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RISE, DECIDE AND CAST YOUR VOTE IN LOK SABHA POLLS

JINDRAH IMAGES

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Centre effects joint-secretary level reshuffle; 17 bureaucrats get new postings

JI NEWS SERVICE
NEW DELHI, APR 23

Seventeen officers have been appointed as joint secretaries or at equivalent posts in different central government departments and organisations, as part of a bureaucratic rejig effected on Tuesday. Rajeev Kumar, a 2000-batch Indian Ordnance Factories Service (IOFS) officer, has been appointed as joint secretary, Ministry of Home Affairs, a personnel ministry order said. Vrunda Manohar Desai, a 2003-batch officer Indian Revenue Service (Income Tax), has been named as joint secretary in the Ministry of Information & Broadcasting, for a tenure upto April 12, 2027, it said. Abhishek

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Mughal road reopens partially after facing closure during recent Snowfall

JI NEWS SERVICE
JAMMU, APR 23

Ten days after being closed by authorities "till further orders" following fresh snowfall, Mughal Road, connecting Kashmir Valley's Shopian district with twin districts of Rajouri and Poonch, has been thrown open for traffic partially, officials said on Tuesday. They said that there the thoroughfare was opened after clearance of fresh snowfall at several places along the road including 'Pir Ki Gali'. DTI Mughal Road Kapil

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AIIMS Jammu set to launch OPD services in May

JI NEWS SERVICE
SRINAGAR, APR 23

After months of anticipation, the All India Institute of Medical Sciences (AIIMS) Jammu is gearing up to commence its Out Patient Department (OPD) services in May, marking a significant milestone in the region's healthcare landscape. With the inauguration by Prime Minister Narendra Modi two months ago, preparations have been in full swing to initiate OPD services at AIIMS Jammu, a development eagerly awaited by the residents of Jammu and Kashmir, Ladakh, and Pathankot. As per the news agency, situated along the National Highway in Vijaypur, District Samba, AIIMS Jammu is set to become a hub for medical care in the region. Anticipating a daily influx of 2000 to 3000 patients across various speciality units, meticulous arrangements are being made to ensure

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Congress will do X-Ray of wealth, distribute it to 'Select' people: PM

AGENCIES
JAIPUR, APR 23

Prime Minister Narendra Modi on Tuesday said the Congress tried to extend reservation on the basis of religion and give it to Muslims, and once again accused the party of hatching a "deep conspiracy" to snatch people's wealth and distribute it among "select" people. Launching a blistering attack on the Congress, Modi also charged that it is difficult to follow one's faith under the Congress and that even listening to Hanuman Chalisa becomes crime under that party's rule. His remarks come on a day when the country is celebrating Hanuman Jayanti. Addressing an election rally in Tonk, the prime



minister said as soon as the Congress formed the government at the Centre in 2004, one of its first tasks was to reduce the SC/ST reservation in Andhra Pradesh and give it to Muslims. "Modi is giving you a guarantee with an open heart that reservation for Dalits and backward tribals will neither end nor will it be allowed to be divided in the name of religion," he said. Asserting that he

the first right on the resources of the country. "This was not a coincidence. This is not a single statement. Congress' ideology has always been of appeasement and vote bank politics. As soon as the Congress formed the government at the Centre in 2004, one of the first things it did was to reduce the SC/ST reservation in Andhra Pradesh and give it to Muslims," he said. "This was a pilot project which the Congress wanted to try in the entire country. Between 2004 and 2010, the Congress tried to implement Muslim reservation in Andhra Pradesh four times but due to legal hurdles and the awareness of the Supreme Court, it could not

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LG Sinha addresses seminar on National Education Policy 2020 at Ghazipur

AGENCIES
GHAZIPUR (UP), APR 23

Lieutenant Governor Manoj Sinha today addressed a seminar on 'National Education Policy 2020' organized at Dalimss Sunbeam School Gandhi Nagar, Ghazipur. He also felicitated meritorious students. In his keynote address on 'Contribution of new National Education Policy in Building Developed India', the Lt Governor highlighted the vision and aim of NEP 2020. He said the education policy focuses on nurturing creative potential of students and promotes critical thinking



and problem-solving. "National Education Policy's aim is to prepare individuals who are not only knowledgeable and skilled but develop cognitive capacities and eternal Indian knowledge and ideals for growth of society and to build Viksit Bharat. The policy will impart scientific knowledge, develop the personality of the individual for upskilling and

reskilling and open up new opportunities in the future as per the needs of the industries," the Lt Governor said. The Lt Governor said after centuries, there has been a new awakening in the society and after several decades there is a new education policy that is rooted in Indian ethos and emphasises on extensive use of technology, research and innovation, experiential and innovative approaches, integration of technology such as machine learning and artificial intelligence and promotion of start-up incubation centres to transformation India.

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Terror victim Muhammad Razaq laid to rest in his native village at Kunda

JI NEWS SERVICE
JAMMU, APR 23

Muhammad Razaq, a victim of terror attack in Kunda village of Shadra Sharief area of Rajouri district, was laid to rest in the local graveyard in which hundreds of people from all over the area participated. He was given a tearful

adieu by the family, relatives and people of the area. According to the news agency, the funeral prayers were held at 2.30 pm in Kunda village in which hundreds of the people participated. After the prayers, Razaq's body was laid to rest in the native graveyard where his father was buried. His father Muhammad Akber was also a victim of terrorism as his throat was slit by the terrorists in the year 2003. Razaq was appointed in the social welfare department on compassionate grounds after his father's killing and was working as a junior assistant in the department. Razaq's eldest son is just 15 years

old. Earlier, once the bullet-ridden body of Razaq reached his home, the pall of gloom descended in the area as everybody was heading towards his house to pay their respect to the departed soul. According to the locals, he was a kind hearted and helpful person who

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For first time Jammu got fair deal under Modi govt: Jugal

JI NEWS SERVICE
JAMMU, APR 23

Jugal Kishore Sharma, the BJP candidate for Jammu-Reasi parliamentary constituency, during his road show in Rehari Colony, Sarwal, Gurrah Bakshi Nagar, Shakti Nagar, Talab Tillo, Gole Gujral camp areas of Jammu West assembly segment, was given warm reception at number of places, with hundreds of men, women, youth, senior citizens etc garlanding and showering flower petals, amid slogans of BJP Zindabad, Har



Har Modi-Ghar Ghar Modi, abki baar 400 paar. Jugal Kishore Sharma was accompanied by party senior leaders Sat Sharma, Chander Mohan Gupta, Veenu Khanna, Prabh Singh, Prem Gupta, Parmod Kapahi, Zorawar Singh Jamwal, Ramesh Gupta, Dharamvir Singh Jamwal, Kunti Jasrotia, Keshav Chopra, Surinder Choudhary, Atul Bakshi, Hardeep Mankotia

Govt promotes J&K as prime spiritual destination amid religious tourism surge
JI NEWS SERVICE
SRINAGAR, APR 23
 In response to the burgeoning trend of spiritual tourism, the Jammu and Kashmir (J&K) government is taking various measures to position the Union Territory (UT) as a premier religious destination. As per news agency, the spiritual or religious tourism is gaining pace within India, with a huge chunk of tourists travelling to various cities

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J&K Police announces Rs 10 lakh reward for terrorist involved in Rajouri killing

Victim Muhammad Razaq laid to rest in his native village at Rajouri's Kunda; family members, locals bid tearful adieu

JI NEWS SERVICE
JAMMU, APR 23

J&K Police on Tuesday announced a reward of Rs 10 lakh for any information leading to the identification and capture of the terrorist identified involved in the heinous killing of a man in Rajouri district on Monday. The reward has been announced for the terrorist identified as Abu Hamza for his involvement in terror activities, including the heinous killing of Mohd Razaq in Kunda village of Rajouri on Monday, a police official informed the news agency. Muhammad Razaq, a victim of the terror attack in Kunda village of Shadra Sharief, was laid to rest in the local graveyard in which hundreds of people from all over the area participated. He was given a tearful adieu by the family,

WANTED
 CASE: FIR No. 48/2024 U/S 302/120-B/121/121-A/122/PC/727 (AA-13/15/16/18 U/A/PACT. of P/15 THAMAMANDI)

 Name-Unknown Alias Abu Hamza
 A/P- In the area of Shadra Sharief and DKG area
 Age-30/32 years
 Complexion- Fair
 Body Build- Medium Sized
 Height- 5'7"
 Hairstyle- Small hair cut (Trimmed)
 Clothing- Pathani Suit/ Brown Shawl / Orange Color Bag
 Whoever provides any information leading to the arrest of above mentioned accused shall be rewarded
REWARD Rs 10,00,000
 Identity of Informer will be kept secret
 Involved in numerous terrorist activities including terrorist attacks, radicalization, recruitment, terrorist financing, etc.

relatives and people of the area. According to KNO, the funeral prayers were held at 2.30 pm in Kunda village in which hundreds of the people participated. After the prayers, Razaq's body was laid to rest in the native graveyard where his father was buried. His father Muhammad Akber was also a victim of terrorism as his throat was slit by the terrorists in the year 2003. Razaq was appointed in the social welfare department on compassionate grounds after his father's killing and was working as a junior assistant in the department. Razaq's eldest son is just 15 years old. Earlier, once the bullet-ridden body of Razaq reached his home, the pall of gloom

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Terror module member tasked to carry out target killings in J&K held in Punjab

JI NEWS SERVICE
CHANDIGARH, APR 23

The Punjab Police has arrested a member of a terror module who was allegedly being handled by Pakistan-based operatives, officials said on Tuesday. The Director General of Police, Punjab, Gaurav Yadav, said preliminary investigations reveal that the accused was tasked to carry out target killings in Jammu and Kashmir to create fear and unrest. Pakistan-based operatives were allegedly handling the accused, the DGP said. "Acting swiftly in an intelligence-based operation, Counter Intelligence (of Punjab Police) #Jalandhar averts target killings planned by cross-border operatives. One member of the terror module arrested with a #Chinese pistol and cartridges," Yadav wrote in a post on X. According to a Punjab



Police statement, the arrested accused has been identified as Lovepreet Singh alias Picho of Udho Nangal village in Amritsar. Police teams have also recovered one .30-bore automatic Chinese pistol along with a magazine and four live cartridges from his possession, it said. The statement quoting DGP Yadav said that acting swiftly on intelligence inputs, Punjab police teams from Counter Intelligence, Jalandhar laid a special 'naka' (check barrier) in the area of Rama

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Recent Geo-Political developments reaffirm relevance of hard power: Army Chief Manoj Pande

JI NEWS SERVICE
NEW DELHI, APR 23

General Manoj Pande, Chief of the Army Staff (COAS), on Tuesday said that the recent geo-political developments have reaffirmed the relevance of a country's hard power. "The current geo-strategic landscape is characterized by Change, taking place at unprecedented scale and speed. Recent geo-political powerplays have displayed, that where National Interests are concerned, countries will not hesitate to go to war. These developments have reaffirmed the relevance of Hard Power," General Manoj Pande said while



addressing participants at the National Leadership Conclave of All India Management Association. He mentioned that the overall 'rise' of a nation can be said to occur when there is a significant and continuous increase in its Comprehensive National Power. While 'Economic Power' is the fountainhead of the growth of the nation, it is the 'Military Strength' that lends it the ability to affect the outcomes, necessary

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Lok Sabha Elections 2024: DEO Kupwara reviews transportation of polling staff, EVMs

J1 NEWS SERVICE
KUPWARA, APRIL 23

In order to ensure hassle free transportation of polling staff, EVMs and other election related material to the polling stations for smooth conduct of upcoming Lok Sabha Elections-2024 in the district, a meeting of concerned Officers was today held under the chairmanship of District Election Officer (DEO) Kupwara, Ayushi Sudan.

At the outset, the DEO discussed the Transport plan in a comprehensive manner for smooth dispatching of the poll material and polling personnel. The respective AROs appraised the chair about the requirements of the vehicles and seating capacity of the vehicles so that they reach and depart polling stations in a hassle free manner especially in far flung and hard to reach areas of the district.



She directed the ARTO Kupwara for submission of complete Transport Plan - polling station and Assembly Constituency wise to her office by tomorrow positively. The DEO stressed that all necessary arrangements are put in place for the dispatching of EVMs to designated locations, and all arrangements of security and safety of EVMs are made as per the guidelines of the Election Commission of India (ECI).

The DEO emphasized that polling staff, security personnel and election related material reach at respective polling stations on time without any hindrance. She also reviewed Assured Minimum Facilities and Communication

plans in far-off places of the district to ensure smooth and vibrant participation of the electorate. ADDC Kupwara, Gulzar Ahmad Bhat; ADC Handwara, Aziz Ahmad Rather; ASP Kupwara/Handwara; ACR Kupwara, SDM Lolab/Karnah, Dy. DEO, ACP, ENT, Manager SRTC Kupwara and election staff attended the meeting.

Ravinder Raina, Dr. Manyal, Surjit Salathia address series of public meetings in Samba

J1 NEWS SERVICE
RAMGARHI (SAMBA)

Congress Party will lose its deposit in Jammu-Reasi Parliament Seat, said Ravinder Raina, while he addressed public meetings Radi & Rada, Gho Rakwal, Swankha, Hira Chak, Chowani, Dagah, Avtal, Mahal, Bandral, and Gag-hore in Ramgarh Assembly Constituency to seek votes for the BJP's MP candidate from Jammu-Reasi Parliamentary Constituency, Jugal Kishore Sharma.

Ravinder Raina, President, J&K BJP was accompanied by Dr Devinder Kumar Manyal, General Secretary & State Convener, Parliament election management committee, J&K BJP Surjit Singh Salathia, Vice-President, and Kissan Morcha President S. Sarbjit Singh Johal.

Ravinder Raina, while addressing the people in



these meetings, said that the Congress, NC, and PDP enjoyed the mandate of the people but never cared for their welfare. He said that the Congress party on the national level has lost its ground and it's a pity that once the largest political party of the nation, ditched the people in such a manner that the people have decided to wipe out Congress completely.

"Congress in Jammu is known for its corruption and love for the terrorists and the anti-social elements. And the people have also seen the clean

governance provided by the Modi government which has dealt the anti-national and anti-social elements with an iron hand and spearheaded the development revolution in the region", Raina said and added that the Congress Party will lose its deposit in Jammu-Reasi Parliament Seat and the BJP will win this seat with a record margin.

Dr. Devinder Kumar Manyal, in his address, recounted the local development works and said that the Modi government is working with the

intention of ensuring the welfare of the last person in the society, and the schemes initiated by the Modi government are specifically designed to directly benefit the needy and the neglected in the society.

Surjit Singh Salathia, in his address, said that no other party than the BJP led by Modi has done unselfish welfare work for the people. He said that the BJP cadre is the most dedicated team of selfless people in the world who serve society and the nation incessantly.

Lok Sabha Elections 2024

Election Observers conduct comprehensive inspection of Polling Stations in Nowshera, Rajouri

J1 NEWS SERVICE
RAJOURI, APR 23

General Observer, Sanjeev Kumar Besra and Police Observer, Akhileshwar Singh, today undertook a comprehensive visit to the polling stations of border belt of Nowshera.

The purpose of the visit was to assess and Lok Sabha Elections 2024 review the status of assured minimum facilities at these polling stations and polling preparedness.

They meticulously inspected polling stations across the border including one located in Khamba-A and Bhawani-A housed in GHS Sair. The scrutiny encompassed a thorough examination of the essential facilities for the smooth conduct of elections.



During the inspection, the Observers engaged with the stakeholders to ensure that all necessary arrangements were in place to facilitate a smooth and efficient voting process. The basic amenities such as electricity, water supply, sanitation facilities,

and accessibility for differently-abled voters was assessed at the polling stations. The Observers asked authorities to ensure provision of prescribed Facilities at all Polling Stations to uphold the integrity and fairness of the electoral

process. He reiterated the unwavering commitment of the administration to facilitating free, fair, and transparent elections, wherein every eligible citizen can exercise his democratic right with confidence and ease. The visit concluded

with the instructions to the officers of concerned departments to put in place all efforts for the smooth conduct of Lok Saba Elections in the region.

The DIG Rajouri-Poonch Range, Tejinder Singh; Additional Deputy Commissioner Nowshera, Babu Ram Tandan and other officers also accompanied the Observers during their visit to Nowshera.

Meanwhile, the randomization of polling staff was also done in the office of District Election Officer Rajouri under supervision of the General Observer.

The District Election Officer Rajouri, Om Prakash Bhagat along with whole team of Election department remained present at the randomization exercise.

Central Univeristy Kashmir organises workshop on Earth Day

J1 NEWS SERVICE
GANDERBAL, APR 23

School of Life Sciences and Department of Chemistry, Central University of Kashmir (CUKashmir) organized a workshop on Earth Day-2024 on the theme "Planet vs Plastics" for the students and faculty members at Science campus-Nunar here on Monday.

Speaking on the occasion, Dr. Chinnappan Baskar, Head, Department of Chemistry highlighted the collective responsibility of every individual to focus on the circular economy for sustainability in the modern era. He emphasized on protecting the earth from hazardous pollution.

Prof. Azra N Kamili, Senior Professor of the Department of Botany highlighted the impact of micro plastics on ecosystems and food chain. She



deliberated on the importance of celebrating the earth day to create awareness among the masses about the impact of plastics on ecosystem services. Prof. Abid Hamid Dar, Dean, School of Life Sciences and HoD Biotechnology emphasized the purpose of celebrating the earth day to educate the young minds of the society about the impact of

plastics on human health. He stated that the rampant use of pesticides and chemical fertilizers is making way to the food chain and ultimately responsible for causing dreadful diseases in humans. He described plastic pollution as another major threat to the planet earth and stressed on the multidisciplinary approach to tackle the plastic pollution.

Faculty members, Dr. M. Lateef Khaliq, Dr. Rafiq Lone, Dr. Rakeeb Ahmad Mir and Dr. Shahbaz Ahmad Lone deliberated on the different aspects of impact of plastic pollution on plant and animal health. Dr. Munazah Qureshi moderated the event and proposed the vote of thanks.

Lok Sabha Elections 2024

General Observer chairs Nodal Officers meeting to review Election preparedness in Rajouri

J1 NEWS SERVICE
RAJOURI, APRIL 23

General Observer for Anantnag-Rajouri Parliamentary Constituency, Sanjeev Kumar Besra today presided over a pivotal meeting of Nodal Officers to meticulously review the preparedness for Lok Sabha elections 2024 in this Border District.

The meeting served as a platform to disseminate vital information regarding the role and responsibilities incumbent upon each officer during the electoral process.

A threadbare discussion ensued on enforcement of MCC, complaint monitoring, communication plan, SMS monitoring, MCMC, material management, storage of EVM and VVPATs, training and SVEEP, printing of ballot papers, transport plan, randomisation of polling parties etc

The General Observer directed the officers to execute their duties with unwavering dedication and a profound sense of responsibility.

Addressing the officers, Sanjeev Kumar Besra, emphasized the paramount importance of meticulous planning and flawless execution



for smooth conduct of the electoral process. He stressed the need for heightened vigilance, transparency, and adherence to ECI guidelines to uphold the sanctity of the democratic process.

Taking a comprehensive review, the General Observer outlined different tasks and duties assigned to the Nodal Officers, encompassing a wide array of responsibilities. He directed the officers to exhibit exemplary commitment and diligence in discharging their duties, recognizing their pivotal role in facilitating free, fair and peaceful elections.

The General Observer

expressed confidence in the collective resolve and capability of the nodal officers to fulfill their roles effectively, thereby contributing to the successful conduct of the Lok Sabha elections in Rajouri district.

The meeting was attended by the ADDC, Raj Kumar Thapa; ADC Rajouri, Rajeev Khajuria; CPO, Maqsood Ahmed; Dy DEO, Shakeel Mir; DSEO, Sandeep Sharma; CAHO, Dr Khalid Hussain; CAO, Sohan Singh; DIO, Mohammad Nawaz Choudhary; DSWO, Wakeel Ahmed Bhatt; DTO, Mohammad Bashir and other concerned officers.

An Expo Mart of international standard is need of the hour in Kashmir: Chairman CEPC

J1 NEWS SERVICE
SRINAGAR, APR 23

Dr. Romesh Khajuria, Chairman of Carpet Export Promotion Council (CEPC) and Chairman of Wool & Woollens Export Promotion Council (WWEPC) under the Ministry of Textiles Govt of India, visited Srinagar (J&K) from 20 to 22 April 2024. An interactive meeting was conducted at CEPC's Srinagar Office which was chaired by Dr. Romesh Khajuria with manufacturers, exporters, and artisans associated with the Carpet Industry of J&K.

Dr. Khajuria's statement underscores the significant role that Srinagar, located in the state of Jammu and Kashmir, plays in the global market for handicrafts and luxury goods. Known for its rich cultural heritage and skilled artisans, Srinagar has long been renowned for producing high-quality handicraft items that are highly in demand by consumers worldwide.

To capitalize on this reputation and further boost the handicraft industry in the region, Dr. Khajuria suggests the establishment of a permanent Expo Mart. This Expo Mart should be designed



following the models of successful Expo Marts such as Bharat Mandapam and Yashobhoomi. The Exhibition Mart in J&K will serve as platforms for showcasing and trading various products on a large scale, providing a space for local artisans, manufacturers, and exporters to display their goods to both domestic and international buyers. Additionally, manufacturers and exporters would have the opportunity to network with potential buyers and investors, facilitating business growth and expansion.

Dr Romesh Khajuria, interacted with the artisans who crafted the largest hand knotted silk carpet of the world 72X40 ft (1480 sq ft) in

village Wailoo Kunzer of Tangmarg in north Kashmir. Under the guidance of Fayaz Ahmad Shah and Abdul Gaffar Sheikh the artisans celebrated the completion of the world's largest silk hand knotted carpet. Crafted over eight years since 2016, this achievement fills Tangmarg, Kashmir, with pride. It's not only a testament to Srinagar (J&K) artisans' skills but also offers employment opportunities.

Dr. Khajuria extends heartfelt congratulations to the dedicated artisans behind this masterpiece: Mohammad Ashraf Parray, Firdous Ahmad Dar, and Mohammad Maqbool Parray. Despite facing numerous challenges, including the

impact of COVID, their perseverance shines through. He is confident that this remarkable creation will attract buyers worldwide, honoring and supporting these artisans' talent and hard work. He also visited M/S Carpets Creativity of Art in Idgah, Srinagar, who are crafting innovative Silk Pashmina Carpets.

Dr. Khajuria, in his address to the gathering, assured that the responsibility given to him by the Office of DC Handicrafts, Ministry of Textiles, Government of India, for Council's Election 2024, will be undertaken seriously. He is reaching out to the industry to request support in conducting fair and transparent elections for the CEPC.

Dr. Khajuria extends his heartfelt best wishes to all associates of the J&K Carpet industry. Let us join hands and work harmoniously to overcome challenges, seize opportunities, and propel the Handmade Carpet Industry to new heights of excellence and prosperity. Together, we can create a brighter and more vibrant future for our industry.

Vaccination of Kupwara Hajj pilgrims to begin from 25th April

J1 NEWS SERVICE
KUPWARA, APRIL 23

Chief Medical Officer Kupwara has issued a Vaccination Schedule for selected Hajj pilgrims of District Kupwara. Accordingly, all the selected Hajj Pilgrims have been advised to report at the following locations at 10 am to get vaccinated. The Hajj pilgrims belonging to Handwara, Langate, Zachaldara and Vilgam areas are asked to report at Primary Health Centre (PHC) Natnussa on 25th April 2024 to get vaccinated.

Hajj pilgrims from Kupwara, Kalaroose, Sogam, Trehgam and Kralpora shall report at Sub District Hospital (SDH) Kupwara on 27th April 2024. Besides, Karnah bound Hajj pilgrims shall report at SDH Tangdar on 26th April 2024 for their vaccination.

Further, the Hajj pilgrims can also contact the following helpline numbers: PHC Natnussa 9596068777; SDH Kupwara 6006499431 and SDH Tangdar 9906601695.

Lok Sabha Elections 2024: Newton movie screened at Sherwani Hall to empower new voters

JI NEWS SERVICE
BARAMULLA, APRIL 23

In an effort to foster active participation of students and the youth in the Lok Sabha Elections 2024, the District Administration, Baramulla, today organized a special screening of election centric feature film 'Newton' at Sherwani Hall, here.

The screening is part of a series of voter awareness programs conducted across the district Baramulla under the Systematic Voters' Education and Electoral Participation (SVEEP) program, aimed at educating and encouraging voters, especially the newly registered ones, to participate in the electoral process.

The District Election Officer (DEO), Baramulla, Minga Sherpa; Dy District Election Officer, Ab Rehman Bhat; Executive Officer, Municipal Council



Baramulla attended the screening of the movie with enthusiastic students from various colleges and schools, reflecting a collective eagerness and excitement towards participating in democratic exercise of voting.

Attendees were captivated by the movie's content during the screening, which provided a wholesome experience about

the election process inspiring them to wholeheartedly participate in the Lok Sabha Elections by casting their important votes.

Speaking during the event, the DEO highlighted that the movie screening is part of the series of activities that District Administration has been conducting throughout the district under SVEEP

to maximize voter participation in the Lok Sabha elections.

Minga Sherpa elaborated that this initiative specifically targets first-time voters, aiming to provide them with a comprehensive understanding of the democratic voting process with a goal to empower them to actively participate in exercising their right to vote.

Eventful Day 2 of Annual Training Camp(ATC) -J3 of NCC Cadets at Nagrota Training Academy

JI NEWS SERVICE
NAGROTA, APR 23

The Day 2 (23rd April , 2024) of Annual Training Camp -J3 commenced with mindful meditation and yoga followed by Shramdaan in the campus by cadets to instill the spirit of selfless service and community engagement.

Precision, discipline and commitment to excellence were on full display on day-2 of the camp, where cadets were engaged in rigorous Drill Practice session with and without weapons to hone their skills.

The second day of camp gained momentum with lectures at squad posts wherein cadets were taught Map Reading, Weapon Training and basics of National



Cadet Corps followed by a centralized lecture on Basic Life Skills by the team of seven doctors headed by Dr. Sunaina Gupta, Additional Professor and Officer in charge of Dept. of Anaesthesiology in collaboration with Dept. of Trauma Surgery

AIIMS, Jammu. The aim of this hands on training was to equip the cadets to respond effectively during medical emergencies in day to day life and to transform the cadets into trained and responsible citizens of future India.

Lok Sabha Elections 2024 Mega rally to enhance voter awareness held at Pulwama

JI NEWS SERVICE
PULWAMA, APRIL 23

As part of the ongoing efforts to enhance voter awareness, the Additional Deputy Commissioner (ADC) Pulwama, Mohammad Ashraf Sheikh today flagged-off a mega rally under Systematic Voters' Education and Electoral Participation (SVEEP).

The rally, aimed at promoting SVEEP activities, commenced from the DC office and traversed through the bustling Main Bazaar and various villages.

Toyota Kirloskar Motor announces launch of Fortuner Leader Edition

JI NEWS SERVICE
JAMMU, APR 23

The Toyota Fortuner needs no introduction, and to celebrate the success of this most admired SUV, Toyota Kirloskar Motor (TKM) today launched the Leader Edition of the Fortuner in the India market. Building upon its renowned features, Fortuner Leader Edition brings distinctive design with many add-on features.

The Fortuner Leader Edition stands out with its commanding presence, accentuated by varied style elements. Featuring a dynamic front and rear bumper spoiler, this vehicle exudes an aura of boldness and sophistication, reflecting the true essence of leadership. One of the key highlights of the Fortuner Leader Edition is its prominent dual-tone exterior, available in a palette of 'black, white, and clarity'. This unique com-



ination not only enhances the exterior appeal but also underscores its premium craftsmanship. The interior boasts dual-tone seats that offer unmatched comfort and elegance, elevating the driving experience to new heights. With every detail meticulously curated, from the plush upholstery to the ergonomic design, the Fortuner Leader Edition makes every journey, filled with awesomeness.

In addition to its perfect styling, the Fortuner

Leader Edition is equipped with an array of advanced features designed to enhance convenience, safety, and connectivity. From a wireless charger and TPMS (Tire Pressure Monitoring System) to auto-folding mirrors, this vehicle is aimed at fulfilling the diverse needs of the aspiring customers. Moreover, the Fortuner Leader Edition comes with black alloy wheels that make a bold statement with every turn. These wheels not only enhance

the vehicle's aesthetics but also reinforces its status as a true leader on the road. Certain accessories developed by TTIPL will be installed by authorised dealers, including rear and front bumper spoilers, to enhance the exterior appeal of the vehicle.

Commenting on the launch of Fortuner Leader Edition, Mr. Sabari Manohar - Vice President, Sales-Service-Used Car Business, Toyota Kirloskar Motor said, "Our customers are at the heart of everything we do. Their evolving preferences and desires for enhanced features and driving experiences motivates our relentless pursuit of excellence. The Fortuner Leader Edition is crafted to elevate its bold style statement with more add-on features, while imparting an unparalleled sense of power and distinction. The Fortuner

Leader Edition is a testament to Toyota's resolute commitment in providing best-in-class offerings, leading the way with power & style.

We extend our sincere gratitude to the passionate Fortuner fan base in India, for their trust in our brand. We will continue to excite the SUV enthusiasts with the Fortuner Leader Edition offering bold exterior design, eye-catching and comfortable interiors, and advanced high-tech features, positioned to 'Lead in Power' " he added.

Since its debut in 2009, the Toyota Fortuner has been the most-loved SUV in the country for over a decade, maintaining its unrivalled position in the segment. With its premium features, sleek and trendy interiors, notch safety standards, and robust performance, the Fortuner has consistently set the benchmark, captivating SUV passion across generations.

CUJ organizes Educational Field Visit to 47th ITBP Battalion, Samba

JI NEWS SERVICE
JAMMU, APR 23

The Department of National Security Studies, Central University of Jammu under the mentorship of Hon'ble Vice Chancellor Prof. Sanjeev Jain organized a one-day educational field visit to the 47 Battalion of the Indo-Tibetan Border Police (ITBP) Camp in Samba district. The students, scholars, faculty and staff of the department participated in the educational trip. The trip was organized under the able leadership of Prof. Ritu Bakshi, Head Department of National Security Studies.

Border guarding forces play a vital role in securing India's complex borders. This educational trip was to facilitate student and scholar interaction with the ITBP battalion to supplement their classroom / conceptual learning with practical experience.

The trip commenced with a warm reception by the 47 ITBP Battalion. Students, scholars, and faculty of the department



were acquainted with the functioning of the ITBP through weapons/equipment display, photo exhibition, screening of ITBP Status Film, and a captivating lecture by Commandant Sh. Rakesh Kumar. The Commandant familiarizes students with the historical evolution of the ITBP, its organizational structure and the role it plays in securing and managing India's borders. He apprised students about the various roles of the elite force in peace as well as in wartime, like maintaining internal security, upholding law and order, disaster management, peace keeping missions,

etc. The Commandant also delved into the role of ITBP in implementing various development programmes as well as other flagship initiatives in border regions. The talk evoked many critical inquiries from the students and scholars. The programme concluded with special remarks by Dr R Sudhakar, Associate Professor, Department of National Security Studies.

The educational trip was coordinated by Dr. Sudhakar. Other faculty members who were part of the organizing committee were Dr. Neeta Rani, Dr. Ekta Manhas, and Dr. Anuradha Choudhary.

PM Modi synonymous with trust, hope, credibility: Rana

JI NEWS SERVICE
SURINSAR APRIL 23

Senior BJP leader Mr Devender Singh Rana today said Yashasvi Prime Minister Narendra Modi's leadership has become synonymous with trust, hope, and credibility, resonating deeply with people of Bharat.

"Modi Ki Guarantee has become a household assurance and confidence among the people that the government under him will deliver whatever promised to assuage the urges and aspirations of every Indian, irrespective of religion, region or caste", Mr Devender Rana said while addressing people at Bain Bajalta, Tutan Di Khui, Aithem, Surinsar and Sidhra here today alongwith Pt. Rameshwar Dutt Sharma, Mr. Som Nath Khajuria, Ex-Sarpanches Bodh Raj, Krishan Singh, Anil Sharma, Anil Barsala, Mohan Singh, Abdul Mehmood, Abdul, Sardar Singh, Sham Singh, Tara Chand, Mohd Sadiq, Mukhtyar Ahmed, Jagdish Khajuria, Bhushan Singh and others.

He said the Prime Minister's credibility on global landscape has made every compatriot proud, who believe in what Modiji says on the basis of deliverance during the past one decade, be it fighting coronavirus, evacuat-



ing Indians and others in distress in conflict ridden countries across the continents, initiating host of measures to mitigate the miseries of people, providing rations to over 80 crore countrymen, facilitating basic amenities like Izzat Ghars, Har Ghar Jal, Ujwala scheme, renewed education policy, health for all, start up mission, vocal for local and host of other welfare initiatives.

"Seeing is believing", Mr Devender Rana said while referring to the other initiatives like infrastructural development, technological advancement Digital India, and Swachh Bharat Abhiyan that have not only transformed the socio-economic landscape but have also instilled hope and confidence among citizens for a brighter future. PM Modi's unwavering commitment to the

welfare of every Indian has further solidified his image as a leader who stands for the aspirations of all, he said, adding that his policies, aimed at empowering the marginalized, promoting economic growth, and fostering a conducive environment for entrepreneurship, have further reinforced confidence in every section of society.

He said Modi Ji embodies the aspirations of a new India, driven by innovation, entrepreneurship, and inclusive growth. This has benefited every segment of larger Indian society. The Union Territory of Jammu and Kashmir has not remained aloof but joined the nation as equal and proud partner in the country's growth trajectory. He referred to the Prime Minister's vision for 'Naya Jammu and Kashmir' and said

this has become a success story post 2019 political developments, which have manifested in peace, paving way for economic activity, tourism resurgence and overall development. The transformation of Jammu and Kashmir is the biggest Modi Ki Guarantee that is discernible in a big way, he added.

Rana exhorted the people to further strengthen the hands of Prime Minister Modi, saying every vote cast during the ongoing elections to Lok Sabha will give new wings to India's pace of development and civilizational resurgence. His hat-trick in government will open up vistas of opportunities for all, especially the youth, who are going to be the future, not only of the great nation of India but the entire world, he added.

GCOE Jammu declared Tobacco Free Campus

JI NEWS SERVICE
JAMMU, APRIL 23

The College administration has declared Government College of Education as Tobacco Free Campus after organizing a series of awareness events.

The NCORD committee along with IIC of GCOE, Jammu organized a series of events on "No use of Tobacco and its products" under the aegis of National Tobacco control program and declared the campus as Tobacco free zone, the College Management said today.

The events organised included pledge on "Not to Consume Tobacco and its Products", an awareness rally and installation of signage boards in the college premises.

About 50 students and 20 staff members participated in all the events with great zeal and enthusiasm under the patronage of Dr. Jyoti Parihar who sensitized the students about the harmful effects of Tobacco. These events were organized under the overall guidance of Prof. Sunanda Rani, Convenor, IIC and NCORD committee along with NCORD committee members Prof. Roopa Kumari, Prof. Kiran Thapa and Dr. Shalini Sharma.

NORTHERN RAILWAY				
E-Tender Notice				
Sr. DEN-III/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information log on to www.ireps.gov.in				
Tender Type	Tendering Section	Bidding System		
Open	Works	Single Bid System		
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time		
20.04.2024	29.04.2024	13.05.2024/15:00 Hrs		
S.No.	Tender No.	Details of Tender		
1.	18-2024-25-JAT-DRM-FZR	Upgradation/Improvement of Goods shed at Kathua station on JAT-PTK section under ADEN/JAT.		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		9,82,55,326.54/-	6,41,300.00/-	60 Days
		Period of Completion		
		10 Months		
		Similar nature of work :- "Any Civil Work other than track work".		
2.	19-2024-25-PTK-DRM-FZR	Upgradation/Improvement of Goods shed at Dhariwal station on "ASR-PTK section under ADEN/PTK.		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		3,86,83,031.31/-	3,43,400.00/-	60 Days
		Period of Completion		
		08 Months		
		Similar nature of work :- "Any Civil Work other than track work".		
3.	21-2024-25-PTK-DRM-FZR	Upgradation/Improvement of Goods shed at Gurdaspur station on ASR-PTK section under ADEN/PTK.		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		4,79,24,522.05/-	3,89,600.00/-	60 Days
		Period of Completion		
		08 Months		
		Similar nature of work :- "Any Civil Work other than track work".		
4.	21-2024-25-PTK-DRM-FZR	Works in c/w Manning of 05 nos Level Crossing on ASR-PTK section in the jurisdiction of ADEN/PTK.		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		1,78,32,501.15/-	2,39,200.00/-	60 Days
		Period of Completion		
		08 Months		
		Similar nature of work :- "Any Civil Work other than track work".		
5.	22-2024-25-PTK-DRM-FZR	Construction of 0.795 KM RCC boundary Wall near stations & its approaches and trespassing at various locations as measures to safeguard track and establishment avoiding encroachments on ASR-PTK section under ADEN/PTK.		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		88,61,196.69/-	1,77,200.00/-	60 Days
		Period of Completion		
		06 Months		
		Similar nature of work :- "Any Civil Work other than track work".		
6.	23-2024-25-JAT-DRM-FZR	Through Fitting renewal (27.409 km) of the existing 52kg/60kg PSC sleepers at KM 25.5 to 33 km, 35.5 to 37.7 km, 63.378 to 64.00 km, 74.982 to 75.11 km, 75.154 to 76.091 km, 76.122 to 77.447 km, 77.507 to 77.887km, 77.94 to 79.423 km, 79.453 to 81.954 km, 81.97 to 83.254km, 83.297 to 84.312 km, 84.343 to 85.344 km, 85.384 to 86.007 km, 86.02 to 87.44 km, 87.473 to 87.62 km, 90.801 to 92.52 km, 92.535 to 93.019 km, 93.36 to 96.00 km on PTK-JAT section under ADEN/PTK		
		Advertised Value (Rs.)	Earnest Money	Validity of Offer
		46,51,301.44/-	93,000.00/-	60 Days
		Period of Completion		
		08 Months		
		Similar nature of work :- "NIL".		
Note 1. Before bidding, bidders to check for any corrigendum issued against tender. Tender Notice No.-19,20,21 & 22-2024-25-PTK-DRM-FZR & 18 & 23-2024-25-JAT-DRM-FZR Dt. 22.04.2024				
SERVING CUSTOMERS WITH A SMILE				

J&K groups condemn PM Modi's statement, seek action from ECI

J1 NEWS SERVICE
JAMMU, APR 24

Representatives of several sociopolitical organizations at a joint press conference have strongly condemned the contemptuous and pejorative statement of the Prime Minister Narendra Modi.

On Sunday Indian Prime Minister and BJP star campaigner while speaking at an election rally in Rajasthan said if congress comes to power their land, gold and all wealth would be taken away and distributed among the Muslims and intruders. He said that since Muslims have more kids, they shall be given more wealth by snatching it from the majority community. He even mentioned the sacred article of mangle sutra, which is an honor and respect of our mothers and sisters, and said even mangle sutra would



not be safe. The speakers said that although the BJP was a habitual offender of making hate speeches, especially during election time, the prime minister has broken all previous records of his party colleague by stooping too low. Mr. Narendra Modi has brought utter disrepute to the chair and position of Primeministership. The statement has hit international headlines and created an embarrassment for this great nation.

There is great anger and resentment against

Narendra Modi's hate speech, and people from all walks of life have called upon the election commission to take a stern action against violations of the constitution. During the past two days, thousands of representations through different means of communications have been made to the election commission of India seeking stern action against Mr. Narendra Modi for making this hate speech.

The speakers at the press conference called upon the election com-

mission of India to take a stern action against the flagrant violation of the Indian constitution. The press conference was jointly addressed by Safer Choudhary Senior leader Aam Admi Party, Munish Sawhney state president Shive Sena, Mir Shahid Saleem A renowned Journalist and social activist, Nirmal Mahana Spokesperson AAP J&K, Altaf Hussain Shah Political Activist, Amrik Singh Sasan, Kuldeep Singh Sikh analyst, and many others

Modi tarnished dignity of PM's post: Namrta Sharma

J1 NEWS SERVICE
JAMMU, APR 23

The state Congress has not only termed the statement given by Prime Minister Narendra Modi in Aligarh yesterday, targeting the Congress, pointing towards the Mangalsutra of women, completely irresponsible but has also termed it as a crude joke along with the dignity of the post of Prime Minister.

Party's General Secretary and woman leader Namrta Sharma flanked by Senior leader Smt. Kanta Bhan, General Secretary PCC Santosh Majotra, Secretary Jyoti Vaid, while reacting strongly to this statement of Modi ji, said that the kind of statements that are coming out from Modi ji's mouth these days, it is clear that his party is going to lose its political ground in the ongoing parliamentary elections. Talking to journalists at PCC HQ Shaheedi Chowk Jammu, she said that sometimes Modi ji says that after the elections, the leaders of



the INDIA alliance will be bent upon tearing each other's clothes and sometimes he(Modi) says that even the Mangalsutra of women will not be saved if Congress comes to power. Sharma said that the possible defeat in these elections may spoil someone's mental balance, but at least the Prime Minister should maintain the dignity of his post.

She said that Modi ji should tell that when he brought demonetization, how many women's household savings, which they had actually saved with their hard-earned money, were destroyed. Sharma claimed that in just a few days the BJP's manifesto was prepared in which issues like unem-

ployment, inflation and corruption were not found anywhere even if Congress had promised to provide

financial assistance of Rs. 8.5 thousand every month to women under the Mahalaxmi Yojana.

Sharma strongly condemned PM's statement and said that Congress has included every appropriate promise in its manifesto for women, youth, farmers and workers whereas BJP has nothing else except doing cheap politics in the name of religion.

IN THE COURT OF EXECUTIVE MAGISTRATE 1ST CLASS TEHSILDAR JAMMU

Susheel Ratna S/o Sain Dass Ratna R/o H. No. 364 Peer Kho Tehsil & Dist
Vs
UT of J&K through Requestor of Birth and Death through vital Jammu municipal corporation Jammu

(Non-Applicant)
In the matter of petition under section 13(3) read with the rule of section 10 of Jammu and Kashmir registration of birth and death act 1969 with the prayer to direct the respondents to requester date of birth applicant.

Notice to public at large

S. No	Name of Applicant Son	Gender	Father Name	Mother Name	Date of Birth	Place Of Birth And Residence
1	Manik Ratna	Male	Susheel Ratna	Geeta Ratna	8-11-2016	364 Peer Kho Jammu

Proclamation
Whereas through this publication to public in general is hereby informed that it person have any objection shall objection personally on through any authorized agent in the court within 7 days telling which the matter shall be dead accordance with law. Given under any hard and seal of this court today.

Sd/-
Executive magistrate
Class 1st
Tehsildar Jammu
No. EMIC/1/B.D/2024-25/25
Dated: 22/4/2024

FROM THE FRONT PAGE...

Congress will do X-Ray...

fulfil its intention," he said. "In 2011, the Congress tried to implement it throughout the country. They played a game of snatching away the rights given to SC, ST and OBC and giving them to others for vote bank politics. The Congress did this deliberately and without caring about the Constitution and B R Ambedkar," he said.

"I want to ask the Congress will it declare that will it divide the reservation for Dalits and backward tribals and give it to Muslims," he said.

Modi said when the BJP government in Karnataka got an opportunity, the first thing it did was to abolish the Muslim quota which was created by snatching it from ST and SC.

The prime minister said the constitutional limit for reservation was ending in 2020 and he had extended the reservation of Dalit and tribals for another 10 years.

The Congress and INDI Alliance, Modi said, were peeved after he exposed their vote bank and appeasement politics in his recent address in Rajasthan's Banswara.

"I have put forth the truth before the country that the Congress is hatching a deep conspiracy to snatch your wealth and distribute it among 'select' people," he said.

He said when he exposed the vote bank politics of Congress, it angered the Congress and its INDI Alliance so much that they have started abusing him everywhere.

Why is the Congress scared of the truth and hiding its policies, the prime minister asked.

"You have made the policy and taken the decision and when Modi exposed the secret and your hidden agenda came out, you are trembling," he said.

The prime minister charged that the Congress is stuck in the quagmire of its vote bank and does not care about the Constitution.

"It is written in their manifesto that they will survey the wealth. Their leader had said in a speech that X-ray of wealth will be done. This means that if something is kept in a box or hidden in a wall, it will be searched through X-ray. Then they will capture all your property which is more than required and then distribute it among the people," he said.

At a rally in Rajasthan on Sunday, Modi had said that if the Congress came to power, it would redistribute the wealth of people to "infiltrators" and those who have more children, and cited former PM Manmohan Singh's remark that the minority community had the first claim on the country's resources.

Further attacking the Congress, Modi said, "Even listening to Hanuman Chalisa becomes crime under Congress rule" and referred to an incident in Congress-ruled Karnataka where a shopkeeper was beaten up for listening to Hanuman Chalisa.

He said during the Congress rule in Rajasthan, those who pelted stones on Ram Navmi procession were given protection and restrictions were imposed on such procession.

However, after the formation of the BJP government in the state, no one has the courage to question faith.

"Now, you will recite Hanuman Chalisa peacefully and also celebrate Ram Navami, this is the guarantee of BJP," he said.

The prime minister also accused the Congress of throwing Malpura, Karauli, Chhabra, Tonk and Jodhpur into the "fire of riots" during its rule. (Agencies)

J&K Police announces...

descended in the area as everybody was heading towards his house to pay their respect to the departed soul. According to the locals, he was a kind hearted and helpful person who was always ahead of others in reaching out to the people whenever they were in need.

Locals told KNO that terrorists had reached his home by enquiring from locals without ascertaining their identity. They were hiding in his house and once Razaq entered after completing prayers, he was fired upon by the terrorists and injured him critically. He was shifted to the nearby hospital where he was declared dead on arrival.

They believed that terrorists were probably after Razaq's brother Tahir Khurshed, who is working in the Territorial Army, but there was no confirmation from

police and administration. KNO

LG Sinha addresses...

"NEP 2020 focuses on true values and teachings of our glorious heritage and civilization and prepares the students with industry 4.0 technology, lifelong learning skills so that our young generation is capable to face the future challenges and transform India into a knowledge economy," the Lt Governor said.

The Lt Governor also encouraged and motivated the youth to make their important contribution in prosperity and development of the region.

Terror victim...

was always ahead of others in reaching out to the people whenever they were in need.

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Terror module...

relevant sections of the IPC and under the Arms Act at State Special Operations Cell police station in Amritsar, he said, adding further investigations are going on.

For first time Jammu...

and others.

Addressing the public enroute road show route, Jugal Kishore Sharma, said that the BJP is seeking votes on its report card of massive development and social welfare, which has been splendid and highly appreciable. He said that there has been BJP-led NDA government at the centre from 2014 onwards and it was for the first time that Jammu got a fair deal in matters of development under PM Narendra Modi.

Jugal Kishore Sharma said that a number of infrastructure development projects have been extended to Jammu, which has given a facelift to the capital city in particular. He said that after including Jammu in the Smart City project, multi-parking facilities have come up at the bus stand and Panjirthi. E-buses are now plying on roads for the passengers, the passenger sheds stand constructed, concrete footpaths along roads have been added, and this all has made travel and foot walking comfortable.

Jugal Kishore Sharma said the people of Jammu today have better means of communication and travel, as Jammu railway station has been expanded with more platforms, lift, escalator, fast speed trains. Jammu airport has been expanded and equipped with night flying facility, sports stadium has been developed to host mega cricket events, large number of people are enjoying cable car/gandola ride. Musical fountain at Bagh-e Bahu and Jumbo Zoo has become spots of attraction.

Jugal said that Jammu has achieved the distinction of having prestigious institutions of health and higher education as well. Tawi River Front is being developed. He said that it would not be wrong to mention that Jammu has, during the last few years, emerged as centre of various projects in different sectors and that whatever has been seen in Jammu is the gift from PM Narendra Modi. He said that the people of Jammu are fortunate enough to enjoy various facilities under new projects received from Modi government.

Jugal Kishore Sharma appealed the people not to fall prey to the false, misleading propaganda of Congress and other parties and support BJP to see Narendra Modi as PM for the third consecutive term and see more development in their areas.

Former minister, Sat Sharma, while speaking to people during the road show, said that there was a time when Congress was in power at the centre from 2004 to 2014 and Jammu was ignored in all matters

as Kashmir had been its core constituency. With the change at the centre, Modi government eliminated the policy of ignoring Jammu and now it is fast moving on the path of progress and prosperity.

Former Mayor and Jammu-Reasi parliamentary constituency Incharge, Chander Mohan Gupta, while appealing the people to vote BJP candidate, said that the record of accomplishment of Jugal Kishore Sharma has been splendid and deserves to be given one more chance to serve the Jammuites.

Jammu-Reasi constituency Media Co-Incharge Zorawar Singh Jamwal, while talking to the people of different areas during the road show, said that voting BJP would mean vote for Modi and also showing resolve of the people to see Narendra Modi as Prime Minister for the third consecutive term.

Jammu district president Parmod Kapahi said that the party is going to win this seat with a comfortable margin as the people are influenced by the Modi wave.

Govt promotes J&K...

and destinations for spiritual bliss.

According to an analysis by online travel aggregator (OTA) MakeMyTrip, spiritual destinations are stealing the show in India's travel market with such locations recording a 97 percent surge in searches in the last two years.

Recognizing the economic and cultural significance of spiritual tourism, the J&K administration has embarked on a comprehensive promotional campaign to highlight the religious diversity and historical significance of the region.

Last year, the Jammu and Kashmir administration announced it has earmarked another 75 tourist destinations to enhance religious tourism in the region.

By leveraging various marketing channels and platforms, including social media, travel expos, and digital advertising, the government is showcasing J&K as a prime destination for spiritual rejuvenation and pilgrimage.

"After getting a good number of tourists for the last many years, the government is now exploring various tourism segments to further increase the flow of visitors. Last year, the government announced 75 tourist destinations to enhance religious tourism in the region. The promotion part of this project has already started. In Jammu we have many historic temples and in Kashmir we have shrines, mosques and temples to attract devotees from across the world," he said.

Pertinently, J&K boasts a plethora of sacred sites revered by pilgrims and spiritual seekers alike. From ancient temples nestled in the foothills to revered shrines perched atop lofty peaks, the UT offers a spiritual sanctuary for devotees from all walks of life.

Travel agents said they also promote various spiritual destinations of Jammu and Kashmir. "We receive a good number of devotees for Shri Amarnath and Vaishno Devi pilgrimage. So, travel has their separate packages for spiritual tourism. During our promotional events, we showcase the spiritual destination to the participants to promote our union territory as prime spiritual destination of India," said Umar Ahmad, a travel agent. KNO

Recent Geo-Political...

to protect and further its multifarious interests, in expanding strategic horizons, he said.

He said that military strength and capabilities are necessary to prevent war to present a Credible Deterrence, also enabling a robust response to threats and winning wars, when required, across the entire spectrum of conflict.

"In our quest to achieve and sustain a 'Hard Power' quotient, we need to be alive to the implication of external dependency to meet defence requirements. The impact of supply chain disruptions and weaponization of denial regimes - came to the fore, during the Pandemic and also from the lessons of the ongoing Russia-Ukraine conflict. These developments have underscored that the security of the nation, can neither be outsourced nor be dependent on the largesse of others," he said.

"In the context of capability development, if we are import - dependent for critical technologies on coun-

tries that possess them, we must be very clear that we will always remain one technology cycle behind," he added.

The army chief said that the unprecedented trends in the geo-strategic landscape, the limitless potential of Disruptive Technologies, the transforming character of modern Wars and the profound changes in the socio-economic domain, are the four key drivers of IA's Transformation efforts. (Agencies)

Centre effects...

Bhagotia, a 2007-batch Indian Administrative Service (IAS) officer of Assam-Meghalaya cadre, will be joint secretary, Lokpal, the order said.

Central Secretariat Service (CSS) officer Rahul Kashyap has been named as secretary, National Commission for Safai Karamcharis (NCSK).

Muthukrishnan Sankaranarayanan will be joint secretary in the Department of Atomic Energy, Shobhit Gupta has been named joint secretary in the Ministry of Civil Aviation, Vimal Anand will be joint secretary, department of commerce and Monalisa Dash has been appointed as joint secretary in the Ministry of Development of North Eastern Region, the order said.

Rahul Jain, a 2005-batch IAS officer of Madhya Pradesh cadre, has been appointed as joint secretary in the Sixteenth Finance Commission under the Department of Economic Affairs, the order said.

Ranjit Singh will be joint secretary, Ministry of Food Processing Industries, Navin Agarwal will be joint secretary, Department of Investment & Public Asset Management, Mahendra Kumar has been named joint secretary, Ministry of Labour and Employment, Vivek Kumar Bajpai will be joint secretary, Ministry of Mines and Rajiv Manjhi has been named as director of Institute of Secretariat Training & Management (ISTM).

Jai Prakash Pandey has been appointed as additional secretary, Union Public Service Commission (UPSC), Lal Chhandama will be joint secretary, Department of Rural Development and Debolina Thakur has been named joint secretary and financial adviser in the Department of Social Justice and Empowerment, the order said.

"In view of declaration of elections to the Lok Sabha, if any of the officers mentioned in the instant communication are on election related duty, they may kindly be relieved after due clearance from the Election Commission of India to take up their new assignment," the ministry said in the order issued to secretaries of all central government departments.

Mughal road reopens...

Manhas said that the road has been opened partially for "emergency purposes."

Meanwhile, traffic on Jammu-Srinagar highway, the only surface link connecting Kashmir Valley with the outside world, is plying from both sides, officials said. Also, one-way traffic is plying on SSG road from Srinagar towards Kargil, he said.

"Commuters are advised to follow lane discipline, overtaking will lead to congestion," they added.

AIIMS Jammu set to...

a seamless transition. In the first phase, 183 faculty positions have been created, with 85 staff already appointed and the recruitment process for the remaining underway. Furthermore, out of 800 nursing positions, 520 have been filled, with these nursing staff receiving comprehensive training at Delhi AIIMS. The recruitment process for 88 paramedical posts is also underway, encompassing technicians and other essential medical personnel.

To facilitate the operation of advanced medical equipment initially, senior trained medical staff from Delhi AIIMS will be temporarily deputed to AIIMS Vijaypur for three months.

Dr. Shakti Gupta, Director of AIIMS Vijaypur, expressed optimism about the imminent launch of OPD services, emphasizing the comprehensive preparations underway. Despite delays attributed to the non-availability of adequate and trained staff, AIIMS Jammu is poised to deliver high-quality healthcare to the region. KNO

BJP responsible for present situation in J&K: Wani

JI NEWS SERVICE
JAMMU, APR 23

Ex-MLA and Senior Vice President of Jammu and Kashmir Congress Thakur Balwan Singh in continuation of public meetings to campaign in favour of Congress candidate Raman Bhalla today organized impressive election gathering at Domana which was presided over by Vikar Rasool Wani President J&K PCC and addressed by Bharat Singh Solanki former Central Minister and incharge J&K Congress affairs. Prominent among those who addressed gathering included Ch Lal Singh, Manoj Yadav, Mula Ram, Shamsher Singh Chib(Dist President Jammu Rural) Block Presidents, Rajdev Singh Jamwal, Raman Sharma and Babu Khan. Other speakers were Hoshier Singh Chib, Ch Raj Hussain, Jang Bahadur Sharma, Kalbhushan Singh Jamwal, Raj Roop Singh, Sat Paul Khajuria and others.

Bharat Singh Solanki speaking on the occasion said that the government is turning a blind eye towards the apprehensions and concerns of people of J&K, especially Jammu region. Taking a dig

at the Central government, he claimed that people of J&K reeling under shortage of various basic requirements but government is "unmoved." He said that government lacks approach which is based on consistency, clarity, conviction and creating only mess making people to suffer unnecessarily without any fault of theirs. He said that the BJP regime has antagonized all sections of people whether it is the youth, government employees, women or even children, this government has hurt every section of the society. Expressing his anguish over "mounting problems" of the common masses, he said that during last ten years the union government has done nothing to solve basic problems of the people. Solanki said that there is "total chaos and confusion" among people as BJP leadership has failed to remove peoples' apprehensions. "On the one hand, there is complete uncertainty in J&K, while on the other hand people are confronting with failure of the administration to solve day today problems," he said, adding that various parts of J&K are facing scarcity of basic



amenities. Speaking on the occasion, JKPC Working President Vikar Rasool Wani said that BJP should take the responsibility for the present situation in J&K as people of J&K. We definitely want a government of the people representing J&K," he said. We are extremely concerned and pained by the developments in Jammu and Kashmir. "We cautioned the BJP government to correct its flawed approach and work for rebuilding the trust and restoration of normalcy in J&K but it never pay any heed to public issues," he said. Lambast-

ing the government, he said that without an elected government people of J&K were being neglected and overlooked, he said. The major stress of the government should have been on assuaging misery of the unemployed youth who have grown up in conflict, he said and expressed disappointment over BJP's "lip-service" regarding burning issues of J&K. He termed their governance as "futile exercise to reach out to the common man and address public issues." Wani in his address said that Modi Govt during last ten years of period has proved most

traumatic and devastating for the youth, farmers and traders of the country. He said people of J&K are hugely disappointed against this insensitive Govt for ignoring them completely and making them suffer for everything. The mess created by Govt has resulted in total administrative failure in the Jammu division", Wani said. Making a mention of lofty promises made by the BJP during elections, he alleged that BJP leaders are busy only in delivering sermons and repeating of repeated hallow claims. However, he said the fact remains that developmental activities are almost invisible and no concrete measures are taken to address the issues of livelihood & most of the projects which are visualized, do not get started and those which have been started often do not meet their end is the trend of Jammu projects. He said due to non-serious approach of the Government, wasting precious public money and abandoning projects is the ultimate solution for the Government. Manoj Yadav criticized 'the wrong policies adopted by the BJP government

at Centre and said the it is fully responsible for the damages caused to Jammu and Kashmir's economy, trade and tourism sector, besides failing to address development issues and vowed to continue to expose the misadventures of the BJP Govt in public domain.' He also expressed serious concern 'over the hardships confronting people due to the rising unemployment, price hike and various other issues of public importance', saying that Govt is 'non-serious with regard to people's hardships, deviating from the real issues in order to hide its failures and false promises.' He said that J&K has suffered immensely on all fronts especially trade, tourism, employment, besides many other issues of public importance, besides the developmental process, which has got derailed due to the lack of policies by the Govt towards the J&K, as a result, the weaker sections and small scale businessmen are the worst hit, besides the unprecedented hike on prices of petroleum and other essentials not only in J&K but in the entire country added miseries to people, Yadav said.

Joint training program at Corps Battle School Bhalra : Visit by Army Commander, Northern Command



JI NEWS SERVICE
BHALLRA, APR 23

Today, at the White Knight Corps Battle School in Bhalra, the Army Commander of Northern Command felicitated outstanding achievers amongst the trainee PSIs undergoing the training since 18 Mar 24.

The Army Commander during his address emphasized the significance of the joint training program between the Indian Army and the Jammu & Kashmir Police and commended the collective efforts towards

enhancing operational synergy and interoperability among the forces. He exhorted all ranks to remain physically fit as a hallmark of a professional responder to all security challenges. Acknowledging the participation of 136 female PSIs, he underscored the commitment towards inclusive training initiatives. The collaboration between the Indian Army and the Jammu & Kashmir Police was emphasized as indispensable in striving towards a secure and prosperous Jammu and Kashmir.

World Book & Copyright Day-2024 Exhibition of Special Literary Collections organized at SPS Library

JI NEWS SERVICE
SRINAGAR, APRIL 23

An Exhibition of Special Literary Collections including Manuscripts, Rare Books and Miniature Paintings was organized at SPS Library Complex here today in connection with the World Book & Copy Right Day-2024 being observed today.

The main attractions of the exhibition, jointly organized by SPS Library Srinagar & the Oriental Research Library (ORL) Srinagar, were the historic manuscripts like Qarabai-Din, Sadh PandLuqman and Shahnama Firdous. Some of the rare books including Rajtarangni by Kalhanna, Tareekh-e-Rasheedee, Gazetteer of India and Kashmir - a history of Kashmir were also displayed at the exhibition. Speaking on the occa-

sion, the Chief Librarian, ORL Srinagar, Mrs Ishrat Majeed said that the Oriental Research Library, Srinagar established in 1904, is a repository of around 6000 rare manuscripts in 17 languages encompassing varied fields. The library also has around 500 rare books and miniature paintings.

She said the Department has approached the National Mission on Manuscripts (NMM) to get their technical and professional guidance for effective conservation and preservation of these historic documents and impressed by the large collection of rare manuscripts in ORL, Joint Secretary, Ministry of Culture, Govt of India, Smt Mugdha Sinha assured liberal support from the Govt of India for conservation of these manuscripts. Ishrat said the manu-

script collection of ORL is a treasure-trove of religious, philosophical, historical, literary and scientific writings rich in classical languages like Persian, Sanskrit and Arabic. These languages have left deep impression on Kashmiri language by conditioning its growth in terms of forms and scope, she said and added that Sanskrit, the language of court and culture in the beginning of 10th century in Kashmir contributed number of religious, aesthetic and poetic articulations and are preserved in ORL.

Ishrat said such exhibitions make our young generation aware about, the culture, traditions, heritage and history of Jammu and Kashmir.

A large number of people from different walks of life visited the exhibition.

Lok Sabha Elections 2024 DEO Kulgam flags-off cycle rally under SVEEP to raise voter awareness

JI NEWS SERVICE
KULGAM, APRIL 23

In a concerted effort to promote voter awareness and encourage electoral participation, the District Election Office Kulgam today organized a cycle rally under the Systematic Voters' Education and Electoral Participation (SVEEP) initiative.

The cycle rally was flagged-off by the District Election Officer (DEO) Kulgam, Athar Aamir Khan.

Other officers who were present on the occasion included AROs Viqar Ahmad Giri and Mushtaq Ahmad Lone, Nodal Officer SVEEP Nazia Hassan, DYS&SO, Tehsildar, DSP-HQ, BDO, EO, and other officers.

Commencing from the Laroo Bus Stand, the cycle rally concluded at the Sports Stadium Kulgam.



Engaging students from different colleges and higher secondary schools, the rally aimed to foster awareness and motivate the public, particularly first-time voters, to actively engage in the democratic process.

Speaking at the event, the DEO emphasized the significance of voter edu-

cation and empowerment. He highlighted the rally's objective to equip every eligible voter with the necessary awareness, knowledge, and motivation to exercise their voting rights, thereby playing a pivotal role in shaping the democratic process.

CVPPPL signs Term Loan Agreement with M/S REC Limited



JI NEWS SERVICE
JAMMU, APR 23

Chenab Valley Power Project Private Limited (CVPPPL), Joint Venture of NHPC LTD (51%) and JKSPDC (49%) has signed an Agreement with REC Limited, a Maharatna at Corporate Office of Central Public Sector Enterprise and leading NBFC under the Ministry of Power, for financial assistance of Rs 1869.265 Crore (Rupees One Thousand Eight Hundred Sixty Nine Crore Twenty Six Lakh Fifty Thousand only) as Term Loan.

As per the Agreement, the Loan will be utilized

for Development, Construction and Operation of Green field Kiru Hydro Electric Project (4x156 MW) on River Chenab located in Kishtwar District of Jammu & Kashmir. The Agreement has been signed on 23.04.2024 at Corporate Office of CVPPPL in Jammu (J&K), in the presence of Sh. Ramesh Mukhiya, Managing Director, Sh. Vasant Hurmade, GM (C&P), Sh. Sanjay Kumar Gupta, GM (Finance), from CVPPPL and Sh. Pramod Kumar Soni, Sh. Rishabh Jain from REC Ltd among other key officials from both organizations.

BJP neglected rural devp in J&K: Ajay Sadhotra

JI NEWS SERVICE
JAMMU, APRIL 23

The Jammu and Kashmir National Conference launched a scathing attack on the ruling government at the Centre, accusing the BJP-led administration of neglecting the crucial development needs of rural areas in the Union Territory.

In this regard, a day-long convention of JKNC Jammu Rural-A was held here today in support of the INDIA Alliance candidate for the Jammu Reasi Lok Sabha seat, Raman Bhalla, at Sher-e-Kashmir Bhawan Jammu.

During the convention, Ajay Sadhotra, Additional General Secretary of JKNC and former Minister, Rattan Lal Gupta, Provincial President of JKNC Jammu, Sheikh Bashir Ahmed, Provincial Secretary, Pardeep Bali, Ayub Malik Provincial Secretaries Jammu, Surjit Singh Manhas, Ghar Singh Joint Secretaries Jammu, Bimla Luthra former MLA, Zee-shan Rana Additional

Spokesperson Jammu and several party leaders and workers were present.

At the beginning of the meeting, Raghbir Singh Manhas, District President of JKNC Jammu Rural-A, apprised the senior functionaries of the Party about the deplorable condition of rural areas due to the callous attitude adopted by the incumbent government in providing basic amenities.

Addressing the party workers, Ajay Kumar Sadhotra former minister expressed anguish against the BJP government's decade-long tenure, lamenting its failure to uplift rural areas despite ample time in power. He deemed it unfortunate that even after a substantial period; basic amenities continue to elude the people residing in rural areas, plunging them into enduring hardships. He minced no words in condemning the hollow promises of unprecedented development made by the government. Despite their tall claims of develop-



ment, the reality remains grim for the majority of villages across the Union Territory, grappling with severe infrastructural deficiencies ranging from lack of sewerage systems, dilapidated roads, unreliable drinking water supply, to abysmal sanitation conditions.

Rattan Lal Gupta, Provincial President, in his address, urged the people to support the INDIA Alliance Candidates in the ensuing polls with an aim to safeguard the unity, stability, and integrity of the nation. He said that the Alliance is committed to uniting people from diverse backgrounds, aiming to strengthen the social fabric of the nation and promote solidarity among all its inhabitants. Amidst political uncertainty and upheaval, the

Alliance pledges to provide stability and continuity in governance, he said, adding that by promoting integrity in governance and combating corruption, the Alliance endeavors to restore public trust in the political system and safeguard the moral integrity of the nation. Overall, by emphasizing the significance of unity, stability, and integrity, the INDIA Alliance aims to inspire confidence among the people and lead the nation towards a brighter and more promising future, he added.

The Provincial President emphasized that the need of the hour is to support the Alliance Candidate Raman Bhalla in the Jammu Reasi Lok Sabha seat with an aim to safeguard the Union Territory from impending chal-

lenges.

Sheikh Bashir Ahmed, Provincial Secretary, urged people to prioritize communal harmony and brotherhood above all else. Emphasizing the inherent strength found in unity and mutual respect, he underscored the importance of fostering bonds of understanding and tolerance across all communities. Upholding communal harmony not only ensures social cohesion but also reinforces the shared values that define our nation's rich tapestry of diversity, he added.

NC leaders Pardeep Bali, Ayub Malik, and Surjit Singh Manhas reiterated the Party's commitment to hold the government accountable for its negligence and vows to fight tirelessly until every village in the region receives the attention and resources it rightfully deserves.

Among those who were present include: Dr. Gafour Joint Secretary Jammu Province, Vijay Laxmi Datta Sr. leader, Ram Parshotam District President

Udhampur Rural, Rita Gupta Vice President Central Zone, Kuldeep Kour District President Women wing Jammu Rural A, Bishan Dass Block President Mandal, Charanjeet Singh Block President Marh, Balwant Singh Block President Bhalwal, Mohinder Singh Block President Khour, Madan Lal Block President Akhnoor, Rakesh Kumar Phalwan District President Jammu Rural A YNC, Randhir Singh Chib District Vice President Jammu Rural A, Devi Dyal Jogi Block Secretary Khour, Satpal Kralopia former corporator, M.K Rana, Manmohan Singh, Kuldeep Sharma, Khajoor Ram Sarpanch, Omkar Singh District Secretary Jammu Rural A, Tilak Raj Bhagat, Randhir Singh, Sahib Chib District Secretary District Jammu Rural A YNC, Som Raj Taroch, Randhir Singh Jamwal District Secretary Jammu Rural A, Ramesh Messi, Ashok Kumar, S. Charanjeet Singh, Natha, Gurdev Singh, Karan Singh, Akbir Singh and others.

CMO Ramban inspects various Health Centres to ensure quality healthcare services in the district



JI NEWS SERVICE
RAMBAN, APRIL 23

Chief Medical Officer, Ramban, Kamal Je Zadoo, is steadfastly implementing the vision outlined by Deputy Commissioner Ramban, Bas-eer-Ul-Haq Chaudhary, aimed at delivering quality healthcare services to the people. Through meticulous inspection around optimizing the functionality of entire blocks, with a focused approach on crucial schemes such as AB Gool, NTEP, and NCD Screening. Emphasis was placed on the indispensable aspects of punctuality, adherence to dress code, and the cultivation of a conducive work culture.

Discussions revolved around optimizing the functionality of entire blocks, with a focused approach on crucial schemes such as AB Gool, NTEP, and NCD Screening. Emphasis was placed on the indispensable aspects of punctuality, adherence to dress code, and the cultivation of a conducive work culture.

EDITORIAL

BJP's calculated move in Ladakh

The Bharatiya Janata Party's (BJP) decision to replace sitting Member of Parliament (MP) Jamyang Tsering Namgyal with Tashi Gyalson as their candidate for the lone Lok Sabha seat in Ladakh signals a strategic shift in the party's approach to address the simmering discontent in the region. The move comes amidst escalating protests in Ladakh, with demands for Statehood and inclusion in the Sixth Schedule of the Constitution gaining momentum following the region's transition to Union Territory status. By nominating Tashi Gyalson, the chairman-cum-Chief Executive Councillor (CEC) of Ladakh Autonomous Hill Development Council in Leh, the BJP aims to assuage the anger of protestors and regain lost ground. Namgyal, who gained prominence for his impassioned defense of the abrogation of Article 370 in 2019, has reacted defiantly to his replacement, decrying it as "injustice to a dedicated Karyakarta". His discontent reflects broader dissatisfaction within the BJP ranks in Ladakh, with supporters voicing their disapproval of the decision. However, the BJP's decision is not without rationale. Namgyal's handling of the protests and his perceived failure to effectively represent the interests of Ladakhis has drawn criticism from both within and outside the party. Reports suggest that senior leaders, including Thupstan Chhewang, his political mentor, were dissatisfied with Namgyal's approach. Moreover, the BJP's reluctance to confront the growing influence of the Congress and National Conference in the region has further eroded its standing among locals. While Namgyal and other BJP leaders remained passive spectators, opposition parties capitalized on the unrest, potentially jeopardizing the BJP's electoral prospects. The ramifications of fielding a new candidate remain uncertain, particularly given the BJP's previous electoral successes in Ladakh. However, with discontent brewing and the specter of a possible revolt looming, the BJP cannot afford complacency. The protesting groups in Ladakh are using the BJP's 2019 Lok Sabha and the 2020 LAHDC election manifestos as "political ammunition" against the party, accusing it of betraying the people of Ladakh. Both the election manifestos of the BJP are being circulated among the people of Ladakh, both physically and through social media, to exert more pressure on the party. In the BJP's election manifesto for Ladakh Constituency for 2019 Lok Sabha polls, the party, at point number three, had promised "declaration of Ladakh under Sixth Schedule of Indian Constitution (Tribal Area)". After winning the sole Lok Sabha seat in the region, the party reiterated its commitment, during the 2020 LAHDC Leh elections, to implement the Sixth Schedule of the Constitution, stating, "Aspirations and vision of Ladakhis from all spheres of life are kept in mind, including the prime demand of Ladakhis for safeguards under the provision of 6th Schedule". Ultimately, the BJP's decision reflects a calculated attempt to recalibrate its strategy in Ladakh amidst shifting political dynamics. As the region braces for the upcoming polls on May 20, the BJP must navigate carefully to mitigate discontent and reaffirm its commitment to the welfare of Ladakhis.

MIKE DOWNEY

I don't normally do nostalgia. The present is a place where I live and thrive and although thoughts of the past serve as a pleasant escape from reality, I tend to be very much permanently in the here and now in former times, I used to be convinced that if the psyche tends to dwell on past and romanticise it then could it be that the present isn't our current happy place and I want the future to continue to excite me. Complicated. I know.

Theatres, galleries and cinemas have come and gone in my life and as a rule, I have formed no specific sentimental attachment to them, even though much of my professional grown-up existence has been centred on these cultural havens. The one exception to that rule is the venerable bookshop. Of all these great edifices crucial to the health of our society the bookshop is the altar at which I worship – and which holds a timeless allure for me which occasionally translates into a wistful homesickness for the best that I have known in my life.

Having lived mostly a life of exile, first from my native Ireland and with more years in adulthood outside my native land than in it, from Belgrade to Munich and Paris to Istria and add to that the peripatetic life of the international film producer spending six months here in Prague, three months there in Iceland, Brazil and even India – sourcing quality English language literature outside of the Anglosphere has become a lifelong passion and quest. My global peregrinations, whether as a writer, theatre director or film producer have allowed me to cultivate relationships with some of the most amazing bookshops across the earth – I don't mean the Blackwells, the Shakespeare and Co's, the Dussmann's, the Strand's and

The timeless allure of bookstores



the Foyle's of this world. I'm talking about havens much more intimate, personal and off the beaten track. Here are just a few of them as a taster: How I long for The Book Exchange, Amsterdam. This a canal-side, Dickensian warren on Kloveniers-burghal in the Venice of the North's red-light district, presided over by the idiosyncratic Jeff Stone who took it over in 2005, having been founded in 1978. Its four long, thin, deep floors are home to an extraordinary collection of over 80,000 second-hand English language books sold at bargain prices, in a studios atmosphere marked by a chaotic Bohemian that is the antithesis of the Amazons of this world. The whiff of reefer as it wafts over from the Plug 3 coffeeshop improves greatly the William Burroughs and Paul Bowles sales, so I'm told.

Moving on from Paul Bowles and his palace in the Casbah, we arrive at the Luxor Book Palace, Prague. Last week, while prepping my new movie about Franz

Kafka I took time out to visit this old friend on the famed Wenceslas Square I have been buying books here for the last 25 years and am always amazed by the laid-back atmosphere, the super helpful and smiling staff and the extraordinary selection of new books often at prices less than in the UK or New York. I don't know how they do it, but the self-styled Palace, which runs over 4 massive floors, manages to feel like a small privately run enterprise, full of nooks, crannies and all manner of Kafkaesque dead ends. I once ended up in the storeroom, looking for the young adult section. I was escorted back to where I belonged. In the foreign adult section. Speaking of being found, The Lost Bookstore, Chiang Mai is very easy to find in a highly prominent position on the Ratchamanka Road. I came across it when receiving a planned adaptation of an early Anthony Burgess novel and was shocked to come across such a richly sourced treasure trove

for book lovers and a selection of 60,000 books, from old to new, from every genre imaginable. It was here found a dog-eared copy of John Griesemer's Nobody Thinks of Greenland, an anti-war novel set in the Arctic which I eventually adapted into a feature film with American Pie's Jason Biggs in the lead.

In addition to these beauties, there are a few others around the globe that once visited always gave me the unique Proustian involuntary memory moments on my return. They are in no particular order: Book and Bed, Kyoto: sleeping inside a bookshelf is all part of the experience at this bookstore/hostel and it rushes me back to the Japan distribution of my film Deathwatch and a junkie I did there with Jamie Bell (Billy Elliot); the superb El Ateneo Grand Splendid, Buenos Aires, was an oasis of high culture at the end of a two-month research odyssey from Valparaiso in Chile around the coast of Patagonia in Darwin's reverse footsteps; Not-

ting Hill Travel, London. I used to live around the corner from that lovely bookshop on Bleinheim Crescent. We all know the scene from the eponymous film in which Julia Roberts slowly pursues Hugh Grant between the shelves, followed by his infamous eye-turn and blushed slew of book recommendations. But it is to India that I return. A five-year-long relationship with a Keralite Malayali, many years ago, brought me into contact with the wonderful and varied book stalls of Thiruvananthapuram way back in the eighties.

I feel a deep nostalgia now as I write this for the timeless allure of the amazing book emporia of Palayam, next to the State Central Library, which at that time boasted 50-odd book stalls of all shapes sizes, creeds and colours. I could spend hours just sifting through the mazes of books just for the pleasure of discovering something, unique, precious and inspiring - something that no marketing campaign or advertising or critic's review could ever find for me.

It is the iconic book markets from all over India that bear witness to the extraordinarily diverse literary culture and heritage of the nation. India's ever-popular book markets reveal a profound national love for literature from the Boi-Para in College Street in Kolkata to Moore Market in Chennai and Flora Fountain in Mumbai.

Let's hear it for these affordable, yet rich havens for book lovers and seekers of literary gems and bargains. In the context of our theme of nostalgia and sentimentality - the huge success of the online book business may signal their death knell and they may not be with us for much longer.

(The writer is Chair of the European Film Academy and President of the LUX Prize of the European Parliament; view are personal)

A tale of hidden wealth, regret and liberation

RAVIVALLURI

Once upon a time there lived a woman. She was struck with an unexpected tragedy as her husband passed away untimely. The lady was now left with only one son and precious jewellery. Since she was hounded by creditors to repay the debts accrued by her husband, she conjured a trick to hide the wealth.

In sheer desperation to keep the jewellery safe from creditors, the lady wrapped the precious wealth in a piece of cloth and hid it under a tree. The mother and son lived in an impoverished State. Her mind was always disturbed by the fact that she did not share this piece of vital information with her only son. As it turned out, she

carried this secret to the grave.

Consequently, the son inherited plenty of debt, a barren hut and a cot. The son had to work hard for sustenance and to repay the ever-rising liabilities. He toiled hard to survive and regretted his misfortune. 'Property is not the sacred right. When a rich man becomes poor it is a misfortune, it is not a moral evil. When a poor man becomes destitute, it is a moral evil, teeming with consequences and is injurious to society and morality,' opined Lord Acton. Indeed, the impoverishment of the poor is heart-wrenching.

One day while cutting the branches of a tree, he stumbled upon the jewellery. Dumbfounded and stupefied, the strapping youngster hid the bijouterie in a pit he dug in the hut, petrified

that the creditors would appropriate the wealth. He too committed the cardinal mistake of not sharing the secret with his wife and carried it to his grave. The mother and son were not mindful and wakeful enough to be in the Present Moment and remained prisoners of their past and future.

Two Buddhist monks were once discussing a flag flapping in the wind. While one felt it was the wind moving, the other conjectured it was the flag fluttering. The imbroglgio could not be resolved and they sought the intervention of a Zen Master. The master impassively said, 'It is the MIND that moves, neither the flag nor the wind.'

Humans need freedom from their past and future to be in the present. And being in the NOW

or present is true enlightenment and mindfulness. The past is full of sorrows and regrets while the future brims with anxieties and worries and humans are caged in that mindset, thereby postponing their happiness quotient. To appreciate true happiness and joy, the human mind should not vacillate between the past and the future but remain in the present.

A young monk was once travelling in pursuit of happiness and truth. During his travels, he encountered a massive river that he could not cross. A short while later, he saw a senior monk on the other side of the river. He hailed him and sought assistance to cross the river to reach the other side. The senior monk pondered and replied, 'You are already on the other

side'. This fact can be appreciated only when the mind is centred. Breathing techniques such as Sudarshan Kriya, Pranayama, Yoga, Meditation and Vipassana all help in dissolving the mind so that it becomes centred.

'True happiness is not possible without freedom. We have to learn the habit of being free. We do not allow our past, the future, our projects, or our fear to get hold of us. We are free. Every step is free. Every step is nourishment. Every step is healing. Every step is joy,' says Thich Nhat Hanh.

(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living; views are personal)

How can India hold elections when it's too hot to vote?

DAVID FICKLING

How do you run a democracy when the mercury rises above 40 degrees Celsius?

That's the problem faced by voters in India. A swath of the country's east is sweltering under a brutal heatwave. The city center of Kolkata has emptied out, schools have cancelled classes, and one TV presenter collapsed on air with heat stroke.

The first round of seven-phase general elections, which took place on Friday, seems to have been another casualty: turnout was down four percentage points relative to the last poll in 2019, the Indian Express reported. Multiple officials quoted by the paper cited the effect of extreme heat, adding also that a busy wedding season and general apathy may have been factors.

Some of the most intense temperatures last week were on the east coast, keenly watched battle-

grounds where Prime Minister Narendra Modi's Bharatiya Janata Party has traditionally been weak relative to its performance in the rest of the country. There were roughly 7.6 million fewer voters in the 102 seats polled Friday, according to estimates by Yogenendra Yadav, an election analyst and political activist.

The world's largest democracy is only going to struggle more with this as the planet warms. It will have to overhaul its hulking electoral machinery to keep up.

The length of voting lines in US federal elections (especially in majority-Black districts) are a perennial scandal, prompting lawsuits, protests, and a Curb Your Enthusiasm story line. The challenges you'll face standing around in the middle of fall in the US are nothing, however, compared to an Indian pre-monsoon heatwave.

There's both idealis-

tic and cynical reasons to change. Encouraging the highest possible turnout ought to be an end in itself for any democracy. (My own country, Australia, is one of more than a dozen where voting is mandatory.) US elections have been held at the start of November since the mid-19th century because farmers in what was then a largely agricultural society had completed the harvest and the coldest winter weather was yet to come. That was seen as the best way of boosting turnout.

India may have ended up with its recent run of summer elections for similar reasons. Prime ministers, as in the UK, get to choose the date of the polls. Between monsoons, wedding seasons, religious festivals, three separate cropping seasons, and surprisingly intense winters, however, there just aren't that many suitable dates. As a result, every Indian gen-

eral election since 2004 has been held in April and May.

There's a more wily reason to target the changing seasons, too. Climate seems to have measurable, if much-debated, effects on voter behavior. In the UK, all but one of the 11 general elections since 1979 have also happened in April, May or June, when politicians appear to believe the spring sunshine will imbue people with a feeling of optimism that will benefit incumbents. By the same token, waiting in line in furnace-like temperatures might not be the best way to convince wavering voters the government has its priorities straight.

There are plenty of fixes that could be made here. India has nearly a billion registered voters, but few provisions to make the ballot process easier. Postal and absentee voting is only available to people with disabilities, those over 85 (raised this time around,

from 80 in 2019), and certain essential services workers. Everyone else needs to turn up on the day or miss the opportunity. Roughly half a billion people who've migrated from other areas of the country face barriers to voting in their home towns, an issue the country's Election Commission is only starting to address.

In-person pre-poll voting may be a challenge given the sheer scale of the vote. There simply aren't enough poll workers to run it in a country with a million voting booths. Still, postal ballots ought to be far more widely used.

Above all, though, Indian politicians need to reconsider the timing of the vote. Punishing monsoon seasons aren't going away any time soon. Indeed, they're only likely to get worse as the accumulated carbon pollution from richer countries, as well as that resulting from Modi's own failing renewables programs,

raises temperatures in April and May to still-more unbearable levels. An earlier ballot, perhaps kicking off after Republic Day in late January, would avoid the worst times.

It's possible the current election could provide the catalyst for such a change. Despite the BJP's roots as an urban, upper-caste party, the constituencies that Modi has increasingly relied upon since coming to power in 2014 have been precisely the rural, lower-income and lower-caste voters who are most likely to be put off by sweltering weather on election day. The low turnout Friday appears to have rattled him.

We should normally worry when populist leaders start messing around with the mechanics of elections. If it would mean more voters getting to India's polls without withering in the summer heat, that might be a risk worth taking.

8 TINY MENTAL HEALTH HABITS THAT WILL HELP YOU IN 2022

KYLE E. GOLDSTEIN

Let's be honest, prioritizing your mental health can seem daunting and intimidating. We are constantly bombarded with advertisements on TV, radio, and social media platforms telling us how we can focus and pay more attention to our mental health. But, what if that one thing is to change your entire mindset or lifestyle so that you can make room for better self-care habits? They make it seem simple, right?

I'm here to ease your concerns and to let you know that sometimes it's not always that simple! I'm also here to let you know that these "grandiose suggestions" shouldn't discourage you from focusing on yourself, however that looks for you. But, many of us find it hard to prioritize acts of self-care or self-love. Especially because they can be viewed as time-consuming habits that aren't "worth" it in the long run. At the same time, we tend to underestimate the power that small, or tiny changes can have over the way we feel mentally, physically, emotionally, and spiritually.

Tiny changes to our daily habits can help us regulate our mood, boost optimism and hope, and even lower the risk of certain illnesses. If you're still not convinced, or if you're looking to refine your self-care routines for better overall well-being, then try these 8 habits. Collectively, they'll take less time than you think and can have a profound and positive impact on your life.

1. Make your bed.

It may seem trivial to focus on making your bed. But it turns out, that making your bed can actually make you happier and more productive. It's more than just the act of making your bed. It's about setting an intention to do the little things that bring some order into your life. As a result, that in turn can set the groundwork for a more thoughtful, responsible, balanced, and successful life.

If you make your bed every morning, you will have accomplished the first task of the day. As a result, you'll have a quick sense of accomplishment before you begin your day. In addition, making your bed can lower your stress levels, improve your mood, and help you feel calmer and happier.

Hence, spending two minutes in the morning making your bed will make you feel productive for the rest of the day. Even if you don't do anything else. Remember that making your bed isn't a magic cure to feelings of anxiety or depression. But it's a simple step you can take to regain some control over your own life and your own narrative. You may feel like you can't do anything right or get anything done, but that's not true! While almost no one can fold a fitted sheet, myself included, almost everyone can make a bed. So, allowing yourself to enjoy this one victory may help you gain a new and better perspective. After all, you have nothing to lose.

2. Lighten up your mornings.

The first thing that many of us do in the morning is jump onto the phone to check text messages, emails, or what's going on in the social media world. Instead, try to stay away from the phone and get up! Maybe head outdoors (weather permitting) or enjoy your breakfast next to a window where the sun is



peeking in to catch some natural sunlight. Research shows that natural light in the morning helps regulate your circadian rhythm. Hence your sleep-wake cycle that aligns sleep and wakefulness with day and night to create a stable cycle of restorative rest that enables increased daytime activity.

In addition, enjoying the sunlight in the morning will give you a healthy dose of vitamin D or, the accurately labeled, "sunshine vitamin". Vitamin D has a wide range of benefits for the body. Beginning from strengthening your bones to lowering your risk of depression, heart disease, and certain forms of cancer. It also reduces inflammation and boosts your immune system and overall mood.

3. Drink water.

Did you know that the human body is made up of 60% water? But do you also know up to 75% of Americans are chronically dehydrated? Yes, they are. So if you find yourself often feeling irritated, nervous, or sluggish, it may be caused by dehydration. Dehydration affects our thoughts and feelings by slowing circulation, which lowers blood flow, meaning less oxygen traveling to the brain and impairing proper functioning.

When the neurons in the brain detect dehydration, it signals the mood-regulating parts of the brain that are experiencing dehydration, and the brain's dopamine and serotonin levels become dysregulated. As dopamine and serotonin are the natural neurotransmitters that control depression and anxiety, this can have disastrous effects on mood. Researchers have found that there are associations between dehydration and mood, most commonly manifesting in feelings of decreased alertness, fatigue, and tension.

Ultimately confirming that, but drinking enough water daily helps boost your mood.

4. Take 5 deep breaths.

Stress can manifest itself in many forms, including affecting a person's physical body.

This can include headaches, stomachaches, and even digestive problems. When experiencing stress, breathing patterns tend to present itself as shallow and irregu-

lar causing you to use your shoulders rather than your diaphragm to move air in and out of your lungs. This style of breathing disrupts the balance of gas exchange in the body.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to the brain to relax, and the brain begins to relay this same message back to your body.

By changing your breathing pattern, there is the potential to trick the brain into suppressing your fight-or-flight sympathetic nervous system and increasing the parasympathetic activity of rest and digest. This will not only make you feel calmer, but it will also help you digest your lunch better!

5. Be mindful of your social media use

We all know that social media can offer a fun (and sometimes exciting) way to escape the stress of work and demands of a busy life. This is especially evident today, when many of us are taking a break from pre-pandemic activities, such as traveling or participating in social events. But, there's also a downside to this that directly affects your mental health, including anxiety disorders, depression, and loneliness. Recent studies conducted by The Child Mind Institute and The National Center for Health Research suggest people who frequently use social media feel more depressed and less happy with life than those who spend more time on non screen-related activities.

Here are a few items to be mindful of when utilizing social media:

The constant feed of fresh content on social media apps and websites mimics the same chemical effect on the brain, a release of dopamine, as other potentially addictive activities such as gambling or recreational drug use.

Placing too much emphasis on receiving "likes" or interactions can lead to you feeling disappointed or invalidated.

Comparing your posts to those of others can cause low self-esteem, loneliness, and feelings of anxiety or depression

To help combat unhealthy use of social media, pay attention to how you're feeling, how often you are

checking your apps, and whether your usage is distracting you from your responsibilities, self-care, or in-person relationships

Now, more than ever, acts of kindness can help. The positive effects of kindness are experienced by everyone who witnesses the act, improving their mood and making them significantly more likely to "pay it forward." The important thing to remember is that being kinder entails making a conscious effort to prioritise others over yourself. Our bodies and minds reward us when we go out of the way for other people.

Generosity is key to our positive mental health!

8. Squeeze a super short workout into a super busy day.

While lack of exercise might emphasize feelings of depression and anxiety, squeezing in a short workout can lead to lots of benefits, like a rush of happy endorphins and a distraction from your daily worries. Over time, active people tend to be more confident and social, according to the Mayo Clinic.

Movement can be a natural boost for your mind, body, and soul. But, when you go a little bit deeper into where you hold tension or what you're struggling with. You can design short workouts that increase the motivation to sustain an active lifestyle.

It's very important to understand that your mental health plays a pivotal role in your quality of life. It's never just one thing that will affect your mental health, rather many factors are always at play. Some things will always remain beyond your control, but adding beneficial habits to your day can promote overall wellness.

A Note to be remembered!

Just remind yourself that when it comes to adopting or implementing new habits, it's generally better to start with one, maybe two at a time. Instead of trying to do a complete transformation overnight. Then, as time goes by, check-in with yourself to take inventory of how those changes. It has either helped or not helped you will just feel indifferent about it. These moments of self-reflection will help you figure out what works and what doesn't. So, as a result, you can plan ahead to generate more opportunities to improve your mental health in the future.

But, if your mental health starts to get worse, it could be a sign that it's time for you to consider reaching out for some professional help. Professional support can be a very powerful tool in your mental health toolbox. Having said that, always remember this: "You deserve to enjoy your life to the best of your ability and wake up each and every day with the opportunity to be happy, joyous, and free".

Summary

Keep in mind that our mental health requires regular maintenance and is critical because it has a large impact on our daily lives. However, following the above-mentioned self-help methods can be beneficial. But in reality, helpful advice from a caring professional can frequently motivate us to improve our own health.

COURTESY: HEALTHIFYME

RECIPE

Healthy Egg Salad

"EGGS have been a staple of our diets for centuries, and they are regarded as nature's original superfood. However, eggs are one of the most versatile foods available to everyone. They can be cooked in a variety of ways, some of which require little to no effort.

Eggs can be combined with a variety of vegetables and other foods to become the star of the dish and they are high in protein.

Trying this delightful and Healthy Egg Salad recipe with fruits and veggies will round out your meal and make it more complete and nutritious."

PREP TIME

10 mins

COURSE

Snack

SERVINGS

1 Bowl

CALORIES

100 kcal

INGREDIENTS

1/4 cup plain greek yogurt

1/2 tsp dijon mustard

1/2 tsp mint leaves

1/2 tsp coriander leaves

1/4 tsp black pepper

Salt

3 boiled eggs

1/2 cup blanched green peas

3/4 cup onions with greens

1/2 diced avocado

INSTRUCTIONS

In a mixing bowl, combine 1/4 cup plain greek yoghurt, 1/2 teaspoon dijon mustard, 1/2 teaspoon mint leaves, 1/2 teaspoon coriander leaves, 1/4 teaspoon black pepper, and a pinch of salt.

In another bowl, mix together 3 diced hard boiled eggs, 1/2 cup blanched green peas, 3/4 cup onions with greens, and 1/2 diced avocado paste.

Mash all the ingredients together in the second bowl.

Combine the contents of both bowls and stir thoroughly.

Serve



Makhana & Dates Laddu

IN INDIA, makhana is used to make both snacks and sweet dishes. Roasted makhana makes an excellent snack; they are light, crunchy, and unquestionably healthy. They also go well in soups and salads.

It contains a lot of protein, calcium, protein, carbohydrates, phosphorus, iron, thiamine, zinc, potassium, and magnesium, but not much sodium or cholesterol. This recipe of Makhana & Dates Laddu keep well and can be enjoyed during any festival. They can also be eaten as a pre or post-workout snack. Make them ahead of time and store in an airtight container in the refrigerator for up to 10 days

PREP TIME

10 mins

COURSE

Snack

SERVINGS

1 Laddu

CALORIES

111.8 kcal

INGREDIENTS

2 cups roasted makhana

1 tsp chia seeds

1 tsp flax seeds

1 tsp roasted almonds

1 tsp chopped anjeer

1 tsp dried cranberries

1 tsp dates paste

1 tsp honey

2 tsp peanut butter

1 tsp cold pressed coconut oil

INSTRUCTIONS

In a mixing bowl, combine 2 cups roasted makhana powder, 1 tablespoon chia seeds, and 1 tablespoon flax seeds, 1 tsp roasted almonds, 1 tsp chopped anjeer, 1 tsp dried cranberries, 1 tsp dates paste, 1 tsp honey, 2 tsp peanut butter, and 1 tsp cold pressed coconut oil.

Mix it well

Gently make small golf-sized balls out of the mixture.

Serve it



Can Glucose Data Aid Behaviour Change and Weight Loss?

DR. POONAM SHARMA

Individuals take time to change themselves; from their behavioural patterns, lifestyles, and personalities, to their dietary choices or physical activity routines. So, making a change does not come easy. However, receiving crucial evidence on how their existing lifestyle choices are impacting them might cause a stir in their minds.

The situation is not very different regarding behavioural changes for weight loss. Without proper evidence that they are unhealthy, their sugar metabolism is unbalanced, and their body weight can cause harm. Thus, they will not initiate to make changes to themselves to lead a healthier life and be fit. Studies have also found similar data revealing the positive impact of CGM. The real-time continuous glucose monitoring may encourage users to make behavioural changes to achieve weight loss.

Glucose data tracking using devices like the CGM by HealthifyMe helps both diabetic and non-diabetic patients equally. It allows them to see how their glucose metabolism works.

For example, you will notice

your glucose level fluctuating on eating food, exercising etc. In addition, it also helps them understand what they should do to improve their glucose metabolism.

The CGMs provided as part of the HealthifyPro package by HealthifyMe, provide its users with data on a particular food and dietary habits impact their health. The pro coaches also advise them regarding the improvements they should bring about. Whether in their lifestyle or behavioural patterns, to help them effectively lose weight after recording their blood glucose readings. Finally, after studying their glucose metabolism, the health coaches set up a diet plan exclusively for each user.

Weight Loss is Not Just About Calories

Most of us believe that weight loss is just about removing the excessive calories and fats present in the body. Also, several plans involve consuming low or zero-calorie food items. But people hardly know that following only a low-calorie diet is not the answer to achieving healthy weight loss.

Furthermore, weight loss is not just a matter of simple maths, and

reducing calorie intake to lose a pound. It encourages weight loss enthusiasts to follow a low-carb, low-calorie diet. Also, to use trackers to navigate their ways to a healthier way of losing weight.

Researchers have found that such weight-loss strategies and diet plans are misguided. The truth about having excessive calories in the body is not entirely dependent on what we eat. Studies have found that taking low-calorie foods is not always the answer to weight loss. It is also not the healthiest way to approach weight loss. Consumption of low-carb food items can affect the body's metabolic rate as its cells and organ systems become energy-deprived to perform vital functions. Sometimes prudent calorie management is not effective in bringing about weight loss results. Even after following a strict low-calorie diet plan for over a year, many people have reported that. Their weight changes have been relatively minimal. Researchers believe that this is because our body possibly has a mechanism that balances energy intake and expenditure.

The different ways our body burns calories depend on several factors, including the type of food

we eat, metabolism, our lifestyle etc. To put it simply, you may be consuming the same amount of calories as someone else, but the outcomes may be very different. Thus, limiting your calorie intake may not be that useful for your weight loss journey.

Glucose Levels Can Reveal A Lot About Your Metabolism

Excessive body fat not used as fuel after eating gets accumulated in the adipose tissue for future use. However, when it does not get used and remains in storage for long, it paves the way for weight gain, followed by health-related issues. Researchers found that insulin is often responsible for storing the food we eat as fat. When you eat a lot of carbs or high-glycemic carbs, your glucose levels in the blood will rise, and so will your insulin level.

Your glucose response may be smaller at first after immediately having a food item with a fat-carb combo. However, soon within a couple of hours, your glucose and insulin levels can become elevated. Such an elevation in glucose and insulin levels for a consistent period is one of the main reasons for weight gain. Other than weight gain, sev-

eral other medical conditions like diabetes, insulin resistance, metabolic syndrome, etc., can also be developed due to a consistent spike in blood glucose.

An imbalance in glucose levels means that your metabolic health is not good. In addition, glucose levels can reveal a lot about one's metabolic health. Therefore, instead of following a specific diet plan without knowing how your glucose levels are, one should regularly check their glucose metabolism and must plan a personalised, evidence-based diet that can help you get your glucose rates to the recommended level.

How Can Glucose Data Inspire Behaviour Change to Achieve Weight Loss?

One can use Continuous Glucose Monitors that will measure your glucose levels at all times to keep track of glucose metabolism. Tracking your glucose levels regularly can motivate you to change your behaviour and lifestyle patterns to achieve effective weight loss.

HealthifyPRO offers CGMs provided by HealthifyMe with personalised diet plans to its users after recording the glucose level patterns. These CGMs can even show alerts on your mobile phone if your glu-

cose levels get too high or too low after consuming a food item, along with advice and tips on what to do to bring the levels back to normal.

Unlock Proactive Living with HealthifyPro

Get personalised nutrition, fitness strategies and smart nudges. Their HealthifyPro solution includes a Metabolic Panel, which often takes blood tests of its users and records the readings of around 80 metabolic health parameters. So, HealthifyMe helps its customers achieve weight loss by systematically checking their metabolic health and setting up a diet plan unique to each individual.

Some things that you will find it out on using a Continuous Glucose Monitor regularly include:

CGMs can provide your glucose levels when you check them with hardly any delay.

Provides you with details regarding how your body reacts to certain food items, their combinations, stress, etc., and how these contribute to an increase or decrease in blood glucose levels.

Consumption of high-glycemic food items and carbs will lead to an increase in blood glucose levels.

A spike in sugar level can cause a burst in energy, wanting you to shake a leg or two.

It makes you understand that focusing on food quality and nutrient density is as important as concentrating on eating food that stabilises glucose levels to achieve weight loss.

Following an eating schedule and food choices matters in maintaining healthy glucose metabolism.

Behavioural patterns like sleep intervals, quality, the quantity of exercise, etc., can also affect glucose metabolism.

Once someone becomes well aware of the role glucose metabolism and blood glucose levels play in weight gain, they will try harder to figure out ways to achieve blood glucose stabilisation. When using a continuous glucose monitor at all times, you will know about your blood glucose levels on a real-time basis, which can actively inspire you to work harder and achieve weight loss and better health goals.

Studies noted that around ninety per cent of CGM users felt that regular usage of the device motivated them to get a healthier lifestyle. Out of these, about 87% of people modified their food choices.

Youth being arrested in south Kashmir ahead of LS election:

Mehbooba Mufti
JNEWS SERVICE
SRINAGAR, APR 23

Peoples Democratic Party (PDP) President Mehbooba Mufti on Tuesday alleged that youth are being arrested from south Kashmir ahead of the Parliament election.

The PDP President is contesting from Anantnag-Rajouri Parliamentary seat against the National Conference candidate Mian Altaf, Democratic Progressive Azad Party (DPAP) Mohammad Saleem and Apni Party's Zafar Manhas.

"I came to know that youth from Anantnag, Bijnbehara, Pulwam and Shopian are being arrested ahead of the Parliament election", Mehbooba told media persons in south Kashmir. She said that nobody is talking about them or who will talk. The former JK Chief Minister said that PDP is the lone party who will raise the issues of the youth in the Parliament.

"What are the challenges and issues Jammu and Kashmir facing today and who will raise them in the Parliament. The people are gradually understanding that PDP has raised the tough issues of the people during the past five years and in the coming time it will also plead these issues in the Parliament", Mufti said.

Vijay Bakaya kick-off campaign for Lok Sabha polls

JNEWS SERVICE
JAMMU, APR 23

Apni Party's General Secretary, Vijay Bakaya, recently convened a crucial meeting with the Apni Party Kashmiri Pandit (KP) Wing to launch the campaign for the upcoming Lok Sabha elections.

During the meeting, he rallied community members to support the Apni Party and its candidates for the Anantnag - Rajouri Parliamentary constituency, Mr. Zafar Manhas, and the Srinagar Parliamentary constituency, Mr. Asraf Mir.

In his address, Mr. Bakaya passionately appealed to the community members to cast their votes in favor of Apni Party, highlighting the party's commitment to



inclusive development for all citizens of Jammu and Kashmir. He emphasized that the Apni Party stands as the beacon of hope for equal progress and prosperity for every individual in the region.

Meanwhile, the campaign kick-off marked the beginning of a spirited effort by the Apni Party to engage with voters, address their concerns, and present a vision of a

brighter future for Jammu and Kashmir.

With a focus on inclusive growth and equitable opportunities, Bakaya explained that the Apni Party aims to bring about positive change and upliftment for all residents of the region.

As the Lok Sabha elections draw near, he said that the Apni Party remains steadfast in its dedication to serving the

people of Jammu and Kashmir, promising a future where every citizen's voice is heard, and every community thrives.

The Party leaders said that the Apni Party is a political entity dedicated to the welfare and progress of the people of Jammu and Kashmir.

With a vision of inclusive development and equal opportunities for all, the Apni Party strives to create a better tomorrow for every citizen in the region, the meeting resolved.

The meeting was also addressed by other leaders of the Party, and they appealed to the people to cast their vote in favour of the Party candidates i.e., Anantnag - Rajouri Parliamentary constituency, Mr. Zafar Manhas, and the Sri-

nagar Parliamentary Constituency, Mr. Asraf Mir to bring positive change in Jammu and Kashmir.

The meeting was attended by Additional General Secretary, Arun Kumar Chibber, Provincial Vice President, Jammu, EX-MLA Faqir Nath, Provincial Secretary and Incharge Membership Drive, Dr. Rohit Gupta, General Secretary Youth Wing, and Spokesperson, Abhay Bakaya, Provincial President, Jammu Youth Wing, Vipul Bali, Ashok Koul (senior leader and social activist), Chand Ji Bhat (President, TRT Jagti Camp), Bansi Lal Bhat, Vinod Ji, Chaman Lal Ji, Kamlesh Kr., District Secretary of the Party, Ankush Dorga, G.I. Pandita (Incharge Butta Nagar, Purkhoo Camp) and others.

NC, Congress leaders, ex-servicemen from Ganderbal join BJP



JNEWS SERVICE
JAMMU, APR 23

Congress and NC leaders along with their supporters and ex-servicemen from Ganderbal, Kashmir joined the BJP at the party headquarters, Trikuta Nagar, Jammu.

Dr Pardeep Mahotra, J&K BJP Media Incharge, accompanied by Tilak Raj Gupta, Office Secretary J&K BJP, Balbir Ram Rattan, former VC, Rajeshwar Kumar, District President Ramban, and Vijay Mohan Thakur, District President Doda welcomed the new entrants into the party fold.

The joining was facilitated by Rajeshwar Kumar, District President Ramban, and Mohd Ibrahim ST Morcha District Vice-President.

Mohd Ashraf, Congress Youth President Ganderbal, Faiz Hussain, NC district Vice-President Ganderbal, and Altaf Ahmed, Ex-servicemen along with their supporters joined the BJP on the occasion.

Dr. Pardeep Mahotra, while welcoming the new entrants said that the policies of the Modi government have won the hearts of people from all the regions and religions.

"The BJP believes in the policy of development, which is all-inclusive and includes everybody. In the last 10 years, the Modi government has worked for the socio-economic development of the sections, which were

earlier neglected by the previous governments and this has led to the increased faith of people in the Modi government. This faith is attracting the prominent from diverse backgrounds to join the party on a daily basis", said Dr Pardeep and asked the new entrants to strengthen the party at the grassroots level in their respective areas.

Tilak Raj Gupta said that the BJP is committed to the welfare of all sections of society which has led to the enormous and ever-increasing support for the Modi government in the public.

Balbir Ram Rattan said that under the leadership of PM Modi, J&K has witnessed a transformative shift towards inclusive governance, ensuring benefits to the needy sections.

Rajeshwar Kumar, who facilitated the joining, said that the schemes by the Modi government have reached the last corners of remote villages. He said that the people have now realized that only the BJP can bail out the masses from the middle created by parties like Congress and NC and are thus inching towards BJP to further strengthen it.

New entrants, on the occasion, said that they have come to the BJP with a strong belief that only this party believes in the respect of all religions and the development of all regions without any prejudice.

Yudhvir charts crucial strategies for last leg of LS campaigning

JNEWS SERVICE
JAMMU, APR 23

Yudhvir Sethi, J&K BJP Vice President along with key party leaders including Parmod Kapahi, District President, and Manoranjan Mishra, Booth Vayavastha Parbhari, convened a pivotal meeting today to deliberate on strategies for the final days of campaigning in the Jammu East Constituency.

The meeting was chaired by Parmod Kapahi, District President and was attended by senior party leaders, namely Gopal Mahajan, District President Kathua and Rajeev Charak, saw a thorough discussion on the Booth Sashaktikaran pro-



gram, centered around the resounding slogan 'Apna Booth Majboot'.

Yudhvir Sethi highlighted the sequence of activities planned under the "Booth Sashaktikaran Abhiyan", emphasizing the fundamental principle of 'Booth Jeeta Chunav Jeeta' - underscoring the crucial link between strong booth management

and electoral success.

The senior BJP leader asked the party cadre to redouble their efforts in disseminating the diverse array of transformative programs and policies championed by the Modi government. He stressed the critical importance of connecting with the public at the grassroots level, underlining that effective

communication is paramount in ensuring that the citizens are well-informed about the government's initiatives.

Sethi appealed to party activists to redouble their efforts in the final stretch of campaigning, urging them to dedicate additional time and energy to ensure a resounding victory for the BJP in the upcoming Lok Sabha elections. He reiterated the significance of grassroots mobilization and called upon every member to wholeheartedly commit to the cause of securing a thumping majority for the party.

Parmodh Kapahi asked the party workers to ensure

100 per cent participation of people in the ensuing Lok Sabha polls, underscoring the democratic duty and privilege each citizen holds in shaping the nation's future through their invaluable vote.

Rajeev Charak, emphasizing the urgency of the situation, urged the party workers to mobilize every available resource and leave no stone unturned in the pursuit of victory. He stressed the need for unity and discipline within the party ranks, emphasizing that concerted efforts in these final days can make all the difference in securing a decisive mandate for the BJP.

Jugal Kishore Sharma felicitated at senior citizen rejuvenation center

JAMMU, APRIL 23

As the stage for the second phase of the Lok Sabha elections is set, Bharatiya Janata Party (BJP) leaders in Jammu South have accelerated their poll blitz to garner maximum support from voters in different locations of both constituencies in District Jammu South. Jammu Reasi Lok Sabha MP Candidate Jugal Kishore Sharma along with BJP District President Jammu South Rekha Mahajan, senior leader Rajeev Charak also felicitated by Senior Citizen Rejuvenation centre in Trikuta Nagar. Shubhchander Verma, Baldev Raj Gupta, Ashok gupta and other senior citizens and others, the supreme leadership, including the BJP unit, participates in the multiple mega rallies to woo the voters. Thereafter, MP candidate Jugal Sharma and Rekha Mahajan address the public gathering.



Jugal Kishore Sharma said, as per the schedule, voting in Jammu South in both constituencies will be held on April 26 in the second phase. He expressed confidence that the BJP would win with a strong majority in the Lok Sabha polls. Jugal Kishore Sharma asserted that the country's 80 crore poor found respectable space in society under BJP rule under the leadership of Prime Minister Narendra Modi, and to fulfill all the other goals, the BJP will form the government for the third time with a strong majority. While speaking at a meeting with the representatives

of various social organizations, Jugal stated that PM Modi's vision for India as a "Vishwa Guru(world leader) global order. He said J&K has witnessed unprecedented development under the Union government led by Prime Minister Narendra Modi. With a clear view to further promote the development and world-class infrastructure in the region. He stated that the people have made up their minds to vote for the BJP in the upcoming parliamentary polls.

Rekha Mahajan said the entire opposition is uniting to remove Prime Minister Modi, while on the

other hand, PM Modi has only one slogan: "development of the nation."

Rekha noted that since independence, the Congress has worked to divide society. It has created four sores of corruption, casteism, nepotism, and terrorism, whereas PM Modi has freed the country from all these. She highlighted the consecration at the Ram temple in Ayodhya, the abrogation of Article 370, the 33 percent reservation for women, and the law on triple talaq as achievements of the Modi government. While addressing the voters, BJP leader Rekha Mahajan furthermore added that today, the standard of living of poor people in the country has improved; we do not say this, the IMF report says. The opposition alliance in the country has no vision for the future, whereas Modi has a track record of 10 years and a vision of 50 years," she said.

Police booked 2 anti-national activists under PSA

JNEWS SERVICE
SRINAGAR, APR 23

Police have booked two alleged anti-national activists under the Public Safety Act (PSA) in Jammu and Kashmir's Bandipora district.

The duo has been identified as Ghulam Din War, a resident of Naidkhai Sumbal, and Firdous Ahmad Khan of Ward No. 6 Nebrapora Bandipora, booked under PSA for their continuous involvement in anti-national activities, police said on Tuesday.

Both have been lodged in central Jailkot Bhalwal Jammu, they said.

"Bandipora Police booked two persons under PSA and lodged them in Central Jail Kot Bhalwal Jammu, for their continuous involvement in Anti-National activities. The duo booked under PSA are 1. Ghulam Din War

S/o late Habibullah War R/o Naidkhai Sumbal & 2. Firdous Ahmad Khan S/o Mohammad Ayoub Khan Ward No.6 Nebrapora Bandipora", police posted on X.

Modi govt committed to welfare of all sections of people: Ritika

JNEWS SERVICE
JAMMU, APR 23

Chief Spokesperson BJP Mahila Morcha J&KUT Ritika Trehan today said the Modi government is committed to the welfare and rights of every section of the country by following the footsteps of BR Ambedkar, and described the Constitution as the soul of democracy targeting Congress campaign of saving constitution and unnecessary misguiding votes with their fake narratives. This was stated by her while continuing campaign in favour of Jugal Kishore in Bahu constituency along with Anuradha charak Ji and other leaders of Mahila Morcha.

Speaking on the occasion, Ritika said Modi government always does whatever it says. We had said that we will remove Article 370 and 35A and we did that, we will adopt a policy of zero tolerance against terrorism and extremism and will give a free hand to the security forces, we did it. She said that these policies have led to a 63 percent reduction in violent incidents and 73 percent reduction in deaths in Jammu and Kashmir, Left Wing Extremism-affected areas and the Northeast.

Ritika said that we had said that Ram temple will be built in Ayodhya and



Ram Lala seated there on January 22, 2024. We had said that we would give 33 percent reservation to women in Parliament and state assemblies, we honored the mother power of the country by giving them reservation with unanimous consent. We had said that triple talaq is injustice to Muslim mothers and sisters and we will abolish it, we fulfilled that promise as well. We had said that we will increase the speed of justice delivery and justice will not be based on punishment, Modi ji has done this as well today, added Ritika.

Ritika said that in the Bharatiya Nyaya Sanhita, priority has been given to crimes related to human and body, like - rape, gangrape, crime against children, murder, kidnapping and trafficking etc. She

said that Narendra Modi ji has taken a historic decision and completely removed the section of sedition. She said that no one can speak against this country and no one can harm its interests. She said that if anyone plays with the flag, borders and resources of India, he will definitely have to go to jail because the Narendra Modi government's thrust is that the security of the country comes first.

Ritika said that some people are trying to give color to these new initiatives, but the Modi government is a government run according to the spirit of the Constitution and if anyone does anything against the country, he will definitely be punished. On the issue of jobs, Ritika said PM Modi Govt has ensured quality

Successful Laparoscopic Surgery performed at Sub District Hospital, Bholderwah

JNEWS SERVICE
BHADERWAH APRIL 23:

In a significant step towards improving healthcare in Bholderwah, the Sub District Hospital Bholderwah (Doda) successfully performed a laparoscopic cholecystectomy surgery for the second time in a week. The operation took place on April 22, 2024, under the supervision of Dr. Mohd Ashraf, the Block Medical Officer (BMO) of Bholderwah.

The surgical team, led by Dr. Subhash Sharma (Surgeon Specialist) and



Dr. Azma (Anaesthetist), executed the procedure with the support of the dedicated staff in the OT unit. Both the Chief Medi-

cal Officer (CMO) of Doda, Dr. Om Kumar, and BMO Bholderwah, Dr. Mohd Ashraf, commended the surgical team for their

skill and precision. They expressed hope that such groundbreaking surgeries will become more frequent, reducing the

need for patients to seek medical care outside the region. Their commendation reflects the commitment to advancing local healthcare services.

Dr. Ashraf emphasized that the hospital's acquisition of the latest technology allows patients to undergo common laparoscopic surgeries without having to travel to larger cities. This development ensures safer and smoother surgeries for the community and signifies a major improvement in the local healthcare infrastructure.

Rajni Bala highlights significance of women's role in shaping future of Nation

JI NEWS SERVICE
JAMMU, APR 23

Rajni Bala, a senior Congress leader and former councillor, organized a meeting of women folk in the Jammu North Assembly segment with an aim to garner support for the Congress candidate, Raman Bhalla, in the upcoming Lok Sabha elections.

The meeting brought together women from diverse backgrounds, representing various sections of society. Rajni Bala, known for her tireless commitment to women's empowerment and social justice, addressed the attendees and highlighted the significance of their role in shaping the future of the nation.

During the meeting, the senior Congress leader threw light on the pressing issues faced by women and underscored the need



for strong representation and dedicated leadership to address their concerns. She expressed confidence in Raman Bhalla's ability to champion the cause of women's rights, welfare, and development.

Rajni Bala urged all those present to actively engage in spreading awareness about the Congress party's vision and the positive impact it can have on the lives of women and the community as a whole.

Additionally, she emphasized the importance of women exercising their voting rights to ensure a brighter and inclusive future for all.

She urged the women of Jammu North Assembly segment to come forward and vote in favour of Congress Candidate Raman Bhalla to get rid of misrule of BJP Govt in the country and give Congress again a chance to serve the country dedicatedly.

Harnit Singh Sudan (IAS 2023) Interacts with IAS/JKAS Aspirants

JI NEWS SERVICE
JAMMU, APR 23

The SR College of Competitions (SRCC) organised an interaction-cum-workshop for the aspirants in the college premises at Gandhi Nagar, Jammu on 23rd April 2024 (Tuesday). The session was taken by Harnit Singh Sudan, student of SR College who has qualified the UPSC examination 2023.

While interacting with the aspirants Harnit shared his journey right from the beginning when he joined the institute when the idea of civil services struck to his mind and he started preparing for the same. He shared in detail his strategy for the competitive examinations, the problems he faced and how the institute (SR COLLEGE) helped him through his preparation.



He discussed in detail the syllabus, various papers of General Studies, Optionals and the Essay Papers.

All the aspects including the scheme and pattern of the exam, approach for Prelims and Mains, sources of study material and the books required, need for coaching and the relevance of newspaper reading in preparing for the current affairs and writing test series for both prelims and mains were covered comprehensively to the satisfaction of the aspirants.

He discussed the entire syllabus, the focus areas and the kind of questions asked in the previous year's papers were also taken up. Aspirants were also guided about the CSAT and Essay papers.

Further, aspirants clarified their confusions about the ethics, integrity and aptitude paper and the approach to handle the theory and the case studies part. Aspirants were suggested to at least attend one or two comprehensive test series for both prelim and mains examinations.

He also motivated the students about answer

writing practice on a regular basis. He also shared the details of his UPSC interview/ personality test. The response to the workshop was overwhelming and the attendees appreciated the initiative taken by the SR College of Competitions. The attendees included the aspirants preparing for IAS 2024 & 25 & JKAS 2024 and JKAS 2025 and also undergraduates who will be eligible in a couple of years.

"Such interactions encourage, motivate and inculcate a sense of confidence in the aspirants that if he can do it why can't we" told Parveen Sharma, Director of SR College.

"SR College keeps on organising such online and offline workshops, seminars, webinars and interactions with the IAS officers, KAS toppers and various subject experts.

ABS celebrates World Book Day

JI NEWS SERVICE
JAMMU, APR 23

Aadarsh Bhartiya Samaj a Social Volunteer Organisation working to promote education, environment, health and nationhood among the general masses and students community in particular celebrated 'World Book Day' under the guidance of Col (Retd) R K Sharma, Chairman, Ex Nk Ajay Kumar, Dr Lalit Sharma, Mr Anil Sharma, Smt Sunil Sharma and Pt Chaman Lal Sharma donated / will donate books to the school going children.

BSP organizes car, bike rally in Vijaypur-Samba-Ramgarh areas

JI NEWS SERVICE
SAMBHA, APR 23

Bahujan Samaj Party J&K today organised a car and bike rally in Vijaypur-Samba-Ramgarh Constituencies of Jammu-Reasi Lok Sabha. The rally, taken out under the chairmanship of Bahujan Samaj Party's state president Darshan Rana, started from Vijaypur and was flagged off by Bahujan Samaj Party's state coordinator and former MP Dr. Avtar Singh Karimpuri, who was present as the chief guest! While on this occasion, hundreds of Bahujan Samaj Party workers including Bahujan Samaj Party's state vice-president Charanjit Chargotra, general secretary Shashi Bhushan Thapa, coordinator Gurbaksh Gaurav, Bishan Das Bhagat, Tilak Raj Bhagat, Jagdish Bhagat, Tarsem Lal and Mohan Lal participated in this rally! The rally started



from Vijaypur and reached Samba and Ramgarh area. Talking to journalists on this occasion, Bahujan Samaj Party's state coordinator and former MP Dr Avtar Singh Karimpuri said that BSP has fielded a OBC candidate from Jammu-Reasi Lok Sabha Seat and appealed people to vote Jagdish Verma as he represents the Common man. He said that Bahujan Samaj Party J&K is constantly working to take Behan Kumari Mayawati ji's thoughts to the common Public. He said that Bahujan Samaj Party is constant-

ly working for the welfare of Dalit and backward people of the society! He said that the party's struggle is also going on continuously for the reservation given to the backward class people living especially in Jammu and Kashmir. On this occasion, Bahujan Samaj Party's state president Darshan Rana said that Bahujan's all across the Globe wants to see Behan Kumari Mayawati ji as the Prime Minister of India. He appealed to the people and said that in the upcoming Lok Sabha elections also, the general public should give full support to the party candidates so that Bahujan Samaj Party can complete Babasaheb's and Kanshi Ram's mission! On this occasion, other people of Bahujan Samaj Party also expressed their views.

Hyundai expands its Network in Jammu & Kashmir with Fair Deal Motors



JI NEWS SERVICE
JAMMU, APR 23

Hyundai Motor India Ltd. (HMIL), country's first smart mobility solutions provider and the largest exporter since inception, today inaugurated a new facility of 'Fairdeal Automotive Hyundai' situated at NH 44, Greater Kailash, Jammu.

Promoted by Mr. Saleem Bakshi and Mr. Rohit Gandotra, Fairdeal Automotive Hyundai is a State-of-the-Art facility

spread across a total built up area of approx 36,800 sq.ft. (7,800 sq.ft. showroom and 29,000 sq.ft. workshop).

Commenting on the opening of the new Dealership, Mr. Yoon Bok Hwang, Advisor Group-North Zone, Hyundai Motor India Ltd. and Mr. Anish Agarwal, Zonal Business Head, North zone said "Jammu is one of the most important markets for Hyundai Motor India. We are glad to inaugurate new

facility of our dealer partner, 'Fairdeal Automotive Hyundai' in the city of "Jammu", which will take our showroom network to 601 in India. We believe 'Fairdeal Automotive Hyundai' will further strengthen our presence in the state to meet the growing demand for Hyundai products. Being a State-of-the-Art facility, it will continue to provide prompt and efficient sales & service to our valued customers adding Quality Time for a happy life".

PDP has become BJP's C-team, says Omar Abdullah

JI NEWS SERVICE
KOKERNAG Q&K, APR 23

The PDP has become the BJP's C-team and people should only look towards INDIA bloc candidates in the Lok Sabha elections to defeat the communal forces, National Conference leader Omar Abdullah said on Tuesday.

Abdullah made the remarks while speaking to reporters after an election rally in south Kashmir's Kokernag.

He said, "We have said from the start. If we have to defeat the BJP in Jammu and Kashmir, if we have to defeat the communal forces trying to spread poison across the country, people should only look towards candidates of the INDIA bloc - National Conference candidates on three seats of Kashmir and Congress candidates on two seats in Jammu."

The National Conference, People's Democratic Party (PDP) and the Congress are constituents of the opposition INDIA bloc. However, the PDP is contesting the Lok Sabha elections independently while the Congress and the National Conference have joined hands for the polls.

Abdullah further said, "The rest have connections with the BJP somewhere - be it B-team or A-team who hold late-night meetings with (BJP leader) Tarun Chugh or the PDP. (BJP leader) Mushtaq Bukhari has openly announced to cast



his vote in favour of (PDP chief) Mehbooba Mufti."

The National Conference vice-president said he understands the PDP chief will put pressure on the BJP to get Mush-taq Bukhari to change his statement but the cat is out of the bag now. After the A-team and the B-team, the PDP has now joined as the C-team of the BJP," Abdullah added.

Mehbooba joined the electoral fray from the Anantnag-Rajouri seat after the National Conference refused to accommodate the PDP chief, citing its victory from all three Lok Sabha constituencies in the Kashmir Valley in 2019.

Asked about the BJP not fielding incumbent Ladakh MP Jamyung Namgyal, Abdullah said it does not concern him.

"It is an internal matter of the BJP. I am only concerned that the Congress should field the right candidate from Ladakh as we are contesting there together. There should be no room for a BJP win there," he added.

National Women's Conference organized on occasion of AIRF Centenary Celebrations

JI NEWS SERVICE
NEW DELHI, APR 23

All India Railway Men's Federation (AIRF) is organizing its glorious centenary convention from 23 April to 26 April

2024 in which various programs will be organized from 23 April 2024 to 26 April 2024.

Today, on April 23, 2024, the first day of the AIRF Centenary Conference, a National Women's Conference was

organized at Tal Katora Indoor Stadium, New Delhi from 9.00 am in which more than six hundred women from all over the Indian Railways participated. This program was presided over by National Women Chairperson Mrs. Jaya Aggarwal and National Women Convener Praveena Singh.

In this conference, the women chairpersons from all the zonal railways felt proud to attend the centenary year of AIRF and said that this is the most memorable day for them that they are participating in this conference.

Addressing the program, Women Chairperson Jaya Aggarwal and National Women Convener Praveena Singh welcomed all the



women who came to this Centenary Women's Conference and made everyone aware about

the problems and challenges faced by women and said that this AIRF Women are safe as long as they are there because AIRF is determined to solve their problems and get their demands met.

After the lunch break, the National Youth Conference of the Centenary Conference of AIRF was organized at Tal Katora Stadium from 2.30 pm in which youth regional and divisional youth coordinators from all over the Indian

Railways participated. There was a lot of enthusiasm among the youth and women on this occasion. More than twelve hundred youth participated in the youth conference organized on the occasion of this centenary convention

and raised their voice against the new pension scheme and demanded old pension.

In the Youth convention, the youth expressed their unforgettable memory of participating in the centenary convention of AIRF and described every youth as safe under the flag of

AIRF and said that AIRF is the only organization on the basis of which the demands of every railway employee can be fulfilled and their Problems can be solved.

The National Youth and Women Conference organized on the occasion of centenary convention was attended and addressed by apex leaders of AIRF including General Secretary AIRF Shiva Gopal Mishra, President AIRF Dr N Kannaiya, Working President J R Bhosale, Treasurer C H Shankar Rao and General Secretaries of other affiliated unions.

SGWF hosts Rudraksh Plantation Drive in celebration of Hanuman Jyanti



JI NEWS SERVICE
JAMMU, APR 23

The Synergetic Green Warriors Foundation proudly organized a Rudraksh plantation drive at Shiv Mandir Dhera Bhajwal, Sunderbani, in commemoration of Hanuman Jayanti. Under the esteemed guidance of Dr. Sonia Verma, Director of the foundation, this initiative aimed to promote environmental sustainability and cultural reverence.

The success of this endeavor was made possible by the enthusiastic participation of individuals including Keshav Rajput, Manoj Kumar Ranyal,

Shree Kant, Shanti, Sudreshan Prashar, Nitu, Daksh Sharma, and Mohinder Ranyal, whose dedication and hard work contributed to the drive's success.

The foundation extends its sincere gratitude to all those involved, as well as to Dogar Nath, Office Secretary, for his invaluable guidance and support throughout the event.

This initiative exemplifies the foundation's commitment to environmental conservation and community engagement. We invite the public to join us in our efforts to cultivate a greener, more sustainable future for all said Dr Sonia Verma .

Astronomy Club at SMVDU organizes Telescope Workshop



JI NEWS SERVICE
JAMMU, APR 23

VYOM-Astronomy Club of SMVDU hosted an enlightening Workshop cum Introductory Session focused on telescope. The workshop was organised to bring the universe closer to students and astronomy enthusiasts and the event aimed to demystify the complexities surrounding telescopic observations and inspire a deeper appreciation for the night

sky. The Workshop cum Introductory Session on Telescopes was not only an educational experience but also a testament to the growing interest in astronomy among students. It provided a solid foundation for beginners and offered seasoned stargazers new insights into their passion. The Astronomy Club expressed hopes that this event would spark a lasting interest in celestial observations, leading to more such gatherings in the future.

Last leg of campaigning crucial for raising victory margin: Kavinder



J I NEWS SERVICE
JAMMU, APR 23

Kavinder Gupta, senior BJP leader and former Deputy Chief Minister today emphasized the pivotal importance of the final two days of campaigning in maximizing victory margins to secure a resounding victory in the ensuing Lok Sabha polls.

In this regard, Kavinder Gupta today chaired a meeting of five Mandals falling in District Jammu South including Trikuta Nagar, Gandhi Nagar, Gaddigarh, Kunjwani and R S Pura. The meeting was attended by Sham Chowdhary-Ex minister, Rekha Mahajan District President, Baldev Balowria Ex Deputy Mayor, Vinay Gupta, Rajeev Charak, Ashok Khajuria, Pushpinder Singh, Narinder Koki, Akash Chopra, Ayodhya Gupta, Lucky Puri, Bharat Bhushan, Ranjit Singh and Vijay Sharma.

Manoranjan Mishra, Vice President of Madhya Pradesh, looking after the Booth arrangements in Jammu and Kashmir also addressed the election agents and booth level workers in all the meetings.

Addressing the meeting, Kavinder said that BJP is the only party which is committed to serve the people, meet the challenges faced by Jammu and Kashmir and make it a part of the country's growth story. He urged party cadre to strengthen BJP at booth level for ensuring party's resounding victory in ensuing Lok Sabha polls as strong booths are the guarantee to victory.

Kavinder asked the

party leaders to reach out to prospective voters comprising women, youth and other segments to disseminate information about the party's plan and policies so that doubts created by opposition should be warded off successfully. He said that it is important to bring the voter to the polling booth and efforts should be made by the party workers to meet this challenge through strong resolve and conviction. He said that ground level workers are the real ambassadors of the party as their efforts can prove to be the game changer especially to get favourable results in elections.

The senior BJP leader further underscored the significance of every remaining moment in engaging with voters and rallying support for the BJP's vision for a prosperous Jammu and a vibrant India.

"During these last two days, we have a unique opportunity to consolidate our efforts, energize our supporters, and reach out to every voter across Jammu. This phase of the campaign is crucial in amplifying our message of development, prosperity, and inclusive governance," he said.

As the campaign enters its final stretch, Kavinder urged party workers and supporters to intensify their efforts, reaching out to every household, and ensuring maximum voter turnout on polling day.

"We must leave no room for complacency. Let us redouble our efforts, work tirelessly, and ensure that every voter understands the importance of their ballot in shaping the future of Jammu and our nation," he added.

Ankur calls for putting an end to selective State Control of Hindu Temples, Shrines

J I NEWS SERVICE
JAMMU, APR 23

Ekam Sanatan Party's National President and MP Candidate for Jammu Lok Sabha, Advocate Ankur Sharma contesting MP Jammu Elections on "Bansuri/Flute" election symbol, along with his team members, today addressed back to back public gatherings at Nagrota, Kahpota (Jindrah), Shalamar Park Katra & Katra Main Town.

Mr Sharma led a frontal attack on selective State Control of Hindu Temples and shrines and demanded that all such institutions under state control should be handed back to the Hindus. He specifically talked about the state control of Mata Vaishno Devi and demanded that Hindu community including our Sadhus and Sants should manage and administer the holy shrine. He further stressed that Baridars should be given exclusive rights of worship in the



Mata Vaishno Devi Shrine and their long pending demands of resettlement and rehabilitation including their active participation in managing and administering of the shrine should be immediately addressed. Hindu Control of Hindu temples is critical for empowerment of Sanatan because the revenue generated from Hindu Shrines can be directly spent for Cow protection, building Sanskrit Vidyalayas, giving a special financial cover to poor Hindus including free health facilities in Hindu Shrine owned Hospitals. Ankur Sharma in his speeches talked about

Political Empowerment of Jammu Province, legislation of a law for Holy Cow's protection, Regularisation of Daily Wagers. Ankur Sharma appealed to vote for Change, for effecting a generational change in leadership and requested everyone to vote in his favour from Jammu Lok Sabha by pressing the "Bansuri" button on EVM.

Pertinent to mention that Advocate Ankur Sharma is contesting Lok Sabha Elections from Jammu Lok Sabha on Ekam Sanatan Bharat Dal's ticket and the party symbol is "Bansuri/Flute".

Ex-CAPF Welfare Association holds annual function, forms district committees

J I NEWS SERVICE
JAMMU, APR 23

Ex-Central Paramilitary Force Welfare Association Jammu and Kashmir (UT) celebrated its 12th Annual Day at Baba Makhan Shah Lubana Hall, Kotli Shah Doula, R S Pura, here today wherein various demands and problems of the retired Paramilitary personnel were highlighted. The programme started with paying floral tributes to the soldiers who were martyred in terrorist attacks. Ex-personnel from Paramilitary forces, their family members and dependents were also present in the meeting. The programme was held under the chairmanship of Ashok Kumar while on the occasion Chief Patron Harinder Mahajan and Chief Guest, Dalip Kumar Ex-BDC Chairman honoured the Veer Naris and Ex-Central Paramilitary force personnel.

On the occasion, Chairman All India Confederation of Ex-Central Paramilitary Forces, V.K Sharma highlighted day to day problems being faced by the paramilitary force personals

He advocated for One Rank One Pension (DROP), improving medi-



cal facilities to be on par with those provided to Army personnel, access to CSD canteen facilities, universalization of facilities and assistance to Ex-Servicemen at par with those provided to personnel across India, including the provision of Rs 8500 assistance for the cremation of Ex-Servicemen from Paramilitary forces, especially noting the lack of funds provided by BSF units in J&K.

President CAPF Punjab, P.S. Sandhu emphasized the central government's negligence towards the burning demands of Ex-Servicemen.

Additionally, General Secretary CPMF J&K UT, D.K Chauhan highlighted the imposition of maximum GST in the master canteen by the government and urged the Lt. Governor to reduce excise

duty in J&K (UT), particularly for Ex-Servicemen of paramilitary forces.

At the conclusion of the event, district committees of the Ex-Central Paramilitary Force Welfare Association were formed with the consent of participants, under the supervision of stakeholders present, including Harbans Lal Sharma, Vice President (CPMF); Noor Muhammad, General Secretary District Samba; P.S. Sandhu, President Punjab Association; Nirmal Singh Mann, Comdet. Chairman (GSP); Manbir Katoch, National Spokesman (HP); M.L. Thakur, Chief Patron Ex-CAPF (HP); Sajawal Shah, District Kupwara; Naseer Ahmed Khan, District Baramulla; Mohd Ashraf Lone, District Bandipora; and Farooq Ahmed, District Anantnag.

India alliance talking about issues, BJP doing politics on religion: Dr. Preeti Bhagat

J I NEWS SERVICE
JAMMU, APR 2

Social activist Dr. Preeti Bhagat has said that in the Lok Sabha election campaign, the leaders of the India Alliance are raising issues related to the public, while the leaders of the BJP are only trying to polarize by making communal statements. He said that during the election campaign, it is being seen that from the Prime Minister to every BJP leader, they are trying to divert the public's attention by making statements only on Hindus, Muslims, Pakistan and religion. After the poor performance of the ruling party in the first phase of elections, all the leaders are upset and instead of talking on development and public related issues, they are trying to tarnish the image of the leaders of the opposition parties.

Every section of society suffering under BJP's misrule in country: Hari Singh



J I NEWS SERVICE
JAMMU, APR 23

Hari Singh Chib, Vice President of J&K Pradesh Congress Committee expressed deep concern over the widespread suffering experienced by every section of society due to the misrule of the BJP in the country.

Speaking at the meeting held at village Kanger falling in Jammu North Assembly segment, Hari Singh Chib emphasized that the BJP's policies and governance have led to immense hardships for people across different segments of society. He decried the suppression of the right to protest, particularly targeting daily wagers, need-based, contractual, and temporary employees, as well as regular workers who have

been betrayed by the BJP.

Chib criticized the Agniveer scheme, which he argued has jeopardized the future of youth in the army. He pointed to record unemployment, unprecedented price hikes, and burdensome taxes on the common people, exacerbating the plight of the masses. Moreover, he also expressed concern over the influx of outsiders benefiting from BJP policies at the expense of local communities, threatening the livelihoods of future generations.

As a response to these challenges, Chib called upon the people to unite and voice their discontent by actively participating in the democratic process. He urged them to support the Congress party, which has always

strived to address the needs and aspirations of all sections of society.

Chib reaffirmed the Congress party's commitment to inclusive governance, social justice, and economic prosperity. He promised a vision that prioritizes the needs of all segments of society, advocating for the protection of local rights to land and jobs.

During the meeting, Hari Singh Chib appealed to the people of Jammu North Assembly segment to cast their valuable votes in favor of the Congress candidate Raman Bhalla and ensure his victory in the ensuing Lok Sabha polls.

The meeting was attended by Sarpanch Mohd Ameen, Panches, as well as dedicated party activists.

BJP miserably failed to stand on expectation of common masses: Ajaz Jan

J I NEWS SERVICE
SATHRA, APRIL 23

In the wake of mounting dissatisfaction with the current administration's performance, Ajaz Jan, Provincial President Youth JKNC Jammu and former legislator, convened a crucial meeting today to garner support for the National Conference (NC) Candidate, Mian Altaf Ahmed in ensuing Lok Sabha polls.

Speaking at the meeting held at Sathra Mandi in district Poonch, the senior NC leader said that BJP-led government despite securing a significant mandate for the last consecutive two terms, it has miserably failed to stand on expectations of the people of Jammu and Kashmir. The failure to address critical issues has left many disillusioned and seeking a change in leadership, he said.

Ajaz Jan emphasized that the INDIA alliance stands as the most viable option for the people of Jammu and Kashmir, presenting a credible alternative to address the region's challenges effectively.

Encouraging citizens to exercise their democratic right, Ajaz Jan urged voters to support NC Candidate Mian Altaf Ahmed



in the upcoming may 7 elections.

"NC Candidate Mian Altaf Ahmed's candidacy represents a commitment to addressing the pressing issues facing Jammu and Kashmir and advocating for the interests of its people," he added.

Senior congress leader Taj Mir in his address, called upon the electorate to make an informed choice and vote for the candidate who will best represent their aspirations and work tirelessly for the betterment of rural and remote areas of Jammu and Kashmir.

Baghussain Rathore, District President, has unequivocally voiced his support for the National Conference, citing it as the only political entity capable of effectively serving the interests of the people of Jammu and Kashmir.

Peer Shamim Bukharo, Peer Nissar Hussain, Ch Shabir (Block President)

Fazal Hussain, Khurshid Ahmed, and Naveen Singh, endorsed Mian Altaf Ahmed as the candidate best poised to address the pressing concerns and aspirations of Jammu region's residents. They highlighted his proven track record of service and commitment to the welfare of the people, citing him as a capable leader with a deep understanding of the region's needs.

They appealed to the people ensure maximum participation in the upcoming third phase of polling and cast their votes in favor of Mian Altaf Ahmed. Among those who were present include Sonu Singh, Abdul Jabar Tantry, Aslam Lone, Ishaq Ahmed, Azeem Khan. Sadiq Qureshi, Gulam Hussain Bhatti Block President, Soofi Queem, Ishaq Khan, Rustam, Hafza Khan, ch Noor Hussain, Mashooq Khan and others.

Various organizations jointly condemn much talked about statements of PM Modi

J I NEWS SERVICE
JAMMU, APR 23

Various political and social parties in Jammu have strongly condemned the much talked statements of the Prime Minister and BJP's star campaigner and EC notice to ShivSena(UBT) on "Jai Bhavani" in their campaign.

While jointly addressing the media in Jammu today, the leaders of various parties said that Prime Minister Narendra Modi, while speaking at an election rally in Rajasthan and Karnataka, said that if the Congress comes to power, their land, gold and all the property will be snatched and distributed among the infiltrators and those who have more children. He also mentioned 'Mangal Sutra', which is the honor of our mothers and sisters,



and said that even this will not be safe. The speakers said that due to the voting not going in its favor in the first phase, the BJP has resorted to its familiar hate speech, Narendra Modi is tarnishing the dignity of the post of Prime Minister in his speeches.

Along with this, raising questions on the Election Commission's notice regarding "Jai Bhavani" in Shiv Sena's campaign song, he said that the Election Commission's claims of giving a level playing field are hollow like the BJP guarantees. Only one

party in the country has the freedom to say and speak anything. In the last two days, thousands of people have lodged their complaints through various media against the Prime Minister's hate speech. All the leaders present have demanded the Election Commission of India to take strict action against such hate speeches. On this occasion, State President of Shiv Sena (UBT) Manish Sahni, senior leader of Aam Aadmi Party Safir Chaudhary, famous journalist and social worker Mir Shahid Salim, Aam Aadmi Party spokesperson Nirmal Mahana, political activist Altaf Hussain Shah, Amrik Singh Sasan, Kuldeep Singh Sikh analyst and many other dignitaries were present and addressed the media.

Mamata opposing granting Indian citizenship to refugees : Shah

AGENCIES
MALDA, APR 23

Union Home Minister Amit Shah on Tuesday slammed West Bengal Chief Minister Mamata Banerjee, accusing her of opposing granting Indian citizenship to the refugees - Hindu, Buddhists, Christians and Sikhs - now settled here after arriving from neighbouring Bangladesh.

Addressing a gathering after completing a massive roadshow in favour of BJP candidate for Malda Dakshin (south) Sreerupa Mitra Chowdhury, Shah said none can prevent granting Indian (CAA) citizenship to those Hindus, Sikhs, Buddhists, Jains and Christians.

He said the alleged corruption in the state was rampant and development funds were siphoned off and even Rs 50 to Rs



75 crore have been seized from the state ministers' houses in Bengal.

Shah urged the people to vote in favour of the "Lotus" symbol, saying this would go to Prime Minister Narendra Modi to ensure his third term for the NDA government at the Centre.

He also reminded the people that in the 2019 Lok Sabha poll BJP

candidate from Malda Dakshin lost by a mere 5000 votes but this time

the electors must press the "Lotus" button on May 7 and ensure win for Sreerupa Mitra Chowdhury by over 50,000 votes.

Shah appealed to the voters in West Bengal to ensure the BJP's win in at least 30 seats out of 42 Lok Sabha seats in the state.

Earlier, Shah along with the candidate on a open hooded truck conducted a roadshow where thousands of BJP supporters defying the heat and scorching sun took part.

Hyd: Non-political figures and women emerge to support Modi: Kishan Reddy

AGENCIES
HYDERABAD, APR 23

G Kishan Reddy, Union Minister and Telangana BJP President, highlighted the increasing involvement of non-political individuals and women in supporting Prime Minister Modi during this election.

During an election campaign held in Sanathnagar within his Secunderabad Parliamentary Constituency, Reddy emphasized the importance of strengthening the polling booth network by engaging all booth Presidents and Coordinators.

He advocated for door-to-door campaigning to run parallel with the polling booth system, ensuring thorough voter outreach.

Reddy also announced a provision for elderly citizens above 85 years of age to vote



from home if they register by the deadline, with election officials facilitating the process.

He urged the preparation of lists containing names of eligible elderly voters above 85 years within respective polling booths and divisions, along with verification of voter lists for new additions.

Reddy underscored the widespread support for Narendra Modi across various segments of society, highlighting Modi's leadership and urging diligent efforts

from party members in the upcoming elections.

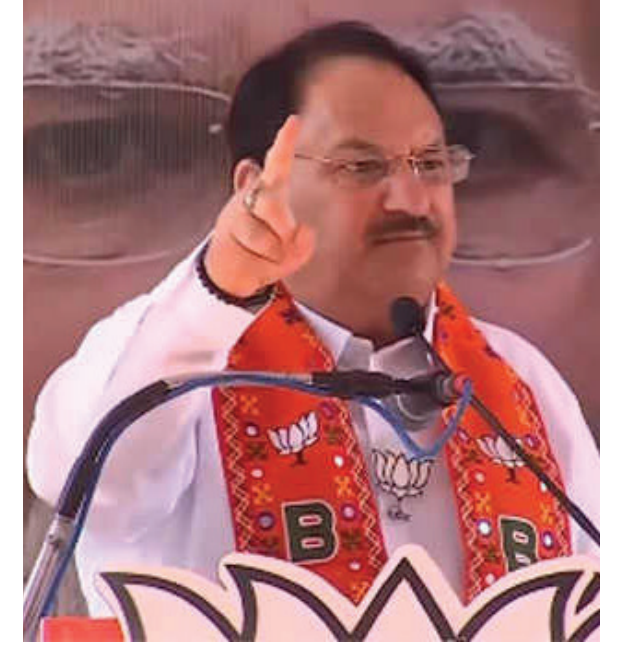
He emphasized the significance of personal voter engagement over the number of public meetings, encouraging thorough canvassing efforts at every household within polling booths.

Reddy instructed division Presidents, Secretaries, and polling booth Presidents to collaborate closely and commence immediate action according to Modi's directive.

Furthermore, he stressed the importance of door-to-door campaigns, suggesting at least three rounds within fifteen days.

Reddy emphasized the need to engage key voters, community leaders, and apartment owners, encouraging the voluntary propagation of slogans like "Phir Ek Bar Modi Sarkar" and "Up Ki Bar 400 Par."

Half of INDI alliance leaders in jail, half on bail: Nadda



AGENCIES
TIKAMGARH, APR 23

Bharatiya Janata Party (BJP) President JP Nadda said on Tuesday that half of the leaders of the INDI alliance are in jail, half are on bail, and Prime Minister Narendra Modi's anti-corruption campaign will intensify after June 4.

Addressing an election meeting in Tikamgarh, Madhya Pradesh, in support of the party candidate Nadda said that the culture and thinking of politics have changed under the leadership of Prime Minister Narendra Modi. Ten years ago, everyone said it would be like this; nothing would change. Today, even the common man is saying that the country has changed.

State Party President Bishnu Dutt Sharma was among several other party leaders present at the meeting.

Nadda said if Modi becomes Prime Minister again, India will become the third-largest economy in two years.

Nadda said this time the people have to choose between two ideologies.

On one side, there are people engaged in development of the country under the leadership of Prime Minister Narendra Modi, and on the other side, there are people who are engaged in protecting their families and corrupt people.

The Indi alliance is made for two things - one is to protect dynastic politics and the other is to save corruption and the corrupt people. They have no other work. All the scammers are trying to protect each other.

Taking a dig at the rallies of opposition parties, he said that when they hold rallies, they keep two chairs empty and say that their two Chief Ministers have gone to jail and two chairs have been kept vacant for them. He said that everyone should wait for the 4th of June; after that, Modi's anti-corruption campaign will be intensified and more people will be jailed.

Listing the names of the leaders of the India alliance who have gone to jail and are on bail, he said that half of the alliance leaders.

21 billionaires have more wealth than 70 cr Indians: Ramesh

AGENCIES
NEW DELHI, APR 23

Congress leader Jairam Ramesh on Tuesday said that the Prime Minister will never tell the country that 21 billionaires combined have more wealth than 70 crore Indians today. Taking to his social media post X, the party general secretary in-charge communication alleged, "More than 40% of the wealth created in the country from 2012 to 2021 has gone to just 1% of the population".

While slamming the government, Ramesh also alleged that in the last ten years, public assets sold have gone to one or two companies only.



"Most of the public assets and resources sold in the last ten years have gone to one or two companies - economists have shown that the growing monopolisation of the economy has led to higher inflation," the Rajya Sabha MP said in his post.

He said that around 64% of the total goods and services tax (GST) in the country comes from

the poor, the lower middle classes, and the middle classes.

The senior Congress leader said that India needs faster economic growth, more inclusive economic growth and hugely more ecologically sustainable growth. Adding that "Only INDIA can and will deliver this triad".

CM Kejriwal to remain in judicial custody till May 7

AGENCIES
NEW DELHI, APRIL 23

A Special Court in Delhi on Tuesday extended judicial custody of Chief Minister Arvind Kejriwal and Bharat Rashtra Samithi (BRS) leader K Kavitha till May 7 in the Delhi Excise Policy case.

They were arrested by the Enforcement Directorate under the provisions of Prevention of Money Laundering Act.

Special Judge Kaweri Baweja extended their custody after they were produced through video conferencing (vc) on expiry of their judicial custody.

Kavitha, the daughter of former Telangana Chief Minister K Chandrashekar Rao was arrested by ED on March 15, while Arvind



Kejriwal was arrested on March 21. The court has extended the judicial custody of Kavitha in both the cases registered by the ED and Central Bureau of Investigation (CBI).

Special Judge Baweja Monday rejected Kejriwal's application seeking daily 15 minutes of medi-

cal consultation with his doctor. The judge directed that necessary medical treatment be provided and in case of requirement of any special consultation, Tihar jail authorities should consult a medical board consisting of the All India Institute of Medical Sciences doctors.

IP university starts new program

'NPCC'

AGENCIES
NEW DELHI, APRIL 23

IP University has introduced a new program, 'Nurse Practitioner Critical Care' (NPCC). This program is available at the Max Institute of Nursing Education and Training, Max Super Speciality Hospital, Saket.

There are 10 seats for this two-year program.

As far as eligibility criteria are concerned, a registered nurse or midwife can apply for this program.

The applicant must have passed nursing, post-basic nursing, or MSc nursing with 55 percent marks. One year of work experience is also required to apply for the program.

At the time of admission, 75 percent weight will be given to the last qualifying exams, and the rest 25 percent for the personal interview.

The duly filled-out application form with a demand draft of Rs 1,500 in favor of the registrar must be reached at the University Facilitation Centre, IPU, Dwarka, by May 15, 2024.

The details in this regard are available on the website of the university: <https://pu.ac.in>.

India, Oman Coast Guards hold meet to combat illegal activities at sea

AGENCIES
NEW DELHI, APRIL 23

The 5th Annual High-Level Meeting between the Indian Coast Guard (ICG) and the Royal Oman Police Coast Guard (ROPCC) took place here on Tuesday, marking a significant milestone in the collaborative efforts to combat transnational illegal activities at sea and promote regional cooperation.

The discussions were led by Director General Rakesh Pal from the ICG and the ROPCC delegation was headed by Assistant Officer Commanding Colonel Abdul Aziz Mohammed Ali Al Jabri, a Defence Ministry statement said.

The meeting focused on bolstering bilateral engagements through a capacity-building programme, cross ships'



visit, implementation of Sea Rider programme, establishing professional linkages between pollution reporting centres and other collaborative arrangements.

Both sides expressed their commitment to enhancing mutual cooperation in addressing maritime challenges, thereby strengthening the mari-

time safety and security framework in the region.

A meeting between an ROPCC delegation and representatives from Society of Indian Defence Manufacturers is planned in the National Capital on Friday to acquaint it with India's shipbuilding capabilities under 'Aatmanirbhar Bharat'.

Grand Shobha Yatra commemorates Hanuman Jayanti

AGENCIES
HYDERABAD, APR 23

A grand procession, known as the Shobha Yatra, took place across various parts of the twin cities of Hyderabad and Secunderabad to celebrate Hanuman Jayanti, the auspicious occasion marking the birth of Lord Hanuman, on Tuesday.

The primary Shobha Yatra commenced this morning from Lord Rama's temple in Gowliguda. Spanning a distance

of 12 kilometers and traversing numerous main streets, the yatra is set to conclude at the renowned Sree Veeranjaneya Swamy temple at Tadbund in Secunderabad late this evening.

Several processions originating from Rama and Hanuman temples in different areas of the twin cities merged with the primary Shobha Yatra along its route.

Thousands of devotees, including members of the Bajrang Dal and

VHP, adorned in saffron-colored caps and carrying flags bearing the images of Lord Hanuman, actively participated in the processions.

To ensure the smooth conduct of the celebrations, police enforced unprecedented security measures to maintain peace and order.

In light of the processions associated with Hanuman Jayanti, traffic restrictions were also implemented on several roads.

Rahul must talk politics, can't dodge CAA to please BJP: CM Vijayan

AGENCIES
KANNUR, APRIL 23

Kerala Chief Minister and CPI(M) politburo member Pinarayi Vijayan on Tuesday came down heavily on his INDI alliance partner and Congress leader Rahul Gandhi whom he appeared to be unhappy with for not being vocal about the Citizenship Amendment Act, and he also slammed the Election Commission for their biased approach and not taking action against PM Narendra Modi for his reported "hate speech" at a recent poll rally.

"Rahul Gandhi should talk about the politics of the country. Rahul did not speak against CAA to please BJP," the Left leader said addressing a "Meet the press" at the Kannur Press Club on Tuesday, where he also expressed confidence that the CPI(M) led Left Democratic Front (LDF) will achieve mega victory in the Lok Sabha election from his state.

There is a pro-left wave seen across the state, as per what he has seen after campaigning across all the 20 parliamentary constituencies, he added.

Vijayan said the 2024 general elections are crucial in order to save the nation from a great impending danger, as it plays an important role in safeguarding the constitutional rights as well as gives an opportunity to punish the Narendra



Modi-led NDA government for implementing anti-people and communal agenda over the past 10 years.

He said, all the core values of the Constitution are under threat while a BJP-led Union government is in power, so the people should think wisely and vote in favour of a secular front government. He said an anti-incumbency is clearly visible against the NDA government across the nation.

"BJP has an anti-Kerala approach because the Keralites do not accept them. They have not accepted them in the past or present and will not even in the future as Kerala will protect its secular mind," he said.

Rubbishing all claims of any triangular fight in any constituencies, Vijayan said the NDA candidates would only come in at the third spot in all the 20 Lok Sabha constituencies in Kerala.

Coming down heavily on both Left's alliance partners as well as the right wing, the CM said the

taking immediate action for the recent illegal hate speech of Prime Minister Narendra Modi against Muslim community in Rajasthan.

He also said the EC has been taking a silent approach against the complaint lodged by political parties.

Vijayan said the prime ministerial candidate of the INDI bloc has not been selected so far and will materialise only after the elections.

He also said there is no alliance with the Congress party and considered INDI bloc as only a platform for anti-BJP political parties in states to defeat the BJP-led NDA government.

He reminded that while in the 2019 election, the UDF had highlighted Rahul Gandhi as the prime ministerial candidate but this time around that campaign was not seen in Kerala. Speaking about his Assam counterpart Himanta Biswa Sarma that a few Congress leaders will join the BJP in Kerala after the Lok Sabha elections, Vijayan said "it is a serious opinion".

Vijayan reminded that Sarma too, is an old congressman-turned a BJP Chief Minister, so his comments would be considered according to "the culture of the Congress party where leaders cross-over to the BJP, whenever an investigation is initiated against them by the central agencies.

Secy DLSA visits OSC & Children's Home, Child Care Institutions at Ganderbal

JI NEWS SERVICE
GANDERBAL, APRIL 23

Secretary DLSA Ganderbal, Nusrat Ali Hakak, today visited One Stop Crisis Centre (OSC), Wayil Ganderbal, PALAASH (Children Home for boys), Kangan Ganderbal, PAREESHA (Children Home for Girls), Gangerhama Ganderbal, and Duriyateem Social Welfare Organization (for girls), Panzin Kangan.

During a visit to Children's Homes/Child Care Institutions, Secretary DLSA Ganderbal ascertained the facilities being provided to the children in the said institutions.

She reviewed capacity and overcrowding in the said institutions. She interacted with children and staff of the homes/ institutions and asked them



to maintain a healthy and effective environment in their respective institutions.

She also met children individually to enquire about their well-being, challenges and difficulties.

During visit to One Stop Crisis Centre, Wayil Ganderbal, Secretary DLSA Ganderbal interacted with some aggrieved women which were present during

her visit.

She instructed Centre Administrator, OSC Wayil Ganderbal to ensure that every aggrieved/victim women who came to One Stop Center be provided all kinds of medical, legal aid and other facilities, and also ensure to provide integrated support and assistance to women affected by violence.

Apart from this, necessary instructions were

also given to the Centre Administrator, OSC Wayil, heads/officials of Children's homes/child care institutions to provide all basic facilities to the inmates/ aggrieved women/Children well in time and remain in touch with DLSA Ganderbal for the best legal aid services to the distressed women and children.

Anantnag Hajj pilgrims to be vaccinated at 7 designated counters

JI NEWS SERVICE
ANANTNAG, APRIL 23

In a concerted effort to prioritize the health and safety of Hajj pilgrims amidst ongoing global health challenges, the Chief Medical Officer (CMO) Anantnag has announced a comprehensive vaccination drive for the selected Hajj Pilgrims across the district.

This initiative is aimed to safeguard the well-being of selected pilgrims embarking on the sacred journey to Mecca.

The vaccination programme is meticulously organized across various designated counters within the district, ensuring accessibility and convenience for all selected pilgrims for Shangus and Achabal scheduled on April 26, 2024 at SDH Shangus, for Kokernag and Larnoo on April 26, 2024, at SDH Kokernag for Dooru, Verinag, and Shahbad Bala on April 27, 2024 at SDH Dooru for Pahalgam and Mattan on April 27, 2024 at PHC Aishmuqam for Bijbehara on April 28, 2024 at SDH Bijbehara for Sallar and Serigufwar on April 28, 2024 at PHC Sallar. Similarly for Anantnag the vaccination is scheduled on April 29 & 30, 2024 at NTPHC Dialgam.

All the selected Hajj pilgrims are urged to ensure their presence at the designated vaccination venues on the specified dates for sanctity and safety of the Hajj pilgrimage.

Lok Sabha Elections 2024: Micro Observers imparted elections training at Srinagar

JI NEWS SERVICE
SRINAGAR, APRIL 23

As a part of General Lok Sabha Elections-2024, the District Election Office Srinagar today organised a day-long election training programme for Micro Observers in O2-Srinagar Parliamentary Constituency, here.

The election training programme was held on the directions of the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Returning Officer (RO), O2-Srinagar Parliamentary Constituency.

The programme was conducted with the aim to familiarize Micro Observ-



ers with the necessary training skills and knowledge to ensure free, fair and smooth conduct of the electoral process in the Constituency.

During the training sessions, the experts shared their theoretical knowledge, practical skills and hands-on experience of

the roles and responsibilities of micro-observers in the electoral process.

Speaking about the training, the DEO said that the training programmes are pivotal to sensitize poll staff with their roles and responsibilities during pre-election, election day and post-election phases.

Lok Sabha Elections 2024

Marathon under SVEEP held at Samba to maximize voter awareness

JI NEWS SERVICE
SAMBA, APRIL 23

A marathon themed 'Every Step Counts, Every Vote Counts' was organized today in Samba under 'Systematic Voters' Education and Electoral Participation (SVEEP) program with an aim to mobilize citizens for maximum participation in the Lok Sabha elections 2024.

District Election Officer, Abhishek Sharma; SSP, Vinay Kumar; ADC, Suresh C Chander; Additional SP Surinder Choudhary; District Nodal officer SVEEP, Mohammad Sayeed flagged off the mini marathon, comprising participants of all age groups.

The mini marathon started from Pangdore



Chowk and culminated at Kolhapur Bridge.

In the men's category, Rohit Pal stood first, Mohan Lal stood second and Shubam Roy stood third.

In the women's category, Pihu Devi got first place and Akashi got second place. The winners were awarded by the DEO.

After this, a Yoga event

was organised followed by a DJ event in which youth danced to the songs and tunes related to voter awareness.

The DEO educated the people about the importance of voting and appealed to them to exercise their right on polling day scheduled on April 26, 2024.

Lok Sabha Elections 2024

DEO Bandipora reviews poll preparedness

JI NEWS SERVICE
BANDIPORA, APRIL 23

The District Election Officer (DEO) Bandipora, Shakeel ul Rehman Rather today chaired a meeting of Officers at Mini Secretariat, here to assess the preparedness for the Lok Sabha Elections- 2024.

On the occasion, the DEO reviewed the preparations made by Election Nodal Officers regarding the responsibilities assigned to them.

The Nodal officers briefed the DEO about the preparations and steps initiated for the smooth conduct of elections and implementation of various instructions of previous meetings. The meeting discussed threadbare various aspects of election, including arrangements at special polling stations, unique polling stations, model polling stations, plantation at polling stations, poll day monitoring formats, postal voting counter etc.

Issues related to status of distribution of EPICs, provisions made in polling stations, availability of material at all the three



assembly segments viz. 14-Sonawari, 15-Bandipora, 16-Gurez.

Besides, SVEEP, activities being carried out to increase voter turnout, training of manpower, deployment of security forces, election expenditure, implementation of MCC, working of MCMC, Working of Joint Election Control Room of Civil Administration and police were also threadbare discussed in the meeting.

While reviewing the status of the transport plan, the Nodal Officer

concerned apprised DEO that the transport plan for poll day has been framed and submitted to the concerned.

Nodal Officer postal ballots informed the meeting that all the necessary measures for home voting, visiting teams for home voting, and service voters are in place.

While reviewing the availability of material, Nodal Officer material management apprised the chair that all necessary election related material have been provided to

AROs of three Assembly Segments.

Speaking on the occasion, the DEO stressed the need for enhancing awareness under SVEEP to educate people about the importance of exercising their franchise.

He asked Nodal Officer SVEEP to identify areas with low voter turnout and focus SVEEP activities in those areas.

He directed the SVEEP cell to implement strategies in a coordinated and targeted manner in order to scale up SVEEP activities for promoting voter education, awareness and participation.

The meeting was attended by ADDC Mohd Ashraf Bhat, Additional Deputy Commissioner (Nodal Officer MCC) Umar Shafi Pandit, DyDEO Mohammad Rafeeq Bhat, Assistant Commissioner Revenue (ARO Bandipora), Assistant Commissioner Development (Nodal Officer EVM), SDM Gurez (ARO Gurez) SDM Sumbal (ARO Sonawari), DTO (Nodal Officer Expenditure) DIO (Nodal Officer MCMC), Executive Engineers and other concerned.

Lok Sabha Elections 2024: DEO Bandipora inspects EVM, material strong room

JI NEWS SERVICE
BANDIPORA, APRIL 23

The District Election Officer (DEO) Bandipora, Shakeel ul Rehman today undertook an inspection of EVM and Material Strong Room established at Mini Secretariat Bandipora where the EVMs and other election materials are stored securely.

With the aim to ensure adherence to Election Commission guidelines, the DEO on the occasion inspected various essential aspects for the smooth conduct of elections and assessed the arrangements of dispatch center, election material management, and EVM management. He emphasized the importance of adhering to Election Commission norms in letter and spirit and directed concerned officials to ensure smooth



storage and transportation of EVM machines besides reviewed security arrangements to safeguard the integrity of the electoral process.

The DEO was accompanied by ADC Umar Shafi Pandit, ACR Shabir Ahmad Wani, ACD Mumtaz Ahmad Pir and other concerned.

taken to ensure a free, fair, and transparent electoral process.

The DEO was accompanied by ADC Umar Shafi Pandit, ACR Shabir Ahmad Wani, ACD Mumtaz Ahmad Pir and other concerned.

DC Bandipora reviews Floriculture, Fisheries, Sericulture Departments

JI NEWS SERVICE
BANDIPORA, APRIL 23

The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman on Tuesday conducted a comprehensive review of Floriculture, Fisheries and Sericulture departments in a meeting held here at Mini Secretariat.

The meeting deliberated upon various issues of the Fisheries Department, including Fish production and the streamlining of market management.

The chair was informed that the department of Fisheries has established three Trout units viz, Shokbaba Trout Farm, Guzerbal Trout Farm and Trout Farm Wanpora Gurez besides one Carp Fish Farm at Trigam in Sonawari and has also created major assets in shape of Ova houses, a Trout Feed Mill, Inspection huts, and Anglers lodges etc.

Moreover, the Department of Fisheries has for the first time established



two Biofloc units, one in Government and other in the private sector in District Bandipora.

While taking review of the Sericulture Department, Concerned from sericulture department informed the DC that in district Bandipora 6 mulberry farms are functional besides 7 departmental nurseries.

The meeting was

informed that the departmental nurseries are spread over an area of 23.5 hectares with annual Silk-worm seed consumption of 83000 lac dfls.

Among others, the meeting was attended by ADDC Mohammad Ashraf, ADC Umar Shafi Pandit, CPO Mohammad Maqbool, and concerned district heads of departments.

DC Bandipora reviews performance of AHD

JI NEWS SERVICE
BANDIPORA, APRIL 23

The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman chaired a meeting at Conference Hall Mini Secretariat Bandipora to review the operation and performance of the Animal Husbandry Department (AHD) in the district.

The meeting discussed strategies to promote sustainable growth in the animal husbandry sector.

Giving details regarding the livestock population in the District, Chief Animal Husbandry Officer Bandipora, Dr. Gh. Ahmad Lone apprised the chair that Bandipora has 72564 cattle population and 415693 backyard poultry population.

CAHO informed the meeting that per capita availability of milk in the district Bandipora is 1000 ml per person, and the district has maintained self-sufficiency in milk production over the last few years.

DC Bandipora reviews Agriculture Sector

JI NEWS SERVICE
BANDIPORA, APRIL 23

The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman chaired a meeting to review the progress of Agriculture sector in the district.

The DC assessed subdivision wise various aspects of the agriculture department meant for enhancing best agricultural practices and ensuring sustainable growth in the sector.

Chief Agriculture Offi-



cer Bandipora, Javid Ahmad Samoon informed the chair that the district has 25583 hectare gross

cropped area, out of which 17533 hectare is net sown area.

It was revealed in the meeting that under the HADP 2523 application were received in the agriculture sector, out of which 1844 applications have been approved and the rest are under process.

Evaluating current agricultural techniques and exploring opportu-

nities for innovation and improvement to boost yields, the DC emphasized identifying infrastructure gaps and resource allocation challenges to enhance the overall agricultural ecosystem.

The meeting was attended by ADC Umar Shafi Pandit, ACR Shabir Ahmad Wani, Chief Agriculture Officer Bandipora Javid Ahmad Samoon, Assistant Director Planning Javid Ahmad Sheikh, SDAOs, AEOs, JAEOs and other concerned.