in the end, could not manage to get any closer.

With this India finished the penultimate day in rowing competition with two silver and one bronze.

In the men's Double Sculls, India's Satnam Singh and Parminder Singh finished sixth and last in Final A with a timing of 6:40.90. China won the gold in 6:21.54, Uzbekistan took silver in 6:26.64 and Indonesia got bronze in 6:27.83.

In the Women's Four final, India's Aswathi Babu, Mrunmayee, Priya Devi and Rukmani finished fifth in 7:12.40. Indians figured in five finals on Sunday and won medals in three of them. On the final day of the competitions on Monday, Indian rowers will take part in four finals.

# India's chess stars start with wins as men's World Champion Ding Liren pulls out

AGENCIES  
HANGZHOU, SEP 24

The Indian men's and women's players started the Individual competitions in the Asian Games Chess by winning their respective first-round matches at the Hangzhou Qi-Yuan (Zhili) Complex here on Sunday.

With the chess competitions being held in rapid format and with two rounds scheduled in men's individual competition for the day, winning the first game comfortably bodes well for the players. On Sunday, Vidit Gujarathi, Arjun Erigaisi, Koneru Humpy and Dronavalli Harika won their respective matches to start their campaigns on a winning note.

In the men's individual competition, India's Vidit Gujarathi defeated Fahad Mohammad Rahwman of Bangladesh with black pieces and Arjun Erigaisi got the better of Paulo Bersamina of the Philippines in the first round of the nine-round competition being played on the Swiss



League format.

The competition was reduced to a 34-player field after China's reigning classical world champion Ding Liren withdrew from the Individual competition as chess returned to the Asian Games for the first time after the 2010 Asian Games in Guangzhou, China. A couple of days back, Ding Liren was scheduled to play in a men's individual competition along with Wei Yi. The official website of the Hangzhou Asian Games even published a report saying Ding Liren wants to win the Asian Games medal.

However, on Monday, Yi Wei along with Bu Xianzhi took the two spots reserved

for China in the competition. While Yi Wei started with a win, Bu Xianzhi was held to a draw by Thailand's Prin Laohawirapap.

In the women's section, Koneru Humpy and Dronavalli Harika won their respective matches. Ranked third in the field led by China's former World Champion Hou Yifan, Humpy defeated Iranian Woman Grandmaster Mohina Alinasabalamdari with white pieces.

Harika too started with a win as she defeated Rluda Alali of the United Arab Emirates, who has a rating of 1915 as compared to Harika who is ranked 13th in the world with a rating of 2502 Elo.

# Shooters Ramita, Mehuli, Ashi win India silver in Women's 10m Air Rifle

AGENCIES  
HANGZHOU, SEP 24

India started their campaign in the Asian Games shooting competitions with a silver medal in the women's 10m Air Rifle Team competition with the troika of Ramita, Ashi Chouksey and Mehuli Ghosh finishing second with an aggregate of 1886.0 points.

The Indian team finished second behind China, who had a total of 1896.6 while Mongolia finished third with 1880.0. Ramita came up with the best score of 631.9, Mehuli had a score of 630.0 and Ashi tallied 623.3 points to bag the silver medal in the event.

The Indians had a score of 312.1 at the end of the first round of 10 shots each with China in the lead with 316.2. The three Indians were brilliant in the second round as they



tallied 316.9 points with Ramita shooting the best score of three with 106.7. Mehuli shot 105.7 while Ashi was a little behind with 104.5.

The trend continued in the next four rounds as the Indians shot steady with Ramita producing their best score.

The Chinese trio finished with an Asian record score and claimed the gold medal.

In the individual competition, Ramita and

Mehuli made it to the final with scores of 631.9 and 630.8 respectively.

Ramita was placed second behind China's Jiayu Han while Mehuli was fifth with two Chinese shooters Yuting Huang and Zhilin Wang in third and fourth places respectively.

It is clear that the contest for the gold medal will be between the Chinese and the Indians unless one of them makes a huge mistake.

# Men enter quarterfinal in Table Tennis team competition, women crash out in Round of 16

AGENCIES  
HANGZHOU, SEP 24

It was a day of mixed fortunes for India in the Table Tennis Team competitions here on Sunday with the men qualifying for the quarterfinals with a narrow win over Kazakhstan while the women went down to Thailand in a Round of 16 clash at the Gongshu Canal Sports Park Gymnasium here.

The Indian men's team came back after losing the first match to overcome Kazakhstan 3-2 in a pre-quarterfinal match while the women's team went down to Thailand by the same margin.

Commonwealth Games men's singles gold medalist Achanta Sharath Kamal came back strongly after losing the first match to win the fifth tie and seal victory for India.

Sharath had started the match on the wrong foot as he went down to Kiril Gerassimenko 8-11, 11-9, 6-11 and 8-11 in a 33-minute encounter. The Kazakh jumped into a six-point lead in the first game and went on to win the match as he established a five-point lead in the second and third games too.

Sathiyana Gnanasekaran



pulled India level with a 14-12, 11-8, 11-4 win over Aidos Kenzhulov before Harmeet Desai made it 2-1 for India with a 11-7, 12-10, 11-5 win against Alan Kurmangaliyev.

Sathiyana, however, could not clinch the quarterfinal place for India in the fourth match as he went down fighting to Kiril Gerassimenko 3-2, fighting back after losing the first game. Sathiyana lost 5-11, 11-9, 9-11, 11-5, 5-11, twice coming back after losing a game only to lose the fifth and final game.

However, India could not be denied victory on Sunday as Sharath Kamal found his mojo when it was needed as he overcame Aidos Kenzhulov 3-2 in the decider. Sharath Kamal fought back after losing the first two games to win the next three and

secure a dramatic victory for India. He eventually won the fifth match 5-11, 7-11, 11-9, 11-8, 11-9 in a nerve-jangling thriller.

The Indian men, who had topped their pool with three wins, next face South Korea for a place in the semifinals. Korea had got a bye in the pre-quarters.

Top seeds China, second seeds Japan and Chinese Taipei were the other teams to get a bye in this round. Iran, Hong Kong China and Singapore won their matches to complete the quarterfinal lineup.

In the women's section, India failed to capitalise on a 2-1 lead as Manika Batra lost both her singles matches.

India went down 0-1 when Manika lost to 2021 South East Asian Games winner Orawan Paranang of Thailand in straight

games, the 26-year-old experienced player soldier with the Royal Thai Army winning 11-7, 11-1, 13-11.

Ayhika Mukherjee levelled scores for India by beating Suthasini Sawetartabut 3-1 (18-16, 11-7, 13-15, 11-9) in a hard-fought encounter.

Sutirtha Mukherjee made it 2-1 for India by defeating Tamolwan Khetkhuang 3-2, coming back from a 1-2 game deficit to win 11-1, 9-11, 3-11, 11-7, 11-7 in 49 minutes.

Ayhika Mukherjee then lost the fourth match despite winning the first game and having a 2-1 lead. She went down to Orawan Paranang 12-10, 4-11, 11-5, 4-11, 3-11 as Thailand pulled level at two-match each.

Manika Batra won the first game in the decider but then lost the next three in a 12-10, 8-11, 7-11, 6-11 defeat to Suthasini Sawetartabut as India's campaign came to an end in the women's team competition.

It was a rather disappointing day for the women's team as it could have won the pre-quarterfinal. Manika looked a bit off-colour in the first match and once India came under pressure, the players failed to recover.

# India crush Bangladesh by 8 wickets, enter women's cricket gold medal match

AGENCIES  
HANGZHOU, SEP 24

Indian Women's cricket team on Sunday registered a convincing eight-wicket victory over Bangladesh here at Pingfeng Campus Cricket Field, to enter the final of the 19th Asian Games 2022.

The win assures India of at least a silver medal in women's cricket at the Hangzhou 2023 Games. The team will now await the outcome of the match between two-time Asian Games champions Pakistan and Sri Lanka Women to determine their opponent for Monday's final.

Pooja Vastrakar showcased her bowling prowess by taking four crucial wickets, causing a significant disruption in the Bangladesh Women's batting order, restricting them to just 51 runs in 17.5 Overs.

Jemimah Rodrigues stood out among the Indian batters, scoring 20 runs off just 15 balls, contributing significantly to India's total

of 52 runs with 70 balls to spare.

Vastrakar set the tone for India early in the innings by dismissing Shathi Rani and Shamima Sultana early on, preventing them from making any significant impact on the scoreboard.

During her following over, Vastrakar was on the verge of securing her third wicket. However, a straight-forward catch was dropped by Smriti Mandhana at mid-off. Then, Sobhana Mostary couldn't take advantage of the opportunity, adding only one more run before getting out for 8 in Vastrakar's third over within the powerplay.

In the sixth over, debutant Titas Sadhu picked up her maiden wicket with an excellent delivery of her own, dismissing Shorna Akter for duck as Bangladesh were reeling 21/4 at the end of powerplay.

An over later, Nigar Sultana was run out trying for a single to extra cover due to a precise throw by

Devika Vaidya. Shortly after, Fahima Khatun was also run out without facing a ball, as Ritu Moni hit to short third and Kanika Ahuja's direct throw found the striker's end.

With the scoreboard reading 25 for 6, Bangladesh faced the peril of not batting through their allotted overs. Nahida Akter and Moni put in significant effort, managing to push Bangladesh past the 50-run mark before the team eventually collapsed in the 18th over.

Chasing 52, India lost opener Smriti Mandhana cheaply for 7. Then, Shafali Verma, appearing eager, was caught off guard by the sluggishness of the pitch. The ball stayed lower than expected and slipped through her legs to crash into the stumps.

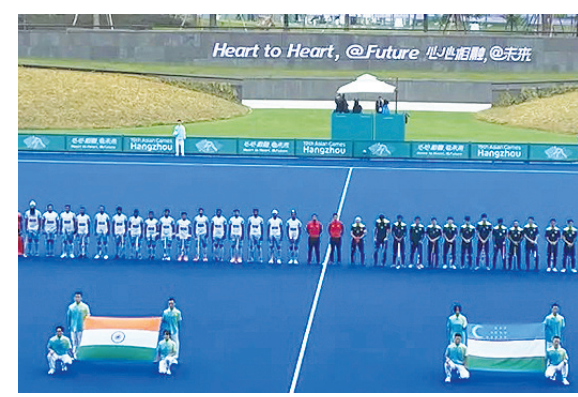
Rodrigues then played a composed innings, remaining not out with a well-crafted 20 runs, guiding India to victory with the support of Kanika Ahuja and an ample 70 balls to spare.

# Indian men's hockey team begins campaign with dominant 16-0 win over Uzbekistan

AGENCIES  
HANGZHOU, SEP 24

Indian Men's Hockey Team started their campaign at the 19th Asian Games with a massive 16-0 win over Uzbekistan in Pool A match here on Sunday.

Varun Kumar (12', 36', 50', 52') scored four goals, while Lalit Kumar Upadhyay (7', 24', 53'), and Mandeep Singh (18', 27', 28') scored hat-tricks each. Sukhjeet Singh (37', 42') scored a brace, while Abhishek (17'), Amit Rohidas (38'), Shamsher Singh (43'), and Sanjay (57') scored a goal each for India.



India began on the front foot straightaway building dangerous moves from the right flank to trouble Uzbekistan's defence. With Uzbeks defending in numbers, India

started searching for gaps to penetrate the circle. Lalit Kumar Upadhyay (7') broke the resistance with a reverse hit into the back of the nets and put India ahead.

With long passes from Jarmanpreet Singh, India kept launching counter-attacks, and Varun Kumar (12') struck the nets from a Penalty Corner to give India a 2-0 lead at the end of the first quarter.

Early in the second quarter, Mandeep dribbled past Uzbek defenders and passed the ball to Abhishek (17') in the circle, who spun and struck the ball into the nets to extend India's lead to 3-0. In the next minute, Mandeep (18') found himself in a 1v1 situation against Uzbekistan goalkeeper and easily put the ball into the nets to make it 4-0.

# Mamata Banerjee congratulates Indian medal winners



AGENCIES  
KOLKATA, SEP 24

West Bengal Chief Minister Mamata Banerjee on Sunday has congratulated the medal winners at the ongoing Asian Games, 2023 at Hangzhou, China.

"Historic Moments for India on the very first day of the ongoing 19th Asian Games at Hangzhou, China with a medal tally of 5 already!" she wrote on X.

She named Mehuli Ghosh from West Bengal for her success.

"My heartfelt congratulations to Mehuli Ghosh from our Bengal, Ashi Chouksey and Ramita Jindal for securing women's team silver in the 10m Air Rifle shooting event. Congratulations also to army men Arjun Lal Jat and Arvind Singh for winning silvers in men's lightweight double sculls event in Rowing," she wrote.

She also extended her best wishes to Ramita Jindal for her bronze medal in women's 10m Air Rifle final and also to Babu Lal Yadav and Lekh Ram for winning bronze in the rowing men's pair category.

"Also congratulating India's Men's Eight team in Rowing for fetching Silver medal for India. Your relentless dedication and unwavering hard work fill our hearts with boundless pride," her X message read