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## INDIA bloc members incite people in name of caste: PM Modi

**AGENCIES**  
VARANASI, FEB 23

Prime Minister Narendra Modi on Friday launched a scathing attack on INDIA bloc, saying members of the opposition alliance believe in instigating people in the name of caste and making them fight.



He also said the opposition leaders cannot "tolerate" Dalits and tribal people occupying high posts. He cited the presidential election which was contested by Droupadi Murmu.

Varanasi is Modi's parliamentary constituency. The prime minister also remarked that Ravidas ji has been call-

ing him repeatedly to his birthplace of the ancient temple town.

Speaking at a function here to commemorate the 647th birth anniversary of Sant Ravidas, Modi said, "In every era, the sermons of the saints show us the path and also alert us. In our country, whenever anybody indulges in discrimination in the name of caste, it damages humanity.

"If someone instigates (others) in the name of caste, it also damages humanity. Hence, brothers and sisters, today every Dalit and backward of the country has to keep in mind that 'INDI gathbandhan', which believes in instigating and making people fight in the name of caste, opposes the schemes meant for the welfare of the Dalits and 'vanchit' (deprived)," he said.

The prime minister further said the truth is that these people indulge in politics of vested interest of the family in the name of welfare of castes.

"You must be remembering that when construction of toilets was started, they ridiculed it. They also mocked the Jan Dhan accounts and also opposed Digital India.

Addressing an event at the National Institute of Technology, Srinagar, after inaugurating the new girls' hostel here, Sinha said that the facility was "dedicated to our daughters who are breaking the barriers in Science, Technology, Engineering and Mathematics (STEM) education and ready to shape the innovation and entre-

## LG Sinha stresses on developing workforce to meet industry demands, solve local challenges

**JI NEWS SERVICE**  
SRINAGAR, FEB 23



Jammu and Kashmir Lieutenant Governor Manoj Sinha on Friday called upon education institutes to develop a specialised workforce that would meet the industry demands and would also be capable of solving local challenges.

Addressing an event at the National Institute of Technology, Srinagar, after inaugurating the new girls' hostel here, Sinha said that the facility was "dedicated to our daughters who are breaking the barriers in Science, Technology, Engineering and Mathematics (STEM) education and ready to shape the innovation and entre-

preneurial ecosystem".

"The biggest responsibility of institutions like NIT now is to create a new generation of innovators. We should focus on developing an innovation-

driven economy in Amrit Kaal to strengthen the innovation ecosystem in the country," Sinha said.

The L-G called upon the faculty members to create a conducive environment for future-oriented capacity building of students and strengthening the synergy between educational institutions and industries.

"We must also ensure increased participation of women in STEM courses," Sinha said.

Sinha talked about the "transformation in the educational landscape" of the country, under the leadership of Prime Minister Narendra Modi.

"Today, our educational institutions are emerging as centres of cutting-edge learning programmes. With the new opportunities being provided to our talented youth in diverse fields, we can truly dominate the global knowledge economy in the future," he added.

## Army destroys landmine found near LoC In Poonch



**JI NEWS SERVICE**  
MENDHAR JAMMU, FEB 23

An Army patrol destroyed a rusted landmine in a controlled explosion near the Line of Control (LoC) in Jammu and Kashmir's

Poonch district, officials said on Friday.

The landmine was found adjacent to the border fence in the Balnoi area of the Mankote sector on Thursday, they said.

## Chief Secretary chairs 34th UTLCC meeting convened by RBI

**JI NEWS SERVICE**  
JAMMU, FEB 23



Chief Secretary, Atal Dulloo today chaired the 34th meeting of the Union Territory Level Coordination Committee (UTLCC) convened by the Reserve Bank of India (RBI) to discuss issues related to unauthorised deposits, fraudulent activities of unregulated entities and the sharing of Market Intelligence among stakeholders.

During the meeting, Chief Secretary impressed upon the bank authorities to create ample awareness among public about the

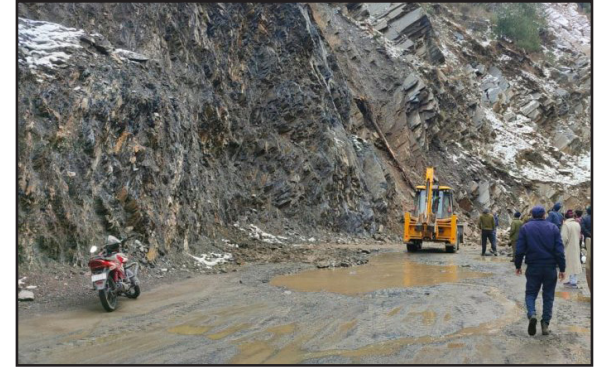
possible ways of financial defraud. He advised them to regularly issue do's and Don'ts for public to abide by. He even called for holding outreach programs among students and SHG members so that each household here gets acquainted about how to safeguard themselves from getting duped by

these fraudsters.

During this meeting Dulloo also reviewed action points including conduct of police sensitization programs, activities for public awareness generation, progress made in pending fraud cases of unauthorised deposits and digital lending.

## Jammu-Srinagar national highway reopens for traffic

**JI NEWS SERVICE**  
JAMMU, FEB 23



The Jammu-Srinagar national highway was reopened for traffic early Friday after remaining closed for four days owing to multiple landslides triggered by heavy rains and snowfall, officials said.

"Traffic plying on Jammu-Srinagar national highway but slow movement in Ramsoo sector due to single lane and poor surface," a spokesperson of the traffic department said.

He said while Light Motor Vehicles (LMVs)

were allowed from both sides this morning, heavy vehicles are being managed in a regulated manner to ensure smooth movement of vehicles.

The road was dam-

aged and rendered single lane at Dalwas, Cafeteria-Mehad and Gangroo between Nashri and Banihal tunnels, the spokesperson said.

## UGC want to be a facilitator, CUET-UG issues in J&K being addressed: Jagadesh Kumar

**JI NEWS SERVICE**  
JAMMU, FEB 23

The University Grants Commission (UGC) does not want to be a regulator but a facilitator and transform the higher education sector, its chairman Jagadesh Kumar said here on Friday.

The UGC Chief said that seven times more students appeared from Jammu and Kashmir last year in the Common University Entrance Test-Undergraduate (CUET-UG) to get admission in the best of universities across the country.

He said the issues faced by candidates in the



previous edition will be addressed this year.

Lieutenant Governor Manoj Sinha had last year raised the issue of lack of CUET examination centres in Jammu and Kashmir with the Union Education minister Dharmendra

Pradhan, saying various candidates were allotted centres which were over 300 kms away.

"UGC does not want to be a regulator but a facilitator and work with the stakeholders to

## Internet curb in J&K SC directs publication of review orders, says it can't be empty formality

**AGENCIES**  
NEW DELHI, FEB 23



The Supreme Court on Friday directed the Jammu and Kashmir administration to publish the review orders of the special committee under the Union Home Secretary on restoration of internet services in the Union Territory, saying the review cannot be an empty formality.

A three-judge bench of Justices B R Gavai, J B Pardiwala and Sandeep Mehta, however, said the deliberations of the committee will not be made

public.

"Taking into consideration that even review order would result in affecting rights of the parties... We express our prima facie opinion, though it may not be nec-

essary to publish review deliberations, orders passed in the review need to be published," the bench said.

Solicitor General Tushar Mehta, appearing for the J-K administration, said though review order is an internal mechanism, there is no impediment to publishing the same.

The court had in May 2020 asked the Centre to set up a special committee to assess the necessity of restrictions on the Internet in J-K.

Advocate Shadan Farasat, appearing

## Generally dry weather to prevail in J&K Till Feb 26



Night temperature remained below the freezing point in Kashmir on Friday as the MeT office forecast generally dry

weather till February 26.

An official of the Meteorological (MeT) department said that "there is likely no significant change in weather till February 26 during

## AI revolutionising clinical medicine, need for optimum integration: Dr Jitendra

**AGENCIES**  
BENGALURU, FEB 23

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said that Artificial Intelligence is revolutionising clinical medicine at a very fast pace and there is an urgent need for optimum integration between the existing and the newer tools of patient care.

At the same time, he said, integration is also required at a different level between the public



and private sector on the one hand and on the other hand among various systems of medical practice combining allopathy with AYUSH to achieve the

envisaged health goals through a synergised approach.

Speaking, as chief guest in the inaugural session of 2-day "International

Patient Safety Conference 2024", Dr Jitendra Singh said, India's recent success stories which have been hailed worldwide including the vaccine story, have proved beyond evidence that working in silos or in isolation has its limitations and further growth from here on is possible only through an integration at multiple levels.

Dr Jitendra Singh said, for the first time after Independence, the healthcare sector has received top priority under Prime Minister Narendra Modi. PM Modi spoke about Digital Health from the ramparts of the Red Fort on Independence

Day, he recalled.

A renowned diabetologist himself, Dr Jitendra Singh said, called for strong Public Private extended integration for the optimum results. He gave the example of a recently introduced Ph.D course in Biosciences, which is multiple in nature and even B.Tech or M. Tech streams could join.

Elaborating further on integration of various streams of healthcare, Dr Jitendra Singh pointed out that during the COVID even the West started looking up to India in search of immunity

## J&K SSB issues list of 839 candidates for appointment as JE Civil, Public Works Department Asks selectees to provide email, contact details within 21 days

**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

Jammu and Kashmir Service Selection board today notified a list of 839 candidates, recommending their appointment as Junior Engineer (Civil), UT cadre, by the Public Works (R&B) Department.

According to a notice issued here today by the Public Works (R&B) Department in this regard, the selected candidates have been asked

to submit their e-mail id and contact details in the establishment section of Public Works (R&B) Department, civil secretariat Jammu/Srinagar in person or on email id:clerkhallrnb121@gmail.com within a period of 21 days positively for uploading the same on the Employee Verification System (EVS), in terms of circular instructions issued by the General Administration Department vide number

18-JK (GAD) of 2022 dated 20.05.2022 under endorsement number GADMTGORBIV/9/2021-09-GAD dated 20-05-2022.

The notification further said that on failure on this account it shall be presumed that they are not willing to take up their appointment as Junior Engineer (Civil) in the Public Works (R&B) Department and shall forfeit the right of appointment without any further notice.



## IIM Jammu, UGC, HED host National Conference on NEP 2020 implementation in J&K, Ladakh

**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

The vibrant landscape of education in India witnessed a significant milestone as dignitaries and education stalwarts gathered in Jammu & Kashmir to deliberate upon implementation strategies for the National Education Policy (NEP) 2020 in Union Territories of Jammu and Kashmir and Ladakh.

Ladakh. The program was inaugurated by Chairman, UGC, Professor Mamidala Jagadeesh Kumar in presence Principal Secretary, Higher Education, Alok Kumar and Director, IIM Jammu, Professor B S Sahay.

Professor B S Sahay, presented an overview of the programme highlighting the importance of holding this innovative conference.



During the inaugural ceremony, a short film on IIM Jammu was screened for the participants. Additionally, a film highlighting various initiatives undertaken by the University Grants Commission (UGC) in alignment with NEP 2020 was also shown on the occasion.

On the occasion, Professor Mamidala Jagadeesh Kumar, planted a sapling in the premises of IIM Jammu Campus following a formal interaction with the students of IIM Jammu

at the Agastya classroom, fostering valuable dialogue and insights. Besides, a press conference on implementation of NEP 2020 in Higher Educational Institutions (HEIs) of Jammu & Kashmir and Ladakh was held, followed by a visit to the state-of-the-art library, "Nalanda", IIM Jammu

Following the formal proceedings, the participants engaged in thematic brainstorming sessions, dividing into ten groups

to deliberate on specific areas of focus for NEP 2020 implementation. These groups covered a wide spectrum of topics including Multidisciplinary and Holistic Education, Digital Empowerment and Online Education, Skill Development and Employability, Research, Innovation, and Entrepreneurship, Capacity building of teachers for quality education, Governance & Autonomy, Accreditation and Excellence, Equitable and Inclusive Education, Indian Knowledge System & Indian Languages, and Internationalisation of Education. Post the inaugural event, there were presentations put forward by the respective groups covering various topics discussed during the thematic brainstorming sessions. Following the presentations, the UGC Chairman, interacted with the participants including Vice-Chancellors, Deans, Principals, and Heads

of Departments from Higher Educational Institutions (HEIs) from across the Union Territories of Jammu and Kashmir and Ladakh.

During the conversation with the attendees, he expressed a revitalized determination and purpose to promote educational progress in Jammu & Kashmir and Ladakh in accordance with the tenets delineated in NEP 2020. The collaborative efforts and insightful discussions that unfolded during these sessions underscored the commitment of the academic community towards realizing the objectives outlined in NEP 2020. The event concluded on an optimistic note, with participants expressing a renewed sense of purpose and commitment towards advancing the educational landscape in Jammu & Kashmir and Ladakh in alignment with the principles outlined in NEP 2020.

## Commissioner SMC reviews IT Projects & Municipal e-Services

**JI NEWS SERVICE**  
SRINAGAR, FEBRUARY 23

The Commissioner SMC, Dr. Owais Ahmed today conducted a comprehensive review of the IT Projects and Municipal e-Services undertaken by the Corporation.

During the review, the Commissioner emphasized the importance of leveraging technology to improve efficiency, transparency, and effectiveness in delivering citizen centric services to the residents of Srinagar. The IT projects were evaluated for their impact on enhancing citizen engagement, streamlining operations, and promoting a more sustainable and smart ecosystem.

Additionally, the Commissioner assessed the services provided by the Corporation to ensure that they meet the evolving needs of the citizens and uphold the highest standards of quality and responsiveness. The focus was on identifying areas for improvement and innovation to better serve the people of Srinagar.

Dr. Owais expressed satisfaction with the progress made so far and reiterated the commitment of the SMC to continually enhance its IT capabilities and service delivery mechanism for the benefit of the citizens of Srinagar. The Commissioner directed to shift over from conventional to smart methods by obtaining IT interventions in office culture and also directed all municipal e-Services be made functional, and capacity building/awareness should be generated among the general public for judicious use of these services.

## Enriching Educational visit empowers students of GMS Ghordi

**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

An enriching educational visit was organized for Students of Government Girls Middle School Ghordi, Zone Ghordi for classes 6th to 8th, aligning with the principles of the National Education Policy 2020. The excursion, coinciding with a 'bag less day,' aimed to provide students with practical learning experiences beyond the confines of traditional classrooms.

excitement among the students were palpable as they immersed themselves in each destination, eagerly absorbing new knowledge and experiences. Their interaction with professionals further enriched their understanding of real-world applications of classroom learning.

Overall, the educational visit proved to be both educational and enjoyable, leaving a lasting impact on the students' holistic development. Such initiatives not only complement the academic curriculum but also foster a spirit of exploration and curiosity among young learners, paving the way for their future success.



Meanwhile, a Vocational tour to Fish Pond Kathua and Handicrafts & Handloom Centre Sallan, was organised by U.P.S. Sunkhal for providing valuable exposure to their students of various industries. The Visit, meticulously planned by the school administration, aimed to offer students a firsthand understanding of practical applications in

different fields. The visit to the Fish Pond Kathua provided insight into aquaculture practices, and the importance of aquaculture based livelihoods. At the Handicrafts & Handloom Centre Sallan, students

were immersed in the vibrant world of traditional crafts and weaving techniques. The occasion was graced by the presence of esteemed members of the Sunkhal community, including Rachpal Singh, former Sarpanch; Maan Singh, former Panch; Krishan Singh, Lamberdar, along with several other respected individuals.

The vocational tour at Fish Pond Kathua and Handicrafts & Handloom Centre Sallan marks a milestone in the academic journey of U.P.S. Sunkhal, underscoring the school's dedication to fostering experiential learning and practical skill development among its students.

## GDC Ramgarh conducts Nasha Mukh Bharat promotion Campaign

**JI NEWS SERVICE**  
SAMBA, FEBRUARY 23

The NSS Unit 'Prabha', of Government Degree College, Ramgarh, organized an awareness rally and a nukkad natak under the banner of the 'Nasha Mukh Bharat Abhiyan' (NMB).



The rally and natak were organised on day five of the ongoing '7 Days NSS Winter Camp'. This rally was conducted under the guidance and leadership of Prof. (Dr.) Geetanjali Andotra, the Principal of the College.

Speaking at the event, the College Principal said that 'Nasha Mukh Bharat Abhiyan' intends to reach out to the masses and spread awareness about substance abuse through awareness generation programmes through higher education institutions, university campuses and schools. She congratulated the NSS Committee

members for such initiatives. Prof. Braham Dutt Sharma, NSS Programme Officer, briefed the participants about the proceedings of the event. He told the participants about the general traffic rules to be followed during the awareness rally. He also motivated students to always take part in such events aiming at social upliftment.

The awareness rally started from the College and marched through the

adopted village 'Kalah' and the nearby area. Nukkad Natak was presented in high school Kalah. A large number of NSS volunteers and students of the College participated in the rally and performed nukkad natak. They also raised slogans during the rally.

The faculty members include Prof. Braham Dutt Sharma, PTI Ashok Kumar, Dr. Imtiyaz Ahmed Bhatt, Mr. Ram Murti, and Ms. Sonali Dutta also participated in the rally.

## Monitoring Committee reviews implementation of ABC-ARV Program in Jammu City



**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

Commissioner, Jammu Municipal Corporation, Rahul Yadav today chaired Animal Birth Control and Anti Rabies Vaccinations (ABC/ARV) Monitoring Committee meeting to review the current status of the programme in the Municipal Limits of Jammu City.

MACC Roop Nagar; Namrata Hakhoo, Founder/Chairperson, Hakhoo Street Animals Foundation Trust (Regd and. Devinder Kour Madaan, Chairperson, SAVE (NGO).

A detailed discussion was held on the various aspects and progress of the ongoing ABC/ARV program being implemented by JMC in collaboration with Friendicoes-SECA (Delhi based Animal Welfare Organization) at Municipal Animal Care Centre, Roop Nagar, Jammu.

Dr. Divya Sharma, MVO, JMC appraised the committee that since the outsourcing of ABC/ARV programme to FRIENDICOES-SECA from April 2021 to ending Jan 2024, as many as 20112 stray dogs have been sterilized/immunized with ward wise /complaint basis catching. "All sterilized dogs have been relocated

in the same area from where they were caught as per the ABC (Dogs) Rules, 2023 promulgated under the Prevention of Cruelty to Animals Act, 1960" she added.

MVO, JMC further appraised that so far a total of 38546 stray dogs have been sterilized/ vaccinated in JMC limits out of the estimated street dog population of 50000 by taking into account previous ABC/ ARV done by the JMC.

## Advisor Bhatnagar addresses valedictory session of 9th NCEEITET at GCET Jammu

**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today remarked that in present day world, technology defines most of things related to mankind and one needs be constant learning person to cope with the emerging technological advancements across the globe.



The Advisor made these remarks while addressing the valedictory session of 9th National Conference and Exhibition on Emerging and Innovative Trends in Engineering Technology (NCEEITET) at Government College of Engineering and Technology (GCET) here.

The conference was organised by GCET in collaboration with Indian Institute of Technology (IIT), Kharagpur.

While delivering an insightful address during the valedictory session of the conference, Advisor Bhatnagar emphasized on the pivotal role of innovation in driving progress and addressing societal challenges. He underscored the importance of harnessing emerging technologies to catalyse economic growth, enhance competitiveness and promote sustainable development.

He remarked that J&K is on an accelerated path of growth and development, witnessing prosperity and progress not seen before.

The Advisor highlighted that the UT is receiving investments in cutting edge technologies and other sectors as J&K has one of the best industrial policies in the country. He added that the UT is making leaping strides in technological advancements as new era of accountability and transparency has been established in J&K with more than 1000 public services available digitally.

The Advisor also commended the organisers for successful culmination of this grand event.

Speaking on the occasion, Principal GCET, Dr.

Earlier, Advisor Bhatnagar inspected various stalls established by various Central Public Sector Undertakings of India such as NHPC, PFC, CVPP, IOC, BEE, BIS, J&K Bank, BSNL, NIELIT as well as various engineering colleges, depicting various innovative products.

The Advisor, during the valedictory session, also distributed prizes and certificates among various speakers, students and researchers for their innovations.

Prof. Raja Dutta from IIT Kharagpur also spoke on the occasion.

Prof. Raja Dutta from IIT Kharagpur also spoke on the occasion.



## Sarmad Hafeez holds public outreach camp at Town Hall Kupwara, e-inaugurates development projects

**JI NEWS SERVICE**  
KUPWARA, FEBRUARY 23

Secretary, Youth service and Sports, Sarmad Hafeez, on Friday convened a mega public darbar at Town Hall Kupwara to take stock of public grievances besides assessing development activities in the area.

On the occasion, Secretary also e-inaugurated three development projects in the area.

Chairman, District Development Council Kupwara, Irfan Sultan Panditpori, Deputy Commissioner Kupwara, Ayushi Sudan, Vice Chairman, District Development Council Kupwara, Haji Farooq Ahmad Mir, DDC member Drugmulla, Advocate Amina, ADDC, Gulzar Ahmad Bhat, ADC, Muhammad Rouf Rehman, district officers,

PRI representatives and locals attended the programme. Addressing at the Public Darbar, Sarmad Hafeez complimented the people for tremendous achievements recorded in growth and development of Kupwara district besides appreciating the district administration for their dedicated efforts on this account.

While highlighting the importance of holding the public darbars, the Secretary said that these outreach programs act as a bridge between the administration and the people resolving their issues at their doorstep. He said that LG's initiative of bringing administration at the doorsteps of people aimed at making government services more accessible and convenient for people by enhancing transparency, efficiency



and citizen engagement with the government.

He added that there are around 1200 digital services being provided by the government to citizens which empower and facilitate them with convenient access to essential resources, information and support while enhancing the efficiency and transparency of government operations.

While highlighting the role of community in

development process, Sarmad Hafeez emphasized for further strengthening of coordination among the public and the administration while elaborating on huge responsibilities of both. "Collaborative approach is imperative to contribute towards building a stronger, more cohesive society, where everyone has the opportunities to thrive and succeed.

DDC Chairman Kup-

wara expressed gratitude for enhancement of remuneration of Rehbr-e Khel (ReKs) and demanded funds for sports infrastructure in the district, so that infrastructure is developed.

Regarding sports infrastructure, the Secretary assured that adequate funding will be ensured for Galizoo sports stadium and other playgrounds of Kupwara district. He urged upon the youth to take advantage of different self employment schemes of the government.

The Deputy Commissioner, while speaking on the occasion, said that this is the third mega public darbar in the district, She also asked the participants to share their valuable inputs and feedback regarding implementation of welfare schemes. She said that Kupwara district

is an aspirational district and two of its blocks Keran and Machil are the aspirational blocks.

Vice Chairman, DDC Kupwara, demanded more snow cutter machines and other infrastructure for mechanical division.

During the event, Sarmad Hafeez also e-inaugurated three infrastructure developmental projects including Science Laboratory with computer room at Haril Handwara, Health Centre at Shahal and improvement of road by way of R/Walls at Haihma.

The people expressed gratitude to the district administration for organizing the public outreach programmes saying that such programs provide them an opportunity to voice their grievances and developmental issues for speedy redressal.

## DC Bandipora chairs meeting for formulation of Convergence Plan under MGNREGA



**JI NEWS SERVICE**  
BANDIPORA, FEBRUARY 23

The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman Rather on Friday chaired a meeting of concerned officers for formulation of convergence plan under MGNREGA 2024-25.

The meeting discussed various strategies for optimizing the implementation of MGNREGA through effective convergence with other developmental schemes and initiatives.

With a focus on enhancing socio-economic well-being, the DC emphasized the importance of leveraging synergies between MGNREGA and other programmes to maximize

their impact and ensure sustainable outcomes.

He stressed removing bottlenecks and enhancing coordination among various stakeholders to maximize the impact of MGNREGA interventions.

The DC asked the concerned officers to identify the focal areas to be considered while formulating the convergence plan for the district.

The meeting was attended by ADDC, Mohammad Ashraf; ADC, Umar Shafi Pandit; ACD, Mumtaz Ahmad; CPO, Mohammad Maqbool;

CAHO, Executive Engineers, Representatives from Horticulture, Agriculture, and other concerned departments.

## 250 students of Hiranaga zone embark on educational tour

**JI NEWS SERVICE**  
KATHUA, FEBRUARY 23

A group of 250 students drawn from GHSS Hiranagar, GHSS Marheen, GHS Sherpur, GHS Hiranagar and GHS Marheen today embarked on an educational tour to the prestigious Atal Setu Bridge in Basholi. Zonal Education Officer Hiranagar Des Raj and other Officials led the group of the students.

The tour aimed to provide students with hands-on learning experiences and foster a deeper appreciation for India's rich cultural and historical heritage. The tour began with a visit to the Atal Setu Bridge, an architectural marvel that stands as a symbol of engineering excellence. Students were fascinated by the bridge's unique design, which allows it to withstand the turbulent waters of the



Ravi River. They learned about the construction process, the challenges faced by engineers, and the bridge's significance as a vital transportation link in the region. The tour also included visits to several educational monuments and sites of historical importance in the area. Students explored ancient temples, forts, and museums, gaining insights into the region's rich past and cultural diversity. They engaged with local experts and historians, who shared captivating stories and legends that brought history to life. Throughout the tour, students demonstrated a keen interest in

learning and actively participated in discussions and activities.

They asked thoughtful questions, expressed their curiosity, and showed a genuine appreciation for the opportunity to explore new places and cultures. The educational tour to Atal Setu Bridge Basholi was a resounding success. It provided students with a unique and enriching learning experience, igniting their passion for history, culture, and engineering. The tour also strengthened bonds between students from different schools, fostering a sense of unity and community.

## Special Lok Adalat for Consumer cases held across J&K; 44 Cases resolved with Rs. 39.21 Lacs settled

**JI NEWS SERVICE**  
JAMMU, FEBRUARY 23

As a part of calendar of activities for the year 2024 prepared by J&K Legal Services Authority, a Special Lok Adalat was organized throughout the U.T of J&K, on Friday, under the dynamic leadership of Justice N. Kotiswar Singh, Chief Justice, High Court of J&K and Ladakh & Patron-in-Chief, J&K Legal Services Authority and under the able guidance of Justice Tashi Rabstan, Executive Chairman, J&K Legal Services Authority as well as Justice Sindhu Sharma, Chairperson, High Court Legal Services Committee.

The focus for today's Special Lok Adalat was

on amicable settlement of consumer cases pending disposal in different consumer forums within the UT of J&K. As per the information received from various districts of J&K, a total of 271 consumer cases were taken up in the Special Lok Adalat organized by various commissions across the UT of J&K, out of which 44 cases were settled amicably and finally disposed of with settlement amount of Rs. 39,21,261/-.

Member Secretary, J&K Legal Services Authority, Amit Kumar Gupta, while talking to media persons informed that this was the 3rd Special Lok Adalat of the current calendar year. He urged the Advocates in gen-

eral and the litigants in particular to take maximum benefit of the Special Lok Adalats which are being organized by the J&K Legal Services Authority.

Amit Gupta appreciated the efforts of all the Judicial Officers, Secretaries DLSA's, Advocates, staff of the district and tehsil courts as well as Legal Services Institutions besides litigants for their whole hearted participation in the Special Lok Adalat and facilitating settlement of such cases. He also acknowledged the role of Para Legal Volunteers and the media, both print and electronic in creating and spreading awareness amongst the masses about such initiatives of Legal Services Authority.

## DC/DM Srinagar chairs meeting of District Level Coordination Committee on Tobacco Control

**JI NEWS SERVICE**  
SRINAGAR, FEBRUARY 23

In order to review the implementation and enforcement of Cigarette and Other Tobacco Product Act (COTPA) in the District, a meeting of District Level Coordination Committee (DLCC) was held under the Chairmanship of District Magistrate (DM) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat here at Meeting Hall of the DC Office Complex.

Besides, Additional Deputy Commissioner, Srinagar, Syed Ahmad Kataria the meeting was attended by Deputy Superintendent of Police, Chief Medical Officer, District Health Officer, Medical Officer Hqtr, Nodal Officer NTCP, other concerned members and representatives of NGOs were present in the meeting.

At the outset, a threadbare discussion was held in order to chalk out a plan to ensure visible impact of implementation of COTPA on ground by arresting the problem and taking timely measures to curb the menace of Tobacco products.

During the meeting, the District Magistrate laid stress on the need of awareness generation among the masses regarding the harmful effects of



using Tobacco products. He asked the Officers to work in close coordination so that Tobacco Control laws are implemented effectively on ground across Srinagar.

The DM asked the Committee members to explore possibility for Vendor licencing in District and directed for launching special drives for strict enforcement of Tobacco Control Laws particularly around Hospitals and Educational Institutions and Public places.

The DC directed the concerned authorities to initiate appropriate "penal action" against the defaulters under rules. He further said that Enforcement Squads will also monitor the unlawful sale of cigarettes in Srinagar and curb

the menace.

The DM further stressed on take all required measures to implement COTPA around all educational institutions of the District by designating members from respective colleges and schools to save the younger generation from the ill effects of the tobacco products. He asked the Chief Education Officer and all College Principals to identify the shops within the 100 yards radius of their respective Educational Institutions indulging in the unlawful sale of cigarettes and other tobacco products and submit the details of the same for further legal action against the violators.

During the meeting, the participants were

given detailed information about the different sections of the Cigarette and Other Tobacco Product Act (COTPA), besides highlighted the ill effects of Tobacco usage and implementation of COTPA-2003 through a PowerPoint presentation.

Pertinent to mention that the Government has already ordered for strict enforcement of the provisions of the Cigarettes and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 and Rules, and has also issued instructions from time to time to all the concerned to take penal action against defaulters.

## Deputy Commissioner Rajouri reviews Drug Control measures at NCORD Committee meeting

**JI NEWS SERVICE**  
RAJOURI, FEBRUARY 23

Deputy Commissioner Rajouri, Om Prakash Bhagat, today chaired a meeting of the District Level NCORD Committee to address the issue of drug abuse in the district. The meeting aimed to enhance the existing measures and strategies to combat drug abuse effectively.

Deputy Commissioner Om Prakash Bhagat meticulously assessed the ongoing programs and interventions to tackle the drug menace. The meeting facilitated a comprehensive understanding of the multifaceted approach required to combat and eradicate drug abuse.

Directions were issued to stakeholder departments to collaborate their efforts to achieve the goal of drug-free Rajouri district. The significance of guiding and supporting the youth to ensure they stay on the right path was also emphasised.

The Deputy Commissioner asked the enforcement agencies to identify hotspots of drug trafficking to break the chain supply. The Sub-Divisional Level Committees



were asked to intensify awareness campaigns in respective jurisdictions to raise awareness among the community about the hazards and the consequences of drug abuse.

The health department was specifically instructed to improve surveillance of medicine stores through installation of cameras. This measure will help monitor and prevent any illicit activities or unauthorized access to medications, thereby curbing the misuse of drugs.

The Deputy Commissioner emphasized the need for schools to play an active role in pre-

vention in spreading awareness can have a significant impact on shaping public opinion and behavior.

The dedication of the District Administration to raising awareness about drug abuse, particularly among the younger generation, was a focal point of the discussions. The meeting emphasized the need for unity and combined efforts among administrative bodies, law enforcement agencies, religious leaders and educational institutions to create a robust mechanism for establishing the drug-free society.

The District Administration of Rajouri is rigorously placing all efforts to educate citizens, especially the youth, about the dangers of drug abuse. Deputy Commissioner Om Prakash Bhagat emphasized the importance of effective collaboration among stakeholders in tackling this challenge and fostering a drug-free society.

The District Administration Rajouri remains committed to combating drug abuse and seeks continued support and collaboration from all stakeholders in creating a drug-free society.



## Political migrant delegation called on AICC General Secretary

J1 NEWS SERVICE  
SRINAGAR, FEB 23

A Political migrant delegation today called on All India Congress Committee (AICC) General Secretary and Former JKPC President Ghulam Ahmad Mir and sought his indulgence in restoration of their monthly migrant pension and relief they were getting from the Govt, every month for their living.

They also claimed harassment from the Govt after putting on hold their pension for unknown reasons. The delegation claimed that their pension and relief was stopped while the other migrants are continuously getting the pension and relief amounting to the discrimination and injustice with them.

A delegation of political migrants originally hailing from different districts of Kashmir approached Ghulam Ahmad Mir and apprised him about the Govt move of putting on hold their monthly pension for many months together leading to the starvation of their families. They told him (Mir) that they have been

living migrant life since decades. On the basis of threat to their lives and the contributions they have made towards restoration of peace in Kashmir, the then Centre & State Govt sanctioned the monthly migrant pension in their favour after completing all the required formalities including the verification from the CID wing of the Police department.

They also told Mir that despite braving the brunt of militancy, they continue to work for the Nation. Their family members and relatives were killed by the militants while having survived many militants attacks, but the present dispensation snatched their only source of living without even thinking once about the risk looming large on their heads, economic crisis and the subsequent threats from ANEs given their Nationalist approach.

AICC General Secretary Ghulam Ahmad Mir expressed serious concern and anguish over the Govt move of putting on hold the monthly migrant pension for many months together terming the

move as unfortunate and inhuman on the part of present dispensation at Centre and LG Administration. It is very hard to believe that those who worked in National interest and chose a migrant life over their luxurious life are being harassed and pushed towards starvation, whilst the pension had been sanctioned on the basis of militant threat to their lives and family after conducting proper verification, from time to time.

Denying pension to political migrants' sans logic, Mir added and termed the decision as unjustified and unacceptable, Govt must revoke the decision very immediately ensuring that they (migrant) don't face starvation. Mir strongly urged upon both Centre Govt and J&K LG Administration not to discriminate with the migrants and restore their monthly pension and relief at par with other migrants, which they deserve fully on the basis of their sacrifices and the great contributions they made towards the restoration of peace during the peak militancy in Kashmir.

## Naya Jammu & Kashmir symbolises Hope : Rana



J1 NEWS SERVICE  
JAMMU, FEB 23

“Naya Jammu Kashmir symbolises hope, progress, and inclusivity by ensuring equal rights, opportunities, and development for every citizen of Jammu and Kashmir, irrespective of religion, region or caste, in true spirit of ‘Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas’, said Sr. BJP Leader, Mr Devender Rana while interacting with delegations and individuals during the weekly public hearing at the BJP headquarters here along with Prof. Kulbushan Mohtra. Rana said the new trajectory of growth story is already in process since the abrogation of Article 370 for over four years, which got new impetus with the renewed initiatives set in motion by the Prime Minister during his visit to Jammu on Tuesday. The opening of doors for investment, infrastructure development, and job creation would uplift the lives of millions of residents, particularly the youth. He said changing Jammu Kashmir under Modiji is being recognised across the political spectrum, which is a matter of pride for every citizen in this part of the country.

Rana dwelt in detail on the measures taken during recent years for establishing peace, resulting in humming economic activities and putting Jammu and Kashmir on the path of holistic development, saying abrogation of Article 370 has removed all the impediments in achieving this cherished objective. Now every segment of society is deriving the dividends of all the schemes and welfare programmes, which remained out of bounds for about seven decades, he added.

Rana said Naya Jammu & Kashmir is fast pacing towards emerging as the crowning glory of the country where each individual irrespective of caste, creed, religion or ethnicity has been equitably empowered.

Devender Rana said, the government's focus on good governance, transparency, and accountability has ensured that the fruits of development reach every corner of Naya Jammu Kashmir. The empowerment of local bodies and the participation of the youth in decision-making processes will further strengthen the democratic fabric of the region, he added.

## BCWPC training under mission VATSALAYA held at Nowshera



J1 NEWS SERVICE  
NOWSHERA, FEB 23

Friday A training of Block Level & village level Child welfare and Protection Committees constituted under Mission VATSALAYA was held at conference Hall Dak Bangalow Nowshera in which members of the block level child protection committees and representatives of the five Village level child protection committees participated. The training was organized by National Development Foundation Jammu/ Rajouri in collaboration with District Child Protection Unit Rajouri and Tehsil Social Welfare Office Nowshera. Around sixty people including Suresh Choudhary, CWC Member Rajouri, ZEO. Kabir Husain- Tehsil Social Welfare Officer Representative

from Block health, Mission Poshan, Lambardar, Children representatives and Ex Sarpanches Participated. The training was impacted by the resource person of NDF Sunny Kumar Programme Manager NDF and Amit Kundal. Program Officer NDF. Tehsildar Nowshera Ram Pal Sharma presiding over the training program. He thanked National development foundation for selecting Nowshera for strengthening block level and village level child protection committees. He called upon the committee members to dedicatedly work for strengthening child protection mechanism in Tehsil Nowshera. Rajiv Khajuria, President National Development Foundation in his address detailed sensitized the participants about their

role and responsibilities as the members of Block level and Village level child welfare and protection committees. He lauded the role of District Magistrate Rajouri Om Prakesh Bhagat for conducted the first ever meeting of District level child Welfare and protection committee and issuing instruction to the district and sectoral officer for strengthening child protection mechanism in the district. Khajuria briefed the participants on alternative care, measure viz adoption foster care and sponsorship. He applied the committee members to contribute in strengthening child friendly environment in their respective blocks and villages. He said that NDF team will be available to technically supports the VCWPC and BCWPC.

## FROM THE FRONT PAGE...

### INDIA bloc members...

“Not only this, these ‘parivar vaadi’ (dynastic) parties have another identity - they do not want any Dalit or tribal person outside their families to move ahead. They cannot tolerate Dalits and tribal persons occupying high posts,” Modi said.

“You must be knowing that when Droupadi Murmu, the first woman tribal president, was contesting elections, then who all opposed her and which parties came together to defeat her.

“It was all the ‘parivar vaadi’ parties, who see the Dalits, tribal people and backwards as their vote bank during the elections. We have to remain alert from these people and from such a mindset. We have to follow the positive education of Ravidas ji, while avoiding the negative mentality of casteism,” he said.

Showing praises on Sant Ravidas, Modi said, “Ravidas ji belongs to all and everybody belongs to Ravidas ji. He cannot be confined within the boundaries of caste, religion, sect and ideology.

“Ravidas ji has been calling me repeatedly to his birthplace. I got an opportunity to take forward his pledge. I get an opportunity to serve his lakhs of followers. Serving the followers at the birthplace of the Guru is nothing less than a privilege for me,” he said.

Born in Varanasi, Ravidas was a mystic poet-saint of the Bhakti movement in the 15th and 16th centuries. Venerated as a spiritual teacher in several regions of Uttar Pradesh, Bihar, Rajasthan, Gujarat, Maharashtra, Madhya Pradesh, Punjab and Haryana, he was a poet, social reformer and spiritual figure.

Modi also said India is moving rapidly on the path of development by adopting the messages of Sant Ravidas.

“On the pious occasion of the birth anniversary of Sant Ravidas, I welcome you all to his birthplace. You have come from far-off places on this occasion, especially my brothers and sisters from Punjab... Varanasi seems to have become a mini-Punjab,” he said.

At the Sant Guru Ravidas Janmasthan temple at Seer Goverdhanpur near BHU, the prime minister inaugurated the newly installed statue of Sant Ravidas in adjoining Ravidas Park. He also inaugurated various development works around Sant Ravidas Janam Sthal worth about Rs 32 crore and laid the foundation stone for the Sant Ravidas Museum and beautification of the park worth about Rs 62 crore.

Uttar Pradesh Chief Minister Yogi Adityanath and Chairman of Sant Guru Ravidass Janam Sthan Temple Trust Sant Niranjan Dass among others were present on the occasion. (Agencies)

### Army destroys...

The officials said experts were summoned and the landmine was destroyed.

As part of an anti-infiltration obstacle system, the forward areas are dotted with landmines, which sometimes get washed away by rains and also result in accidental blasts, the officials said.

### Chief Secretary chairs...

He called for more effective action on these fronts to safeguard public money and called for wider usage of Banning of Unregulated Deposit Schemes (BUDS) Act, 2019.

On the occasion the GM, RBI, Neeraj Kumar threw light on various steps that can be taken to tackle the rise of fraudulent activities in online sphere and called for collaborative approach among all stakeholders to mitigate such frauds.

Recent developments in frauds related to unauthorised deposits and lending apps reported in Jammu and Kashmir were also discussed in the meeting.

The meeting was attended by senior officials of J&K government and police department including Special DG Crime, A.K Choudhary; Principal Secretary, Home and Finance Departments, Santosh D Vaidya; ADGP, CID, Nitish Kumar; Secretary, Revenue, Prasanna Ramaswamy G; Secretary, Law, Achal Sethi, Registrar of Societies, Arun Kumar Manhas; Joint Director, Information, Vevaik Puri, Registrar of Companies, Jammu, Haamid Bukhari, and Joint Registrar of Cooperative Societies, Rakesh Dubey.

Officials of RBI and SEBI also attended the meeting either in person or through video conferencing.

### Jammu-Srinagar...

The decision to allow the traffic from both the capital cities was taken late Thursday after all stranded vehicles on the highway were cleared.

The traffic on the highway was suspended on Monday after multiple landslides, mudslides and shooting of stones from the hillocks overlooking the highway blocked the road at over a dozen places.

With the improvement in the weather on Wednesday, the agencies concerned mobilised more manpower and machines and managed to open the road partially for stranded vehicles.

However, a massive landslide at Kishtwari Pather blocked the highway again and finally the road was cleared for traffic on Thursday afternoon. (Agencies)

### UGC want to be a...

bring transformation in higher education with the implementation of the National Education Policy (NEP) which was announced in 2020,” Kumar told reporters on the sidelines of the national conference on NEP at Indian Institute of Management here.

The conference was held to deliberate on the implementation of the National Education Policy in higher education institutes in Jammu and Kashmir and Ladakh.

On the past problems with the CUET, Kumar said, “There were some issues faced by the students and those have been addressed. Last year, it was a computer-based test but now we are introducing OMR and the CEUT will be conducted in hybrid mode so that colleges and schools are used as centres and our students get an opportunity to appear in the exam nearby.”

Earlier, admissions in universities were based on board marks and that put a lot of stress on the students, he said. “That stress level has gone down with the introduction of CUET and all the students are getting a level-playing field. CUET has brought complete transformation and strengthened national integration.”

The UGC chairman also batted for appointment of ombudsman in universities and colleges, as well as grievance redressal committees, to address the students’ problems.

More than 400 academics and policymakers, including vice chancellors, deans, principals and heads of departments from higher educational institutions, attended the conference.

The participants, divided in groups of 10, engaged in sessions to deliberate on specific areas of focus for the implementation of NEP 2020.

Kumar said at least 78 universities will be covered under centrally sponsored Pradhan Mantri Uchchar Shiksha Abhiyan (PM-USHA) for infrastructural upgradation.

He said that UGC has announced several reforms with the launch of NEP.

“The NEP will open up a lot of opportunities for our young people and help them in becoming entrepreneurs and excel in the profession of their choice because NEP focuses on providing multidisciplinary and

holistic education, providing opportunities to students to acquire knowledge through experiential learning. It also talks about capacity building of our teachers,” the UGC chairman said.

Kumar said the Central Board of School Education is also introducing reforms by introducing vocational training, the first phase of which will cover class 9 to 12 followed by a second phase covering class 6 and above.

“We are working with the election commission to increase the awareness among the students about their constitutional responsibilities by coming out to vote.

“Similarly, the parliament introduced new (criminal) laws based on our own Indian ethos, we sent out circulars and information to bring awareness among the students about these laws,” he said.

Admitting it is tough to implement any policy in one-go, he said, “there is a lot of diversity in our education system as many institutions are located in rural and remote areas where they are facing problems of their own. Some institutions do take time but we have to sit and discuss the problems with them and try to solve those problems for better results.”

Asked about changes after the 2019 abrogation of Article 370 that granted special status to J&K, he said the focus is on books, laptops and polishing creative minds so that the country can be “fully developed by 2047.”

“Looking from the perspective of education in J&K, now the opportunities are growing and the students are exploring higher education outside the union territory,” he added.

### SC directs publication...

for the petitioner, Foundation for Media Professionals, submitted all states where restrictions were imposed on the Internet at one time or another have published the review orders but it is beyond comprehension why only Jammu and Kashmir was not doing it.

“I am surprised that Jammu and Kashmir is resisting. All other states including Arunachal Pradesh, Assam, Bihar, Meghalaya...including border states...have published it. There is no tenable order,” he said.

Farasat submitted these orders have been mandated by law and the failure to do so was against the spirit of the order of the top court in Anuradha Bhasin case as well as the Telecom Suspension Rules.

The Union government began tightening restrictions on the Internet in J-K in 2019 following abrogation of Article 370. Journalist Anuradha Bhasin moved the Supreme Court in 2020 seeking review of the restrictions.

On May 11, 2020, the top court had ordered setting up a special committee headed by the Union home secretary to consider pleas for restoration of 4G internet services in Jammu and Kashmir, saying national security and human rights needed to be balanced in view of the fact the Union Territory has been “plagued with militancy”.

In 2020, the top court had said review orders are “not meant to be kept in the cupboard” and asked the administration to publish them.

The top court said it was desirable to have better internet services in J-K in view of the COVID-19 pandemic and a national lockdown.

On January 10, 2020, the top court had in its Anuradha Bhasin versus Union of India verdict held that freedom of speech and conducting business on the Internet are protected under the Constitution. It had asked the Jammu and Kashmir administration to immediately review the curbed orders. (Agencies)

### Generally dry weather...

which period weather will generally remain dry in

J&K”.

Srinagar had minus 2.6, Gulmarg minus 10 and Pahalgam minus 9.5 as the minimum temperature.

Leh town of Ladakh region had minus 18.6, Kargil minus 22.2 and Drass minus 25 as the minimum temperature.

Jammu city had 6, Katra 5.6, Batote 0.2, Baderwah minus 2.4 and Banihal minus 1.6 as the minimum temperature.

### AI revolutionising...

building techniques drawn from Ayurveda, Homoeopathy, Unani, Yoga, Naturopathy and other oriental alternatives. He said, however, even after the COVID phase passes out, an optimum integration and synergism of different streams of medical management are the key to successful management of various diseases and disorders which may not be otherwise completely amenable to treatment by any single stream of medicine or the treatment given in silos.

Dr Jitendra Singh said that ever since Narendra Modi took over as Prime Minister of India in 2014, he has brought to the centre stage the virtues of indigenous systems of medical management. He said, it was PM Modi, who brought a unanimous resolution in the United Nations to observe International Day of Yoga, as a result of which Yoga has reached virtually every household across the world. Again it was Modi's initiative, that we have celebrated the International Year of Millets in 2023 to spread the virtues of Millets and other coarse grains to the world.

Referring to the PPP model, Dr Jitendra Singh said, India has witnessed investment of over Rs 1,000 crore in Space Startups in the last nine months of the current financial year from April to December 2023. This has been possible because after a bold decision taken by Prime Minister Narendra Modi, India's Space sector has been opened up for private players, as a result of which there is an overwhelming response from Industry as well as investors from private sector, the Minister added.

Similarly, Dr Jitendra Singh said that our Bio-economy witnessed double digit growth rate year-on-year in the last 9/10 years under the leadership of Prime Minister Shri Narendra Modi. “In 2014, India's bioeconomy stood at just about \$10 Billion. This fiscal we are likely to touch \$150 billion and we look forward to having \$300 Billion by 2030,” he said.

Dr Jitendra Singh said, India has made rapid strides in the last 8/9 years. “We had just 55 (Biotech) Startups in 2014, now we have more than 6,000,” he said. Today there are over 3,000 Agritech Startups and are very successful in areas like Aroma Mission and Purple Revolution.

Stating that the “Anusandhan National Research Foundation” will pave the way for a greater PPP model in scientific research, Dr Jitendra Singh said the NRF will catapult us to the league of a handful of Developed nations pioneering new research in new frontiers. “NRF budget envisions a spending of Rs. 50,000 crore over five years, out of which over 70%, will come from non-government sources, including domestic as well as outside sources,” he said.

Dr Jitendra Singh thanked the organisers for taking the lead for a synergised equitable relationship with the government for optimum outcomes. He also thanked them for taking the lead in bringing a new genre of AI and other technological tools for patient and clinical medicine.

Dr Jitendra Singh said, Apollo has also played a pioneering role fulfilling the vision of its founder Dr Pratap Reddy in addressing the societal needs during the tough times of COVID.



## Education Deptt organizes mega Rally of ULLAS volunteers at Baramulla

**JINNEWS SERVICE**  
BARAMULLA, FEBRUARY 23

In a significant step towards promoting literacy and education among non-literate adults who didn't get a chance to go to school, Additional District Development Commissioner Baramulla, Syed Qamar Sajad today flagged-off a mega rally of volunteers of Understanding of Lifelong Learning for All in Society (ULLAS) from DC office complex, here.

The rally was organised by Education Department Baramulla and was attended by Additional Deputy Commissioner Baramulla, Dr. Zahoor Ahmad Raina; Chief Planning Officer, Javid Ahmad; Chief Education Officer Baramulla, Balbir Singh Raina; Assistant Commissioner Revenue, Arshid Ahmad Khan; Deputy Superintendent of Police, volunteers from ULLAS, teachers and others.

During the flagging-off ceremony, the ADDC, ADC, and other officers and employees from the Deputy Commissioner's office eagerly volunteered for the program, bolstering the already enthusi-



astic team dedicated to advancing education to non-literate individuals of the society.

Speaking during the event, the ADDC praised the volunteers for their dedication to providing basic education to non-literate individuals, affirming the district administration's unwavering support in their journey towards success.

The CEO highlighted that the primary objective of Nav Bharat Saksharta Karyakram (ULLAS) is to

empower all adults aged 15 years and above, who have not had the opportunity to educate themselves, allowing the learners to acquire reading, writing and numeracy skills.

Raina provided detailed insights into ULLAS's significant reach in the district, emphasizing its extensive impact with a total of 3032 registered volunteers actively engaged in educating non-literate individuals across 601 registered centers across the district.

## District Screening Committee approves one case at Doda

**JINNEWS SERVICE**  
DODA, FEBRUARY 23

To address grievances stemming from militancy-related incidents, Deputy Commissioner Doda, Harvinder Singh, presided over a significant meeting of the District Screening cum Coordination Committee in his office today.

The Committee convened to deliberate upon 11 cases involving victims of militancy-related incidents and missing persons, all falling under the purview of SRO-43 of 1994.

During the session, rigorous discussions ensued among the committee members, including key stakeholders from various departments. After meticulous consideration, one case garnered approval, signaling a ray of hope for the affected family. Emphasizing expeditious action, DC Doda underscored the necessity for time-bound clearance of pending cases to alleviate the suffering of affected families. In a bid to ensure



the authenticity of claims, DC Doda directed officials to conduct thorough verifications of victims. The committee, which included ADC Doda Sudershan Kumar, Additional SP Doda Shakeel Bhat, and representatives from BSF, RR, CID, and other pertinent agencies, collectively pledged to streamline and coordinate efforts in combating prevailing issues within the district.

The meeting's focal point was the holistic approach towards addressing the multifaceted challenges posed by militancy-related incidents. By fostering collaboration among various stakeholders, the committee aims to enhance efficiency in delivering relief and support to affected

individuals and families. Moving forward, the District Screening cum Coordination Committee remains steadfast in its commitment to prioritizing the welfare of those affected by militancy. With a unified resolve and concerted efforts, the committee endeavors to navigate through complexities and usher in tangible solutions for the betterment of the community.

This proactive initiative signifies a step towards fostering resilience and solidarity within the district, as authorities continue to proactively address the ramifications of past conflicts, aiming to pave the way for a brighter, more secure future for all residents of Doda.

## DDC Chairman Bharat Bhushan reviews RDD works in Jammu

**JINNEWS SERVICE**  
JAMMU, FEBRUARY 23



District Development Council Chairman Bharat Bhushan chaired a meeting at PWD Guest House to review the progress and development works of the Rural Development Department in the district.

The meeting was attended by DDC Vice Chairman Suraj Singh, DDC members, Additional District Development Commissioner Sher Singh, Chief Planning Officer Uttam Singh, Assistant Commissioner Development Dr Vikas Sharma, Block Development Officers and other officers.

The DDC Chairman assessed the expenditures for the current financial year and directed the officers to ensure timely completion of all the ongoing works under various schemes of RDD.

He took a detailed review of the RDD with

respect to District Capex Budget, DDC Grants, BDC Grants and PRI Grants. He further conducted a block-wise review of developmental works under these grants.

The Chairman focussed on the works that are yet to be taken up and instructed the officers to complete them as soon as possible. He appreciated the majority of the blocks for satisfactory expenditures and encouraged all BDOs to spend the remaining funds by March 31.

He also discussed the proposed plans for the next financial year under all grants and asked all DDC members to submit their details by March 12, 2024.

The Chairman concluded that RDD plays a vital role in the rural development and empowerment of the people and urged the officers to work with dedication and sincerity to achieve the desired results.

## DC reviews functioning of GMC, Associated Hospital in Udhampur

**JINNEWS SERVICE**  
UDHAMPUR, FEBRUARY 23

Deputy Commissioner Udhampur, Saloni Rai today chaired a meeting of line department officers here in the Mini Conference Hall DC Office to assess the operations of the Government Medical College and Associated Hospital Complex Udhampur.

Additional District Development Commissioner Ghan Sham Singh; Chief Planning Officer Mudassir Yaqoob Zargar; Principal GMC, CMO, Dr. Anil Manhas; Executive Engineers from various departments, and other officers attended the meeting.

Detailed deliberations were held on the progress of ongoing projects including the construction of the new medical college and its main campus, make-



shift buildings, upgrading of teaching facilities at the District Hospital, as well as advancements in surgical procedures and laboratory tests at AH Udhampur.

The working of the newly opened addiction treatment center and the staff position at GMC and Associated Hospital, along with facilities like classrooms, labs, and library reading rooms were also reviewed.

The DC emphasized the importance of accelerating the physical progress of each project, urging executing agencies to utilize available resources effectively to meet dead-

lines. Emphasis was also placed on maintaining sanitation and hygiene standards to ensure effective healthcare delivery.

Furthermore, discussions touched the status of ongoing work at GMC and Associated Hospital, with a commitment from district administration and GMC authorities to collaborate closely to enhance medical infrastructure and human resources for improved patient care. The DC also get feedback on the functioning of the Rogi Kalyan Samiti and directed concerned authorities to conduct RKS meetings promptly.

## Reopening of Schools in Kishtwar Teachers bolster readiness for resumption of classes post winter vacations



**JINNEWS SERVICE**  
KISHTWAR, FEBRUARY 23

The first day of opening of schools post Winter Vacations unfolded seamlessly in Kishtwar District, with teachers preparing the educational institutions ahead of the return of students on March 1, 2024 after a hiatus of over two month vacations.

Some schools in far flung faced the challenge of snow-covered premises, witnessing the collaborative efforts of teachers and supporting staff diligently clearing the snow to ensure a welcoming environment for the return of students to resume classes.

Deputy Commissioner Dr. Devansh Yadav and Chief Education Officer Prahlad Bhagat, conducted thorough inspections across various schools to assess the preparedness of the institutions for the imminent resumption of regular classes.

During the inspections, the officers emphasized the importance of creating an optimal learning environment for students rejoining classes after an extended break. They urged the Head of Institutions (HOIs) to ensure cleanliness and facilitate necessary provisions for the smooth resumption of classes.

The CEO stressed the significance of making

the students' first day back interactive and motivational, imbued with an ambassadorial spirit to create memorable experiences that would resonate throughout the academic session.

Furthermore, teachers and HOIs were encouraged to provide necessary support and guidance to students, especially in preparation for upcoming exams.

The collective efforts of the educational community in Kishtwar District reflect a commitment to fostering a positive and supportive learning environment for students, ensuring a successful transition back to in-person classes.

## Dr. Tariq Sultan honoured with Best Language Film Award at MANAGE Agri Film Festival-2023

**JINNEWS SERVICE**  
BANDIPORA, FEBRUARY 23

The MANAGE Agri Film Festival 2023, held at MANAGE, Hyderabad on February 22, 2024, witnessed the recognition of excellence in the agricultural film industry, with Dr. Tariq Sultan, Programme Coordinator at Krishi Vigyan Kendra Bandipora-1, being honoured with the esteemed Best Language Film Award.

Dr Tariq was honoured for the insightful film titled 'Climate Resilient Village and Impact of Village Institutions in Bandipora District'.

The award, accompanied by a cash prize of Rs 10,000, a certificate, and a memento, was presented to Dr. Tariq Sultan by Faiz Ahmed Kidwai, IAS, Addl Secretary Ministry of Agriculture & Farmers' Welfare Govt of India and Dr P. Chandra Shekara, Director Gen-



eral MANAGE Hyderabad in recognition of his outstanding contribution to showcasing agricultural practices and community resilience in the Bandipora district of Jammu and Kashmir.

The exceptional contribution to the field of agriculture by Dr Tariq through the medium of film was acknowledged by the experts at the national level.

The recognition of the said film underscores its

significance in promoting awareness and fostering dialogue on climate change adaptation and rural development in the region.

By documenting the resilience of villages and the effectiveness of community institutions, the film serves as a valuable resource for policymakers, agricultural practitioners, and stakeholders working towards building resilient and sustainable agricultural systems.

## Commissioner SMC reviews IT Projects & Municipal e-Services

**JINNEWS SERVICE**  
SRINAGAR, FEBRUARY 23

The Commissioner SMC, Dr. Owais Ahmed today conducted a comprehensive review of the IT Projects and Municipal e-Services undertaken by the Corporation.

During the review, the Commissioner emphasized the importance of leveraging technology to improve efficiency, transparency, and effectiveness in delivering citizen centric services to the residents of Srinagar. The IT projects were evaluated for their impact on enhancing citizen engagement, streamlining operations, and promoting

a more sustainable and smart ecosystem.

Additionally, the Commissioner assessed the services provided by the Corporation to ensure that they meet the evolving needs of the citizens and uphold the highest standards of quality and responsiveness. The focus was on identifying areas for improvement and innovation to better serve the people of Srinagar.

Dr Owais expressed satisfaction with the progress made so far and reiterated the commitment of the SMC to continually enhance its IT capabilities and service delivery mechanism for the benefit of the citizens of Srinagar.

## Three-Day Intra College Sports Meet Competition concludes at GDC Vijaypur

**JINNEWS SERVICE**  
SAMBA, FEBRUARY 23

The three day Intra-College Sports meet organized under the banner of "Nasha Mukht Bharat Abhiyaan" and "Voting Awareness Campaign", concluded today at Government Degree College Vijaypur.

The sports event was organised under the supervision and guidance of Prof. (Dr.) Vandana Gupta, Principal of the college.

Intra college sports competition started with Chess, Volleyball and Carrom board matches. In Chess competition

eight teams of men and four teams of women participated while there were six teams each in carrom board tournament and volleyball included three teams.

The winners of the Men Carrom championship were Amjad Hussain and Avijeet Kumar of B. Sc Semester II, while Ranjit Kour and Palak Panotra of B.A. Semester II won the women's carrom championship. The chess competition was won by Anshitha Sharma (W) of B.A. Semester II and Manjeet Singh (M) of B.Com Semester. The winners of the Volleyball competition were the stu-

dents of Semester 6 of the college. The refreshment and certificates were also presented to all the participants while the winners were awarded with the trophies.

The whole meet was organised by Dr. Anoop Kumar Bhagat (Convener, Nasha Mukhti Abhiyan), Dr. Manoj Heer (Convener, Sports Committee), Dr. Jan Mohd. Wani (PTI) and co-ordinated by Prof. Ritu Bhagat, Prof. Poonam Kundan, Prof. Rakesh Kumar, Prof. Mazid Malik, Dr. Gunjeet Mahiwal (Member, Nasha Mukhti Abhiyan), Dr. Tisha Singh and Gagandeep Singh.



## EDITORIAL

## BJP—a formidable player in J&amp;K politics

The overwhelming and massive response to Prime Minister Narendra Modi's rally at MA Stadium on February 19 has infused a new vigor in the BJP cadre and leadership in Jammu and Kashmir who are now eyeing to contest and win all six seats of the erstwhile state of Jammu and Kashmir including the lone seat of Ladakh. The BJP has now intensified its campaign for the crucial 2024 parliamentary elections in the strategically significant region of Jammu and Kashmir. Prime Minister Narendra Modi's rally at MA Stadium was virtually the launching of the election campaign in J&K where the party has set a target to improve its tally of 2019 Parliamentary elections. The joining of a large number of workers from Kashmir and the twin border districts of Poonch and Rajouri has given a major boost and enhanced the confidence of the BJP leadership to open its account in Kashmir Valley. The BJP is particularly focusing on the newly carved Anantnag-Rajouri Parliamentary constituency where Pahari-speaking people and Gujjar-Bakerwals are a deciding factor. After the Prime Minister's impressive rally at Jammu, prominent BJP leaders including central ministers are scheduled to visit different parts of Jammu and Kashmir to further boost the tempo. While the opposition parties are still discussing seat-sharing arrangements, the BJP has already completed the first phase of the election campaign during the Viksit Bharat Yatra. The coming Lok Sabha elections are very crucial for the BJP because it would be the first major elections after the abrogation of Article 370. After the abrogation of Article 370 in August 2019, Jammu and Kashmir has emerged as a central political focus. The proactive approach of the BJP in reassessing its preparations underscores a commitment not only to sustain but to strengthen its influence in this critical region. One of the key aspects of the BJP's approach is its focus on grassroots-level politics. The party has been actively working to strengthen its organizational structure in the region, aiming to connect with voters at the local level. This strategy, which includes the appointment of grassroots-level workers and the establishment of new party offices, demonstrates the BJP's commitment to building a strong political base in J&K. Another crucial element of the BJP's strategy is its outreach efforts to diverse communities in the region. The party has been engaging with various ethnic and religious groups, including Kashmiri Pandits, Gujjars, Bakarwals, Paharis and others, to understand their concerns and incorporate them into its political agenda. This inclusive approach is essential for the BJP to broaden its appeal beyond its traditional support base. Additionally, the BJP has laid thrust on development and governance issues in its election campaign. The party's track record in delivering development projects and its emphasis on good governance seem to be key pillars of its electoral pitch. This approach is significant in a region like J&K, where developmental issues are crucial to the lives of the people. However, the BJP's preparations for the elections in J&K are not without challenges. The region's complex political dynamics, including its history of separatism and militancy, present unique hurdles for the party. Additionally, the political landscape in J&K is highly fragmented, with several regional parties and independent candidates vying for power. Navigating these complexities will require a delicate balancing act on the part of the BJP. By focusing on grassroots-level politics, engaging with diverse communities, and emphasizing development and governance, the BJP is positioning itself as a formidable player in the upcoming elections.

## A saga of resilience and adaptation

BKP SINHA

Embark on a journey through a mystical forest, where trees, the ancient storytellers, whisper tales of survival against the backdrop of ever-evolving landscapes. These silent guardians of nature stand tall and firm, their leaves rustling with tales of time. They bear witness to the rise and fall of civilizations, endure natural calamities, and adapt to our planet's shifting climate. Indeed, trees are nature's superheroes, their power lies in their remarkable adaptability. Like shape-shifters, they ingeniously tweak their structure, physiology, and even their regeneration mechanisms to thrive in varied habitats. India, with its diverse climates and landscapes, is home to a spectacular array of tree species. Each species, intricately woven into its habitat, embodies a unique journey of evolution and survival. Among these, Conifers stand out, particularly in the cool, windswept mountain regions. Unlike their deciduous counterparts, who shed their leaves with the changing seasons, Conifers wear their emerald attire year-round. Their foliage retains vital nutrients, helping them thrive in nutrient-deficient mountains. As winter swathes the land in the snow, Conifers with their needle-like leaves stand poised to seize any fleeting warmth and bask in the sun's shy smile. Their ability to adjust their metabolism and lower their energy needs enables them to survive extended periods without photosynthesis. Conifers, with their ever-

green nature, play a pivotal role in combating climate change. Even during the cold months when many trees stand bare, Conifers continue their silent vigil, actively absorbing carbon dioxide from the atmosphere. Unfazed by winter's chill, they tirelessly continue to purify the air, showcasing their importance in our ecosystems. As spring arrives with its warmth, Conifers are ready to immediately kickstart photosynthesis, thereby facilitating their growth and in times of intense heat, they close their stomata, thereby preserving water and enduring severe droughts. In contrast, broadleaf trees require time to sprout leaves, which delays their photosynthetic activity. This gives conifers an edge in regions with cold winters and dry summers while posing challenges for leafless deciduous trees with limited water supply. Conifers, with their long, thin needles, have adapted remarkably to their often challenging habitats. The needles' minimised surface area, coupled with fewer stomata, smartly reduces water loss. Interestingly, the stomata located deep within the needle structure create air pockets, resulting in less transpiration compared to exposure to moving air. Their slender shape also prevents snow accumulation, protecting the branches from breakage. The needle's outermost layer, a thick, waxy cuticle, serves as nature's exquisite raincoat, masterfully locking in moisture to ensure the tree's hydration even in the icy grip of winter. This same layer, inclusive

of the cuticle, epidermis, and occasionally the hypodermis, also shields the tree from harmful ultraviolet-B radiation. In foggy regions, these needles efficiently condense airborne moisture into droplets. These droplets then merge and fall onto the forest floor, hydrating the trees. Inversely, deciduous trees with their broad leaves hold tiny droplets that evaporate. This gives Conifers a distinct advantage in areas prone to advection fog, where rainfall is scarce. Under their bark, Conifers harbour a complex network of tissues, including the xylem and phloem, which transport water, nutrients, and sugars throughout the tree. However, during harsh winters, the sap, a life-sustaining fluid, faces the threat of freezing, which could severely damage the cell walls. But nature, in its infinite wisdom, has equipped these trees with a remarkable defence mechanism. Both deciduous and evergreen trees can osmotically move water out of their living cells into their intercellular (non-living) spaces. This strategic relocation of water confines the freezing process to these non-living zones. Also, the sap due to its higher sugar concentration transforms into a thick syrup that acts as an anti-freeze. This transformation reduces the internal freezing point of each cell and enhances its resistance to freezing. Thus, by employing these strategies, Conifers protect their living cells from ice rupture, ensuring the tree's survival through the harshest winters. Conifers, particularly

those in the Pinaceae family, are in a constant battle against formidable adversaries like bark beetles and their symbiotic microorganisms. Their defence mechanism is a sticky resin that seeps from their bark, serving both as a shield and a sword in their fight for survival. This resin forms a barrier that slows the movement of freezing air molecules, a feature that is especially beneficial in dry climates or during droughts as it helps preserve the tree's vital moisture. Moreover, the stickiness of the resin traps infiltrating insects, while its chemical composition deters or even exterminates these invaders, thereby ensuring the tree's continued growth and survival. However, climate change and invasive species are disrupting this balance, posing new challenges for these tenacious trees. Unlike broadleaf trees with large vascular conduits that foster high growth rates and rapid leaf turnover, conifers possess narrow tracheids in their vascular system. The slender shape of these tracheids only allows tiny bubbles to form, which quickly dissolve back into solution, effectively averting freeze-thaw embolisms. Such embolisms occur after a long, cold winter when the vascular system thaws and air bubbles form. In broadleaf trees, these bubbles can grow large and struggle to dissolve back into solution, leading to an embolism. However, Conifers' narrow tracheids prevent this from happening, making them mountain marvels. As we descend from the high altitudes towards the equator, we witness a capti-

vating shift in the botanical world. The reign of conifers gracefully passes the baton to the broadleaf trees. These trees, preferring warm and moist climates, become the stars of tropical and subtropical regions, thriving in valleys blessed with fertile and humid soils. Broadleaf trees, unlike conifers with exposed seeds on cone-like structures, protect their seeds within fruits. This strategy shields the seeds from harsh weather and predators, thereby improving the likelihood of successful germination and ensuring the continuation of the broadleaf lineage. During the dry season, these trees shed their leaves to conserve water and energy, a survival strategy akin to an investor offloading costly assets in times of scarcity. This process, known as abscission, involves specialised cells at the stem base acting like microscopic scissors, severing the leaf connection. However, before the leaves fall, the tree reclaims vital nutrients, storing them in the branches. When spring arrives, these stored nutrients fuel new leaf growth, transforming the landscape into a vibrant green canvas. While the botanical narrative often portrays conifers as inhabitants of frigid heights, they also demonstrate resilience in unexpected environments. Consider regions with high rainfall and poor water retention due to sandy or rocky soils. These challenging environments might seem inhospitable for most vegetation. Yet, in these very landscapes, Conifers, equipped with needle-like foliage and a waxy coating,

defy expectations and adapt to thrive in water-deficient soils. Their presence attests to life's remarkable adaptability, reminding us that nature's stories are often far more surprising and nuanced than we initially imagined. The saga of tree endurance is more than a mere showdown with the weather; it's a battle against environmental challenges and human-induced scars. While some species may succumb, resilient warriors, the pioneer species emerge. These trailblazers, including Albizia, Dalbergia, and the hardy duo of Willows and Birches in temperate climates, act as nature's first responder. They rejuvenate once the chaos subsides, splashing vibrant hues onto landscapes left barren and desolate. However, as the environment stabilises and resources become abundant, climax vegetation, the slower-growing, shade-tolerant species, begins their steady march. Their endurance enables them to replace the swift pioneers, asserting their dominance in the landscape. This transition paints a dynamic picture of movement, upheaval, and significant transformation in the landscape, illustrating the timeless wisdom of the tortoise and the hare: it's not always about the speed, but the resilience and persistence that truly counts in the race for survival. This is nature's beautiful way of reminding us that every player, swift or steady, has a crucial role in the intricate tapestry of life. (The writer is a former Principal Chief Conservator of Forests, UP; views are personal)

## Finding Solace in Divine Shelter

AJIT KUMAR BISHNOI

As smallness is a comparative term, we must ascertain compared to whom. The answer is God, who is so big that He is immeasurable. Imagine God being spread over uncountable galaxies, of which our Earth planet is a very small part. Now imagine how small we are. But this shouldn't bother us too much because God being very kind helps out wherever our smallness is an handicap. Let me start with getting a measure of our smallness. The count of human beings on this planet has gone beyond eight billion. Where do we normally live?

In a room, which is part of a building, which itself

is a part of a small locality. Many of such localities constitute a town, and we can go on till we get to the entire world. As regards our ability to exist, it has been estimated that we need the help of about twenty-five persons daily simply to exist. Our knowledge is severely limited in the larger sense even with the internet being available to us. Combined with our forgetfulness, we are not self-sufficient in this aspect. Consequently, we generally don't know what to do. Aren't we meditating endlessly on what concerns us? To achieve anything of substance like in a business venture, we need many to help us. We can get proof of our smallness whenever we look.

Let us see how big God

is. He is omnipotent, which means that He has unlimited power. He must have created uncountable galaxies. Compared to God, what power do we have? God is omnipresent also; He must be to do what He does. Lord Krishna confirms in the Bhagavad-Geeta, "This entire world is spread by Me by My unmanifest form." (9.4) He is watching all of us all the time. God is omniscient, which should not cause any surprise. And He is very different from us, which should also be obvious. God is very much involved in running of the Creation; He is very much here as should have been clear from the information provided earlier. God controls everything. God balances our free

will with what cannot be permitted. It is a tough task, but God, as He is, strikes a balance such that we can keep our free will more or less intact. In short, God will not allow an all-out nuclear war, which will cause premature annihilation of the world. God is for our benefit. He is not like a regular big, who is bent upon gathering everything for himself or herself. Why should God do that? Isn't He the owner of everything in the first place; God is complete in all respects. Wise persons advance themselves by taking God's shelter. They control their egos, because that is the main hindrance in getting guidance and help from God. The only bigness allowed

is to become a big devotee of God like Adi Shankaracharya or Swami Vivekananda. Then, we can endear ourselves to God by aligning our free will with God's plan for us. What does God want from us? We should contribute to the smooth running of the Creation; we should have a net positive effect on it. For that, we must follow 'dharma' - sound moral principles. We can seek guidance from God by sincerely praying because God can guide us perfectly; He knows what will transpire in future. Why be confused or swim in darkness; get the right knowledge from God, and avoid making expensive mistakes. We can get a lot from God, but we must qualify to get such help. It is best done

by doing spiritual practices. There are very simple acts like doing 'namaskar' to God, chanting His name, thanking Him for all the help received and having 'darshan' of God in His Deity or photo form. After all, there must be some way to determine who deserves such help. The conclusion is: that we are very small and helpless. This should be an accepted fact, but the Creation is based on sound principles. We can get all needed help from God by taking His shelter; our smallness need not be a handicap. What will you do? I, on my part, am trying to remain in God's shelter more and more. (The writer is a spiritual teacher; views are personal)

## Greek PM's Visit bolsters historic ties

KUMARDEEP BANERJEE

The visit of Greek (Hellenic Republic (Greece)) Prime Minister Kyriakos Mitsotakis this week marks an important chapter in Indo-Greek relations, an ancient bilateral relationship that often gets shadowed in the wider European context. Legend has it that the mighty Greek conqueror Alexander reached the northwestern frontier of the Indian subcontinent some 2500 years ago, fought two mighty kings, but didn't cross the Indus to enter India. However, a diplomatic relationship was established some years down the line, under the Mauryan rule (whose ruler Chandragupta Maurya had a Greek ambassador in his court named Megasthenes). Cut to contemporary times, Greece established its embassy in India in 1950, however, India took

28 years to start an embassy in Athens. Now a European country, just two and half hours behind Indian standard time, during summer, often featured in many Bollywood films, wasn't still an important ally until last year. During a state visit by Indian Prime Minister Narendra Modi in 2023, the bilateral relationship was elevated to a strategic partnership. The joint statement released in August 2023 highlighted: "Appreciating the increase in bilateral trade and economic engagement in recent years, the leaders also directed that both sides work to double bilateral trade by 2030. Both leaders reiterated the need for further broadening and deepening bilateral engagements in the fields of defence, shipping, science and technology, cyberspace, education, culture, tourism and agriculture. They took note of the signing of the MOU on



Cooperation in the field of Agriculture... Both leaders directed their senior officials to ensure regular dialogue in the areas including political, economic, defence, security and public diplomacy. They also agreed to encourage direct flights between Greece and India." This week's visit by the Greek PM has put the relationship under ample spotlight it deserves. When some of Greece's neighbours in Europe

had made not-so-friendly statements on some of the most recent policy developments in India such as the "Citizenship Amendment Act (CAA)/National Register of Citizenship (NRC), Abrogation of Article 370, Reorganisation of the New Union Territories of J&K and Ladakh, and Judgement on Ram Janam Bhoomi, etc. Greece had officially stated that it is an internal affairs matter of India. Greece and India have reciprocally sup-

ported each other for a reformed UN reflecting the current realities with a permanent seat for each other in the UN security council. As per a Ministry of External Affairs booklet released in 2023, just ahead of the Indian Prime Minister's visit to Athens, Greece, "voted for India's candidature to UNSC for 2021-22. It supported India at the Nuclear Suppliers Group in 2008, and 2016, MTCR, WASSANAAR arrangements, and Australia Group. Greece supported India's candidature for ICJ, ITLOS, IMO, Postal Operations Council (POC), World Heritage Committee and the position of External Auditor of the IAEA for the term 2022-27 and various other international bodies." Similarly, in Jammu and Kashmir, internal security concerns particularly arising out of state-funded terrorist activities, Greece has been

on India's side. Greece supports many of India's concerns in the larger European Union bilateral. India interestingly has held several rounds of discussions with the EU trade representatives, to hammer out a free trade agreement. Although with elections in India around the corner, a complicated, trade agreement with the EU with several moving parts looks difficult. However, to have preferential voices in the EU, with member nations like France and Greece, Italy, looking at India favourably, is always welcome. Some of the unfavourable comments India received from EU member countries, post former, not taking a Western approach towards long-standing ally Russia, are likely to fade away with India developing closer bilateral partnerships in the region. (The writer is a policy analyst; views are personal)



# INSULIN SENSITIVITY: UNDERSTANDING BLOOD SUGAR BETTER

ADITI SHENAI

Insulin is a hormone that helps manage the sugar levels in your blood. When your body responds well to insulin, you generally have 'good insulin sensitivity.' However, when the response is not as strong, it can lead to problems like insulin resistance. Insulin resistance is surprisingly common, as it affects about 38% of adults in the US. Research also shows the growing prevalence of insulin resistance in India and other Asian countries.

Insulin sensitivity has a significant impact on your risk of developing diabetes. Additionally, it can also affect your body weight. However, you can improve your insulin sensitivity by regulating your eating habits and enhancing your physical activity levels. It is essential for everyone, but especially for people who are at higher risk of diabetes, including certain racial and ethnic groups.

This article is going to break down what insulin sensitivity is, why it matters, and simple, practical ways to improve it. Whether you're trying to prevent diabetes, manage your weight, or just want to keep your body running smoothly, understanding and improving your insulin sensitivity can be a big help.

## What is Insulin Sensitivity?

Insulin sensitivity is a term that often surfaces when discussing diabetes, weight management, and metabolic health. But what does it actually mean for you and your health?

Let's break it down: after you eat, your body breaks down food into glucose (sugar), which enters your bloodstream. Insulin, a hormone produced by the pancreas, acts like a key. It allows glucose to enter your body's cells to be used as energy. When your body is sensitive to insulin, this process works smoothly and helps maintain healthy blood sugar levels.

If you have low insulin sensitivity, also known as insulin resistance, your body's cells don't respond well to insulin. It means glucose stays in your bloodstream and results in higher blood sugar levels. Over time, it can deplete the pancreas and reduce its ability to produce insulin. It is an indication of an elevated risk of type 2 diabetes. Furthermore, high blood sugar can damage organs and nerves over time. It showcases the critical role of insulin in maintaining overall health.

Besides increasing the risk of developing type 2 diabetes, insulin resistance also impacts weight management. That is because insulin plays a crucial role in fat storage and metabolism.

## Factors That Affect Insulin Sensitivity

When it comes to maintaining a healthy balance in your body, insulin plays a leading role. It acts as the gatekeeper for your cells' glucose intake. Under ideal conditions, this system runs smoothly. Here, insulin ensures your cells receive just the right amount of glucose from your blood. However, several factors can disrupt this harmony, leading to insulin resistance.

As stated earlier, insulin resistance is a condition where your body's cells start to ignore insulin's cues. This resistance elevates blood sugar levels and also increases the risk of developing type 2 diabetes.

Let's explore in detail how various elements contribute to this imbalance, emphasising the importance of understanding and mitigating these factors for better health outcomes.

## 1. Dietary Influences

**Excess Caloric Intake:** Consuming more calories than your body needs can lead to weight gain. It is a significant risk factor for insulin resistance. Overeating, especially foods high in sugar and fat, can cause an overload of glucose in the blood. It prompts the pancreas to produce more insulin. Over time, this constant demand can wear out insulin receptors on cell surfaces, making them less responsive.

**High Fructose Consumption:** While fruits are beneficial, an excessive intake of fructose, particularly from processed foods and sugary drinks, can overload the liver. Unlike glucose, fructose is primarily processed in the liver, where it's converted into fat. This process can lead to fatty liver, a condition that impairs the liver's ability to respond to insulin effectively.

## 2. Lifestyle Factors

**Physical Inactivity:** Regular physical activity helps muscles use glucose more efficiently and enhances insulin sensitivity. Conversely, a sedentary lifestyle means less glucose is used for energy. That can increase the burden on insulin to manage blood sugar levels.

**Stress and Sleep:** Chronic stress and lack of sleep can upset the body's hormonal balance. It increases cortisol levels, which in turn can elevate blood sugar levels. Over time, this can strain insulin's ability to regulate glucose effectively.

## 3. Genetic and Environmental Factors

Genetics can predispose individuals to insulin resistance. However, environmental factors like diet and activity level play a crucial role in its development and progression.

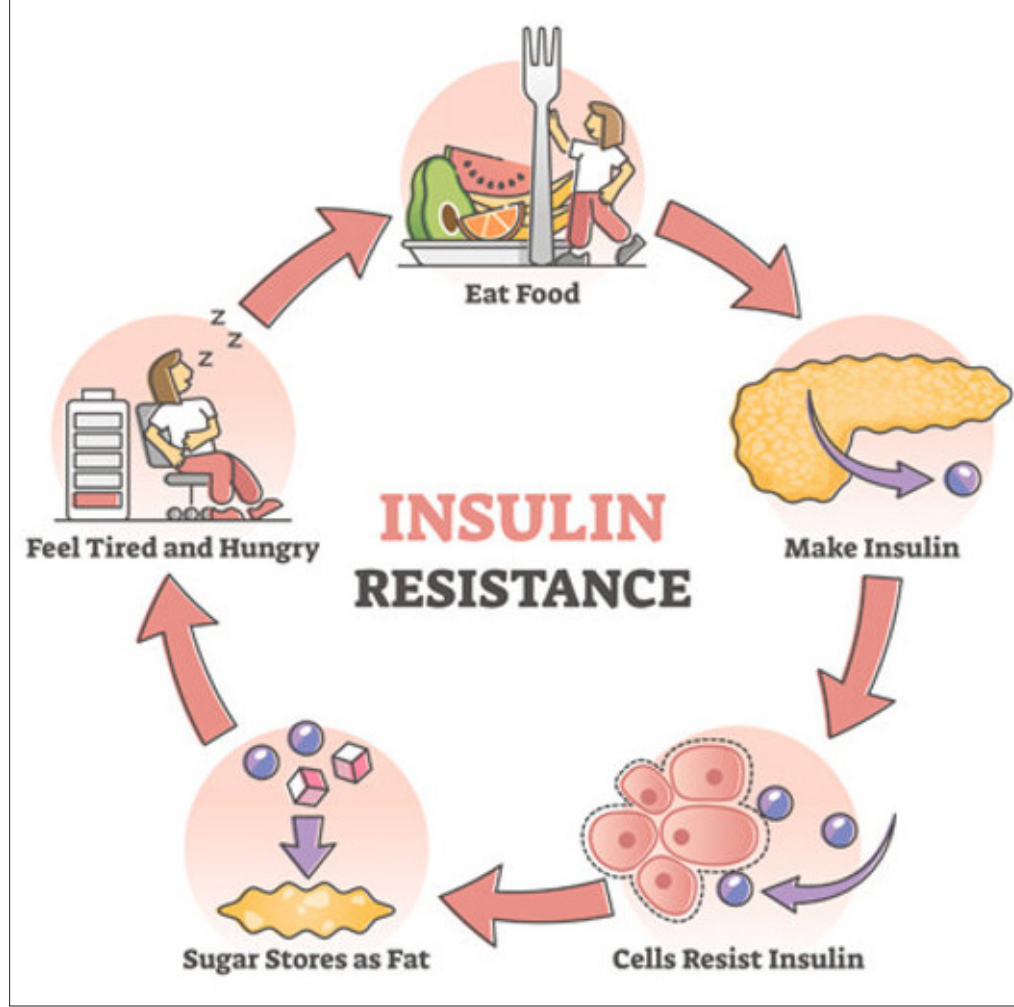
## 4. The Role of Visceral Fat

Visceral fat, the deep abdominal fat surrounding organs, is particularly harmful. It releases inflammatory markers and substances that interfere with insulin's signalling pathways. It contributes significantly to insulin resistance.

Understanding and addressing these factors is crucial in improving insulin sensitivity. Through dietary modifications, increasing physical activity, managing stress, and prioritising sleep, individuals can make significant strides towards enhancing their insulin sensitivity. This proactive approach helps manage blood sugar levels and also contributes to overall well-being and health.

## How to Improve Insulin Sensitivity?

Improving insulin sensitivity is crucial for maintaining opti-



mal health, particularly for those at risk of or managing diabetes. By understanding the factors that influence insulin sensitivity, you can take proactive steps to enhance your body's response to insulin.

A healthy lifestyle plays a crucial role in improving insulin sensitivity. Simple changes in daily habits can have a profound impact on how effectively your body uses insulin. It can reduce the risk of insulin resistance and associated health conditions.

Below are some science-backed strategies to improve insulin sensitivity.

## 1. Engaging in Regular Physical Activity

Exercise is a powerful tool for enhancing insulin sensitivity. Regular physical activity prompts muscle cells to use glucose more efficiently, reducing the demand for insulin. Incorporating a mix of aerobic exercises, such as walking or swimming, and strength training into your routine can significantly improve your body's insulin response. Even moderate activity, when performed consistently, can lead to noticeable improvements.

## – High-Intensity Interval Training (HIIT)

HIIT involves indulging in short bursts of intense exercise followed by periods of rest. This type of training boosts insulin sensitivity by encouraging muscles to use glucose more efficiently during and after workouts. Incorporating HIIT sessions a few times a week can lead to significant improvements in how your body processes sugar.

## 2. Prioritising Quality Sleep

Adequate sleep is essential for

maintaining insulin sensitivity. Lack of sleep can disrupt hormonal balance, including insulin regulation. Ensuring seven to eight hours of quality sleep each night helps stabilise blood sugar levels and improve the body's response to insulin. Simple practices can enhance sleep quality. Some of these practices are maintaining a regular sleep schedule and creating a restful sleeping environment.

## 3. Adopting a Nutrient-Rich Diet

Diet plays a crucial role in managing insulin sensitivity. Emphasising foods high in fibre, such as vegetables, fruits, and whole grains, can help stabilise blood sugar levels. Additionally, reducing intake of processed foods and sugars contributes to better insulin response. Incorporating healthy fats, like those found in avocados, nuts, and olive oil, can also improve insulin sensitivity.

## – Opt for Whole Grains Over Refined Carbohydrates

Whole grains have a lower glycemic index compared to refined carbs. They cause a slower, more controlled rise in blood sugar levels, helping to improve insulin sensitivity over time. Swapping white bread, pasta, and rice for whole grain alternatives is a simple yet effective change.

## – Include Omega-3 Fatty Acids in Your Diet

Omega-3 fatty acids, found in fatty fish, flaxseeds, and walnuts, have been shown to improve insulin sensitivity. They help reduce inflammation and improve the function of insulin receptors, making it easier for your body to use insulin effectively.

## – Limit or Avoid Sugary Beverages

Sugary drinks cause rapid spikes in blood sugar and insulin levels. By reducing or eliminating these beverages from your diet, you can help stabilise blood sugar levels and improve your body's response to insulin.

## – Increase Soluble Fibre Intake

Soluble fibre, found in oats, beans, lentils, and some fruits, helps slow down the absorption of sugar into the bloodstream. It can prevent spikes in blood sugar and insulin, improving overall sensitivity.

## – Avoid Trans Fats

Trans fats are found in processed foods and can lead to increased insulin resistance. These unhealthy fats interfere with cell membrane function and make it harder for insulin to do its job. Avoiding foods with hydrogenated oils and opting for healthier fats like those from avocados, nuts, and olive oil can improve insulin sensitivity.

## – Drink Green Tea

Green tea is rich in antioxidants, including a catechin called epigallocatechin gallate (EGCG). It enhances insulin sensitivity. Regular consumption of green tea can help lower blood sugar levels and improve your body's efficiency in using insulin.

## – Add More Herbs and Spices to Your Meals

Herbs and spices such as cinnamon, turmeric, and ginger have natural compounds that can improve insulin sensitivity. For example, cinnamon can lower blood sugar levels and increase insulin sensitivity by mimicking insulin's action and increasing glucose transport into cells.

Incorporating these into your daily diet can add flavour and health benefits.

## 4. Managing Stress Effectively

Chronic stress affects the body's insulin response. Engaging in stress-reduction techniques, such as meditation, yoga, or deep-breathing exercises, can help mitigate the impact of stress on insulin sensitivity. Finding healthy outlets for stress and prioritising relaxation can support overall metabolic health.

## 5. Maintaining a Healthy Weight

Excess body weight, particularly around the abdomen, is linked to decreased insulin sensitivity. A gradual approach to weight loss, focusing on sustainable lifestyle changes rather than quick fixes, can improve insulin sensitivity. Even a modest weight loss of 5-10% of body weight can have significant health benefits.

## 6. Stay Hydrated with Water

Proper hydration is vital for maintaining optimal blood sugar levels. Drinking water regularly helps to dilute the concentration of glucose in the bloodstream, aiding in better insulin management. Aim for at least eight glasses of water a day.

## 7. Regularly Monitor Your Blood Sugar Levels

Keeping track of your blood sugar levels can provide insights into how different foods and activities affect your insulin sensitivity. This information can be valuable for making informed lifestyle adjustments to improve your metabolic health.

## 8. Try a Supplement

Certain dietary supplements can also improve insulin sensitivity. For example, magnesium supplements can enhance insulin's action. Furthermore, alpha-lipoic acid can improve insulin sensitivity in patients with type 2 diabetes. The HealthifyMe Store curates a selection of high-quality supplements backed by scientific research.

Consulting with a healthcare provider and exploring options like probiotics, omega-3 fatty acids, and other supplements available in the HealthifyMe Store could be beneficial. It's a convenient way to access supplements that support your journey towards better insulin sensitivity and overall health.

## Insulin Sensitivity Test

Understanding your body's response to insulin is a vital part of maintaining good health, particularly if you're concerned about insulin sensitivity and the risk of type 2 diabetes. While standard tests cannot measure insulin sensitivity, indicators of insulin resistance can highlight challenges your body might be facing in processing blood sugar efficiently. This distinction is important because recognising and addressing insulin resistance early can prevent more severe health issues down the line.

When it comes to diagnosing insulin resistance, a series of tests can provide a clearer picture of your metabolic health:

### 1. Fasting Plasma Glucose

(FPG) Test: This test measures your blood sugar levels after an overnight fast. It's a primary screening tool for prediabetes or diabetes, conditions closely linked to insulin resistance.

**2. Oral Glucose Tolerance Test (OGTT):** The OGTT involves drinking a sugary solution two hours after fasting. Blood sugar levels are then tested over several hours to see how effectively your body processes glucose. It's more comprehensive than the FPG test and can provide insights into how your insulin sensitivity fluctuates over time.

**3. Haemoglobin A1C Test:** By measuring the percentage of your haemoglobin, the A1C test gives an average blood sugar level over the past two to three months. It helps identify long-term patterns in blood sugar management that might suggest insulin resistance.

**4. Lipid Profile:** This panel of blood tests measures triglycerides, LDL cholesterol, HDL cholesterol, and total cholesterol. An abnormal lipid profile can be a marker of insulin resistance. That is because high triglyceride levels and low HDL cholesterol levels are often seen in individuals with this condition.

## Symptoms to Watch Out For

If you're experiencing symptoms such as increased thirst and frequent urination, or if you have a family history of diabetes, discussing these tests with your healthcare provider can be a crucial step. Besides assessing insulin resistance, these tests also check for associated conditions like metabolic syndrome and polycystic ovary syndrome (PCOS), which share a link with insulin sensitivity issues. Remember, early detection and management can make a significant difference in your overall health trajectory.

## Suggestions

If you have low insulin sensitivity, you may be worried but do not try to panic as stress can actively worsen the issue.

Assess your situation and start tackling the issue in small ways. Incorporate diet changes, one by one and try to start with an exercise regimen.

Low insulin sensitivity is mainly a lifestyle disorder and can be dealt with, especially with a little planning.

## The Final Word

Understanding the complexities of insulin sensitivity can be a transformative journey towards better health. The insights shared here explain the subject and offer actionable steps to enhance your metabolic health. Remember, the power to influence your health is primarily in your hands. You can do so through mindful lifestyle choices, informed dietary habits, and understanding the significance of insulin in your body.

As we conclude, think of each day as an opportunity to support your insulin sensitivity, laying the foundation for a vibrant, healthier future. Embrace these changes as lifelong commitments to your well-being.

## Smartwatch may help boost treatment for depression

Smartwatches may not only help count steps, and sleep but can also offer mental health clinicians valuable information about depression symptoms, according to a new study.

Wearable technology is part of a focus on precision medicine that will allow clinicians to better tailor treatment for individual patients, said Joshua Curtiss, Assistant Professor of applied psychology at Northeastern University, US.

"The purpose of this type of research was to figure out if we can use passive sensor data to predict the things we care about -- to see if it is associated with changes in depression severity or symptom severity," Curtiss said. "It showed the very individualised ways depression



manifests in people," he said, in an article published in the *New England Journal of Medicine*.

For the study, the team took data from anonymised patients at Massachusetts General Hospital (MGH), who wore the Empatica E3 wristband to track sleep, acceleration and movement, heart rate variability and other physiological indicators.

Alterations in the pattern of sleep -- too much or too little -- can be symptoms of

depression, as can lack of physical activity and social isolation.

All of these symptoms can be tracked by wearable technology in the form of digital watches and smartphones, Curtiss said.

In the case of socialisation with others, for instance, clinicians can view data to see how often text messaging apps have been used, he said. "I think passive sensor data can offer an incredible tool for getting more information that otherwise is really difficult to get," Curtiss said. "This is not to supersede clinical judgement," Curtiss said.

"We combine (sensor) information with our clinical judgement and what the patients are telling us to get a full picture."

If the data shows the

patient hasn't had much physical activity, which could indicate fatigue or anhedonia -- lack of enjoyment in life -- the clinician could bring it to the patient's attention and discuss what's going on, he said.

The same goes for sleep patterns, Curtiss said.

While patient accounts are critically important, it's normal for patients to under report or over report symptoms, either because they forgot something, have grown accustomed to being in distress or have tired of filling out mental health questionnaires, Curtiss said.

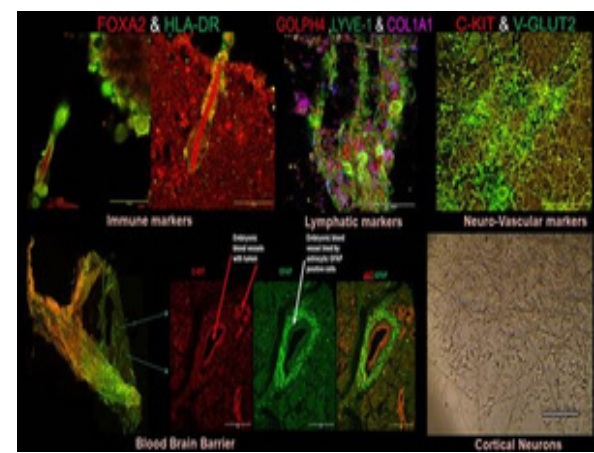
Passive sensor data greatly reduces the burden of patient self-reporting symptoms via multiple questionnaires, Curtiss said, adding that it can also help clinicians get up to speed more quickly on a new patient's mental health status.

## Indian researchers develop 'organoid' to help in neurodegenerative diseases

A team of researchers at the PGIMER on Thursday said they have developed a new prototype to generate neurovascular tissues/organoids from "autologous" blood (your own blood) that can help in precision medicine.

The prototype can help develop patient-specific embryoid models (called precision medicine) for congenital neuro-sensory, neuro-developmental and neuro-degenerative diseases like autism, ADHD, ANSD, Alzheimer's and Parkinson's.

It can also be used for deciphering genetics and neural circuits, testing drugs bypassing the blood-brain barrier, and identifying novel biomarkers for early neurological diseases, said researchers from Post Graduate Institute of Medical Education & Research (PGIMER).



The research, funded by Anusandhan National Research Foundation (ANRF/erstwhile SERB) can produce "functional vascularised embryoids on its own and requires no guided patterning".

It is cost-efficient as it requires no specific differential media, growth factor

or differentiating morphogens for culturing, but only "autologous" plasma and blood cells.

The field of neural organoids is rapidly progressing and has fueled the hope for improved understanding of brain development and functions, modelling of neural diseases, discovery of new

drugs, and supply of surrogate sources of transplantation.

"The implications are vast for studying neurological (neuro-sensory/motor and neuro-immune) disease pathways, neuro-regeneration, pre-clinical neuro-imaging, and endogenous gene editing, and autologous immunotherapies for tumours, and auto-immune diseases," said researchers.

The researchers said they are in the process of filing a patent for the prototype at the Punjab State Council for Science and Technology, Chandigarh. They are employing these models to understand the genetic basis of neuro-sensory hearing loss and auditory comprehension challenges (altered central auditory activity) in children with congenital Sensorineural Hearing Loss (SNHL) (early onset).



4th edition of Khelo India Winter Games Day 03

## Karnataka leads medal tally with eight Gold medal; Himachal Pradesh again sweeps medals in Snowboard event



JNEWS SERVICE  
GULMARG, FEBRUARY 23

As the weather was sunny today, the Khelo India winter games progressed smoothly as the scheduled events were held in all the four disciplines. The day witnessed some thrilling competitions and spectacular performances by the participants in various snow sports events.

Today, Nordic Skiing event was held at Golf Course while Alpine Skiing, Ski Mountaineering and Snowboard sports were organised at Kangdoori.

In overall medal tally, including phase 01 of Ladakh and phase 2nd Gulmarg, Karnataka is leading with eight gold and two silver medals followed by Maharashtra with six gold, eight silver and seven

bronze medals. Showing consistent performance, Army is positioned at third position with a score of 4,3,3 of medals till today.

In the Nordic skiing event, Padma Namgial of the Indian Army clinched the gold medal in the men's 15kms run category, followed by Manjeet and Rameez Ahmad Padder, who bagged the silver and bronze medals respectively. The winners were felicitated by six-time Olympian Sheva Keshavan who congratulated the athletes for exemplary performance.

In Skii Mountaineering Relay at Kandoori of Mens Category Army bagged Gold, Uttrakhand Silver and J&K Bronze. In the same event of Womens category, Himachal Pradesh won gold and J&K achieved silver.

In alpine skiing of men

giant slalom Baqir Hussain of army clinched gold, Pranav of Himachal scored silver while bronze also went to army as Debendra Gurgung got third position. Similarly, in snowboard at Kangdoori of men category Kulvinder Sharma and Karan sing of army took away gold and silver medals respectively while Mehraj ud din Khan scored bronze. In the same event of women Himachal once again sweeps the medals as Preeti Thakur, Pakarti Thakur and Deepika Thakur took away Gold, Silver and Bronze medals respectively.

Meanwhile the winners of yesterday's events were also felicitated today at medal ceremony at Golf Course, where the Union Minister of State for Home Affairs and Youth Affairs and Sports, Nisith Praman-

ik, felicitated the winners and praised their achievements.

The winner while expressing the satisfaction over their performance gave credit to their hard work and training they underwent to prepare the competitions. They expressed their satisfaction over the logistic support by the administration and different associations who are organising the Khelo India Winter games.

Bhavan from Karnataka who has won two gold medals and is eyeing on the third medal in 10 KM event scheduled for tomorrow said, "I have been waiting for this movement for the entire year". "I wish to represent India in next Olympic winter games and bring first medal for the country", she said. She also appreciated

J&K Sports council for the arrangements and facilities enabling athletes to focus on the completions.

Rameez Padder, Nordic Skier from J&K, happens to have bright career as he had won two gold medals in 1st & 2nd edition of Khelo India Winter Games and bronze in 3rd edition again scored bronze today. He has also pitched hope to represent country at international level. "I wish that foreign country athletes also participate here" he said. Inviting youth to engage themselves in sports activities and develop sports spirit, Padder said, "Sports act as antidote to save youth from drugs".

He also emphasized for promotion of games and engaging youth in activities to utilize the potential of youngsters.



## Babila Rakwal reviews formation of PACS as FPOs in J&K

JNEWS SERVICE  
JAMMU, FEBRUARY 23

Secretary Cooperative, Babila Rakwal, today chaired a meeting of senior officers to review the status of "Formation of PACS as FPOs" at civil Secretariat, Jammu.

The Secretary was briefed about the scheme and the target fixed by the Government of India for formation of FPOs under Central Sector Scheme, i.e Formation and Promotion of FPOs, where under one FPO in a single block has to be formed initially.

It was also informed that the PACS selected by the Selection Committee in a particular block will then establish FPO Cooperative from their members under Central Sector Scheme.

The meeting also discussed other issues pertaining to formation of FPOs at block level.

The Secretary informed that 10 FPOs have been registered so far in the district Baramulla, Kulgam, Jammu and Kishtwar. It was also informed that 9 PACS have



been identified as FPOs at district Rajouri, Baramulla, Kulgam, Kathua and Udhampur.

The Secretary directed the Deputy Registrars Cooperative Societies to expedite the process of formation of 50 FPOs for completion and cover all the uncovered blocks in a time bound manner. She also directed them to register the FPOs under both the Co-operative Acts (Registration of Cooperative Societies Act 1989 and Self Reliant Act 1999) as per the feasibility of members available, however, the number of FPOs should mandatorily be 100 members.

The Secretary directed the Deputy Registrars and other concerned officers to maximize membership

of women in FPO formation, as the role of women in delivering the services is quite remarkable, as the central government's mandate is that at least 30 percent of the expenditure should be on women farmers.

Deputy Registrars of both the divisions apprised the Secretary of various aspects and issues being faced by them while forming FPOs in their respective districts.

Among others, Director Finance, Co-operative, Additional Secretary, Cooperatives, ARCS Jammu/Kashmir besides other officers and officers of Co-operative and other allied departments attended the meeting in person and through video conferencing.

## DG Rural Sanitation tours Samba, Udhampur districts to review work done under SBM-G

JNEWS SERVICE  
JAMMU, FEBRUARY 23

Director General Rural Sanitation Jammu and Kashmir Anoo Malhotra conducted a comprehensive visit to district Samba and Udhampur to assess the functionality of Swachh Bharat Mission Gramin (SBM-G) assets.

The visit aimed to ensure the effective implementation of sanitation facilities and timely interventions for better results in door-to-door waste collection, collection of user charges and community involvement in different activities.

During her visit, Anoo Malhotra meticulously inspected the sanitation facilities at Kali Mata Mandir Block Tikri. She directed the concerned officers to expedite the construction of a Community Compost Pit and Community Soak Pit before the commencement of Sri Amarnath Ji Yatra, emphasizing the importance of clean and hygienic facilities for pilgrims and locals alike.

Continuing her inspection, Anoo Malhotra visited Panchayat Kambal Danga to evaluate the functional status of the Community Biogas plants constructed under



GOBARdhan. She stressed the need for proper maintenance and utilization of these plants to maximize their benefits for the community.

Addressing a large gathering at Panchayat Ghar Kambal Danga, Ms. Malhotra highlighted the significance of community participation in maintaining cleanliness and hygiene. She emphasized the role of everyone in ensuring the success of sanitation initiatives.

She stressed for the creation of "Bartan Bank" at community level to get rid of Single Use Plastic (SUP).

The DG visited Panchayat Chari, where she inspected the Community Soak Pit, Community Compost Pit, and Kitchen Gardens developed on Greywater. She reiterated the importance of sustainable sanitation practices

and encouraged the community to actively participate in such initiatives.

The DG also visited Plastic Waste Management Unit (PWMU) Narsoo and ensured the efficient processing of plastic waste for reuse in different forms.

Earlier, the DGP undertook a comprehensive tour of sanitation initiatives in the Upper Birpur and Bhadoria Panchayats, demonstrating her commitment to fostering cleanliness and sustainable waste management practices in rural areas.

In Upper Birpur Panchayat, she engaged with Self-Help Groups (SHGs) to inspire them to become champions of cleanliness by leading door-to-door collection campaigns and managing user charges efficiently. She emphasized the importance of SHGs in spearheading

Information, Education, and Communication (IEC) campaigns to drive behavioral change within their communities.

Transitioning to the Lower Birpur region, she inspected the Material Recovery Facility (MRF) and ensured the efficient segregation and processing of waste. She directed officials to maintain a dedicated logbook for rural waste collection and explore the feasibility of installing a GOBARdhan plant to harness electricity for the facility and neighboring households.

Continuing her tour, Ms. Malhotra visited Bhadoria Panchayat in Block Bari Brahmana, where she commended Mr. Dinkar Sharma for his exemplary private dairy farm. Mr. Sharma's farm showcased a holistic approach to sustainability, incorporating com-

posting facilities, solar panels, and biodigesters to manage waste effectively. She suggested the officials accompanying her to onboard Mr. Dinkar Sharma as a Swachhata Ambassador so that he would take forward the baton of Swachhata in J&K and could inspire other people to undertake such initiatives and contribute to behavioral change communication leading to Swachh and Swasth J&K. The DG reiterated the importance of such initiatives in promoting eco-friendly practices and encouraged other farmers to emulate Mr. Sharma's model. The tour underscored the Directorate General Rural Sanitation's commitment to promoting sanitation, sustainability, and community engagement in rural areas. Other officials who were part of this tour include Deputy Director Rural Sanitation, Ms. Sanna Khan, ACD Udhampur Dr. Ranjeet Singh, ACP Samba Narad Singh Dayal, ACP Udhampur Tanveer Ul Majid Wani, District Panchayat Officer, Udhampur Dr. Preeti Sharma, BDO Bari Brahmana Kapil Deol and BDO Udhampur Sahil Bhagotra, BDO Narsoo Shahbaaz Choudhary.

JNEWS SERVICE  
JAMMU, FEBRUARY 23

Divisional Commissioner Jammu Ramesh Kumar today chaired a meeting to review the progress of work on Delhi Amritsar Katra Expressway.

The Div Com directed the officials of NHAI to collaborate with the District Administrations for timely resolution of issues, if any, hampering the construction of the Expressway. He further asked them to ensure reg-



ular maintenance of the road for smooth vehicular movement. The Div Com issued directions pertaining to rural connectivity and asked the officials of BSNL to cover the shadow

areas with mobile tower connectivity.

Deputy Commissioners of Samba, Kathua, Kishtwar, Ramban, representatives of NHAI, BSNL attended the meeting.

## Ramban admin accords farewell to outgoing ADC



JNEWS SERVICE  
RAMBAN, FEBRUARY 23

The District Administration Ramban bid a warm farewell to the outgoing Additional Deputy Commissioner, Harbans Lal Sharma, as he embarks on his new role as Additional Secretary to the Government, Housing and Urban Development Department.

The heartfelt send-off took place in presence of Deputy Commissioner, Baseer-Ul-Haq Chaudhary.

In attendance were ADDC Rathan Lal, incumbent ADC Varunjeet Singh Charak, ACR S. Harpal Singh, SDM Banihal Rizwan Asgar, Tehsildars, and other officers who came together to extend best

wishes to the outgoing officers.

The farewell function also saw the presence of DDC members and prominent citizens, underscoring the widespread appreciation for the outgoing ADC.

Meanwhile, the District Administration was also welcomed the newly joined ADC Varunjeet Singh Charak.

## DPS, SMVDU-Katra hosts Annual Prize Distribution Ceremony

JNEWS SERVICE  
REASI, FEBRUARY 23

Delhi Public School, SMVDU-Katra, hosted its Annual Prize Distribution Ceremony to honor and celebrate the academic, extracurricular, and leadership achievements of its students. The event, held at the school premises, was graced by District Development Commissioner Reasi Vishesh Mahajan as Chief Guest.

The ceremony, com-

menced with the traditional lighting of the lamp, showcased the captivating cultural program.

Speaking on the occasion, District Development Commissioner Reasi Vishesh Mahajan emphasized the significance of such ceremonies in motivating students to strive for excellence and fostering a culture of diligence and achievement within the school community.

He commended the stu-

dents for their hard work and dedication, vast and diverse talents. He reiterated the District Administration Reasi's commitment to supporting the welfare of schools and students, emphasizing the importance of providing a conducive environment for learning, growth and development.

The Prize Distribution Ceremony served as a platform to acknowledge and reward students for



their outstanding achievements, providing them with encouragement and positive reinforcement. It was also an opportunity to celebrate the values of diligence and excellence that the school aims to instill in its students.

SDM Katra Piyush Dhotra, Principal DPS Katra Manikarnika Sharma, Pro Vice Chairperson S.S.Sodhi, Administrator Simmi Sharma and a large number of students were also present on the occasion.

## DC B'la reviews progress under JJM

JNEWS SERVICE  
BARAMULLA, FEBRUARY 23

The Deputy Commissioner (DC) Baramulla, Minga Sherpa today convened a meeting here to review the progress on various water supply schemes under Jal Jeevan Mission (JJM) in the district.

The DC was informed that under Jal Jeevan Mission major portion of the work has been completed in the district so far against the set target

with regard to providing drinking water to households under Centrally Sponsored flagship programme.

The meeting also discussed various issues that are incurred in the execution of WSS projects and it was informed that significant strides are being made in expediting the completion of pending work with an effort aiming to bring about potable water at the disposal of the wider society.



## Neglecting public issues, BJP bound to face flak by disillusioned supporters, common man: Rattan Lal

**JI NEWS SERVICE**  
JAMMU, FEB 23

National Conference Provincial President Jammu Rattan Lal Gupta said that BJP is bound to face setbacks in all upcoming polls in J&K as the government under its ambit has been callously neglecting the significant issues being confronted by different sections of society.

In a statement issued to media persons, while interacting senior colleagues of Jammu city, the senior NC leader maintained that BJP led Centre and its proxy rule in Jammu and Kashmir has remained phlegmatic over the important issues being faced by the public including the Saffron party's hardcore supporters leading to disillusionment of all as what was promised has not been delivered and the chances are also bleak that the government will

change its course listening to common man's plight. He said looking into growing unrest among all sections of society, it seems that the BJP Government is upto something in J&K as it has no concern about people's problems and is uncanny over promises made to alleviate issues like unemployment, regularization, bolstering public infrastructure, basic amenities, etc.

Elaborating unattended issues point-wise, Rattan Lal Gupta said that despite number of rounds of talks and discussion, and promises, the disgruntled daily wagers are struggling for their demands and protesting but the government is nonchalant as if it has nothing to do with this section comprising thousands of individuals and their families. He termed the situation as the government's cruel joke with the hapless

worker community.

The Provincial President also raised the issue of lakhs of youths wasting their youthful days in dilemma as the government in seat has no concrete policy to ensure safe career to this segment as under the incumbent but incapable government, the future of these educated unemployed youths is likely to perish. He said that over 7 lakh deserving unemployed young lot is presently longing for jobs in J&K but the government has failed to complete recruitment process without a scam as it has become a new norm in the region that whenever a recruitment process begins, the next step is a scam and things got entangled in CBI probes and other lingering tactics showing inefficiency of LG administration.

He asserted that the

future of youth is bleak in Jammu and Kashmir due to hollow and anti youth policies of present government. He mentioned that those serving on Academic Arrangement in the school / higher education department till date the govt has failed to regularize them since they have been serving for the last more than 15 to 20 years which is unjustified and against the norms of natural justice.

Rattan Lal Gupta further highlighted the scarcity of drinking as well as irrigation water in many areas of Jammu city/ region which lately has become a real big problem as the present government has no plans in offing to counter the same as it would become very difficult for people to manage in absence of regular water supply especially in summer.

He asserted that the then Sheikh Abdullah Gov-

ernment had initiated the Ravi Tawi Canal project to address the scarcity of irrigation and drinking water being faced by the farmers as well as the people of Kandi belt of District Kathua Samba and Jammu but things remained as they were, leading to manifold times increase in the problems related to water scarcity in Jammu.

Similarly, during the regime of Dr Farooq Abdullah, his government has also sent a proposal of lifting Chenab water and bringing the same to areas facing dearth of water for Jammu city including the Kandi belt.

He said that the present government in the centre should consider both the proposals and come up with a plan to resolve this issue otherwise things can go out of hand with people's sufferings reaching alarming levels.

## New Industrial Estates to transform J&K's industry sector, address unemployment issue: Dr Parneesh

**JI NEWS SERVICE**  
JAMMU, FEB 23

Dr Parneesh Mahajan, Convenor, Department of Training, Bharatiya Janata Party (BJP), Jammu and Kashmir, has asserted that the Administrative Council's approval for establishment of 7 new industrial estates in J&K has paved the way for not only transforming this sector in a big way but also in addressing the unemployment problem in this Union Territory. The BJP leader expressed this while reacting to the Govt's nod to the aforesaid industrial estates.

In a statement issued to media here today, the senior BJP leader said that the development of seven new Industrial Estates in the UT of J&K spread over 5290 Kanals of land for an amount of Rs. 304.51 crores has enough potential to ensure a prominent place to J&K on the



livelihood to lakhs of family members of such employed persons across the Union Territory.

Dr Parneesh said that the approval of Administrative Council for establishment of new industrial units reiterates the commitment of the BJP Govt to fulfill all the promises made to the people of Jammu and Kashmir in terms of economic empowerment. He said that this has been possible due to abrogation of Article 370 which was a big hurdle in ensuring the due welfare of the people of J&K especially the common people. He said that BJP Govt led by Narendra Modi at the Centre in synchronization with the UT Administration has ended the seven decade old injustices done to the common people during which only the dynastic rulers and their blue eyed ones got empowered economically.

nation's industrial map thus ultimately benefiting the Union Territory and its people in an unprecedented way. He said that the aforesaid industrial estates are estimated to have the employment potential of around 30,000 persons which means that it will definitely provide

## IIC, SMVDU organizes Two Day Workshop on Innovative Sustainable Design

**JI NEWS SERVICE**  
JAMMU, FEB 23

The School of Energy Management and the School of Architecture & Landscape Design, under the patronage of the Institute Innovation Council (IIC), jointly organized a two-day intra-institute workshop on Innovative Sustainable Design at SMVDU with an aim to nurture creativity, collaboration, and sustainable development. The workshop intends to bring together faculty, staff, and students to explore cutting-edge concepts, exchange ideas, and develop solutions to address persistent environmental challenges. The inaugural session commenced with Ar. Abhiney Gupta, Asst. Prof. at SoALD, extending a warm welcome to the distinguished guests, including Prof. Pragati Kumar, the Hon'ble Vice-Chancellor of SMVDU, along with faculty members, resource persons, and enthusiastic



students. The Vice Chancellor emphasized the importance of organising such workshops which help to pool innovative ideas of the young minds. He added that sustainable design plays a crucial role in shaping a better future for generations to come. As we face challenging issues such as climate change, resource depletion, and environmental degradation, it is vital that we harness the power of innovation to create solutions that are both ecologically sound and socially responsible. The workshop featured a diverse range of sessions, including expert presenta-

tions and hands-on workshops. Participants had the opportunity to engage with experts in the field, share their insights and experiences, and collaborate on projects that promote sustainability and innovation. Prof. Ashutosh Vaishstha, Dean Faculty of Management and Chairperson, IIC SMVDU stated that by bringing together stakeholders from across our institution, we hope to nurture interdisciplinary collaboration and encourage the cross-pollination of ideas. Through this collective effort, we aim to inspire positive change and empower individuals

to become catalysts for sustainable development in their respective fields. Dr. Sanjeev Anand, Associate Dean R&D, said that this workshop is part of IIC 6.0 Calendar Activities for Academic Year 2023-24 given by the Ministry of Education's Innovation Cell and the best innovations will be rewarded. Dr. Yatheshth Anand, Assistant Professor, School of Mechanical Engineering and coordinator of the workshop explained about the details of the workshop and how the innovations will be evaluated and rewarded. The session progressed with enlight-

ening presentations by notable resource persons. Ar. C L Razdan, former Director of the School of Architecture at SMVDU, captivated the audience with his discourse on the retrofitting project at Pahalgam, offering a profound learning experience for the attending students. It was followed by Er. Vaneet Aggarwal from BeeKay Protection Systems who shared pioneering advancements in home security, safety, and fire-fighting technologies, enriching the discourse with practical innovations aimed at enhancing residential safety standards.

The Inaugural session was attended by experts, Ar. C. L. Razdan, Mr. Vaneet Aggarwal, BEE Protection and Dr. Vineet Tyagi, Dean R&D, Ar. Aditya Kumar Singh, Head, SoALD, Ar. Navin Gupta, Assistant Professor, SoALD, Ar. Abhimanyu Gupta, Assistant Professor, SoALD. The workshop not only served as a platform for knowledge dissemination but also ignited a spirit of inquiry and exploration among participants, reaffirming the commitment of SMVDU towards fostering a culture of innovation and sustainability in academia and beyond.

## Arun Kumar Chibber holds meet with Relief Commissioner (M)

**JI NEWS SERVICE**  
JAMMU, FEB 23

Apni Party's Additional General Secretary, Arun Kumar Chibber today submitted a proposal to the Relief Commissioner (M) Arvind Karwani to encourage more participation of displaced Kashmiri Pandits especially new voters in the scheduled Parliamentary elections in Jammu and Kashmir.

As per the press release, the Relief Commissioner (M) Arvind Karwani held a meeting of all political parties at his office to discuss ways and means of facilitating voting in the upcoming Parliamentary elections by the displaced Kashmiri Pandit migrants.

In this meeting, the Party was represented by Additional General

Secretary, Arun Chibber in which he raised certain points which were noted by the Relief Commissioner.

Chibber suggested that "The M-Forms should be dispensed with forthwith as in the DDC elections, and a special publicized drive should be undertaken to make voter cards for all eligible migrant voters."

He also said that the number of polling booths should be increased for smooth casting of constituency votes and the D - Forms should be updated to indicate the final position of constituencies after delimitation for knowledge of registered migrant voters.

All these suggestions were discussed threadbare and noted for consideration by the Relief Commissioner (M).

## 10-day-old, underweight baby with life-threatening congenital heart defect saved via Balloon Angioplasty at Fortis Mohali

**JI NEWS SERVICE**  
JAMMU, FEB 23

In a one-of-its kind case, the Department of Paediatric Cardiac Sciences, Fortis Hospital Mohali, successfully saved the life of a 10-day-old baby - who was extremely underweight at 1.3 kg and suffering from "Coarctation of Aorta" - through Balloon Angioplasty.

Coarctation of Aorta (CoA) is a congenital heart defect and causes narrowing of the aorta (main heart artery), thereby obstructing the flow of blood. This defect puts excessive pressure on the heart and a delay in surgery can affect the heart, lungs and endanger the child's life.

The baby was put on life-saving medicines and shifted to Fortis Hospital, Mohali, where her parents approached Dr Rajat



Gupta, Senior Consultant, Department of Paediatric Cardiac Sciences in October 2023.

Led by Dr. Rajat Gupta, the medical team swiftly intervened to address the baby's critical condition. Balloon Angioplasty, a minimally invasive procedure, was performed to open the narrowed artery through a tiny incision in the neck, thus avoiding the need for open-heart surgery.

Dr. Gupta emphasized the importance of early detection and intervention in cases of congenital heart defects, highlighting that timely treatment is crucial to preventing irreversible damage to the child's heart. He further explained that Balloon Angioplasty can serve as a life-saving measure for newborns too fragile to undergo immediate surgical intervention.

Following the proce-

dures, the baby's health stabilized, and she was discharged from the hospital. However, in December 2023, she underwent a second Balloon Angioplasty to further improve blood flow to her body. Post-surgery, the baby's health has significantly improved, and she has shown remarkable weight gain.

The Department of Paediatric Cardiac Sciences at Fortis Hospital Mohali is renowned for its expertise in treating complex congenital heart conditions. Serving patients not only from Punjab, Haryana, and Himachal Pradesh but also from neighboring countries such as Pakistan, Afghanistan, Iraq, Mongolia, and South Africa, the department remains committed to providing exceptional care to children with cardiac ailments.

## Prof. Parshant Bakshi honoured with Best Language Film in Dogri at MANAGE Agri Film Festival 2023

**JI NEWS SERVICE**  
JAMMU, FEB 23

Dr. Parshant Bakshi, presently serving as the Head of the Division of Fruit Science in the Faculty of Horticulture & Forestry at SKUAST-Jammu, has been honored with the esteemed award for Best Language Film in Dogri entitled "Get Quality Citrus by these Practices: Walk and Talk with Progressive Grower." The award was conferred by the National Institute of Agricultural Extension Management (MANAGE), Hyderabad, during the second MANAGE Agri Film Festival 2023 held on February 22, 2024.

The ceremony, graced by the presence of dignitaries such as Sh. Fiaz Ahmed Kidwai, Additional Secretary, Ministry of Agriculture and Farmer's Welfare, Govt. of India, Dr. P. Chandra Shekara, Director General of MANAGE, Dr. M.Srikanth, Director (ABM), Dr. Saravanan Raj, Director (Agriculture Extension) and Dr. Srinivasachayulu Attaluru, Dy. Director (Knowledge Management), MANAGE, Hyderabad, aimed to acknowledge outstanding contributions in agricultural filmmaking and foster knowledge dissemi-



nation within the agricultural community through visual storytelling.

Amongst 417 film entries in 13 languages from 185 participants representing 22 states and UT across the country, Dr. Parshant Bakshi was honored with one of the 21 awards presented at the festival. Dr. Bakshi expressed his gratitude to his family, fruit growers, friends, and students for their unwavering support towards his YouTube Channel. The channel serves as a platform for providing hands-on information to fruit growers, strawberry cultivators, students, and development officers, with over 440 videos available in Hindi, English, and Dogri languages garnering 4.14 lakh views and a viewing time of 11K hours. Dr. Bakshi's channel has reached audiences not only in India but also in countries like the USA, Indonesia, Egypt, Philippines, Australia, Spain,

Nepal, Bhutan, Russia, and France. The content covers a wide array of topics including high-density planting, mango rejuvenation, pit preparation, use of drone in spraying, smart nursery of fruits, organic production of fruits and vegetables by using sensors, stress management of fruit crops for inducing flowering and fruiting and use of artificial lights in dragon fruit production, aligning with the vision of increasing farmer's income by providing technical guidance.

The accolade presented by MANAGE includes a cash prize of Rs. 10,000/-, a certificate, and a memento. Dr. Bakshi's illustrious career encompasses teaching, research, extension, and project management, where he has mentored numerous undergraduate, postgraduate, and Ph.D. students in Fruit Science as the major advisor and handled projects externally funded by

MIDH, HTM (MM-1), DST, NABARD, NHB, and HADP. His impact transcends academia with an extensive portfolio comprising 125 research papers published in prestigious national and international journals, along with review papers, book chapters, books, and popular articles. Dr. Parshant Bakshi has been the recipient of fellowships for international exposure on fruit crops, including visits to Volcani Centre Israel, Beijing China, Bangkok, and IPB University, Indonesia.

Dr. Bakshi's initiatives have significantly enhanced the income of farmers in the region, particularly in mango, guava, strawberry, anardana, apple, dragon fruit, and walnut production. He has introduced new fruit varieties such as Jammu mango (Selection-5), JWSP-06 and SJPW-1 (Walnut varieties), and Lime selection 1001 (Lime variety) and awarded one patent from UK. Committed to environmental conservation, Dr. Bakshi has spearheaded the "Save Horticulture" initiative for the past seven years, advocating for individuals to plant fruit or herbal plants on their birthdays as a sustainable and eco-friendly practice.

## Teachings of Guru Ravidass are relevant even today: Balbir

**JI NEWS SERVICE**  
JAMMU, FEB 23

Balbir Ram Rattan, National Secretary, Shri Guru Raviass Vishwa Mahapeeth, while talking to a group of the members of the community, stressed for educating the young generation about

the life and teachings of one of the great saint of the country. He said that the teachings of Guru Ravidass are relevant even today and would continue to inspire the people for times to come.

Balbir Ram Rattan said that the birthday of Guru Ravidass Maharaj

is celebrated as Prakash Utsav every year with great fervor & gaiety in Jammu and Kashmir, like many states of India and also in many other countries. He said that the people should dedicate the day to the great saint, who was a great social reformer and

preached social equality, brotherhood and respect for all the religions and faiths. He advocated for the elimination of caste and gender-based social barriers. The devotional verses of Ravidass are also found in the Guru Granth Sahib, the holy book of the Sikhs.



## "J&K's Economic Renaissance"; 7 Industrial Estates, 2000 start-ups, 30000 jobs spark optimism: Suri

J1 NEWS SERVICE  
JAMMU, FEB 23

Hailing the Administrative Council (AC) of Jammu and Kashmir Union Territory (UT), which under the chairmanship of Lieutenant Governor Manoj Sinha, accorded administrative approval for the development of seven new Industrial Estates and two thousand new start-ups, which are sure to generate about thirty-thousand jobs in the next few years, Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri said that this massive investment and development is a testimony to J&K's economic renaissance, which has been unleashed by our Prime Minister Narendra Modi since past ten years. Raman Suri said that all the previous governments

in J&K including those of Congress, National Conference (NC) or People's Democratic Party (PDP) kept the youngsters away from such start-ups, which would have given wings to their talent and expertise in various fields. Leaders of these parties also ensured that the industrial sector in J&K remained on ventilator with no new investments coming from other states or countries. The abrogation of Article 370, coupled with infrastructural development and liberal funding, has strengthened the hopes and confidence of investors, which is why new industrial estates have started coming up here.

The BJP leader said, the new industrial estates spread over 5290 kanals of land and to be set up at a cost of Rs 304.51



crores besides the 2000 new Start-ups, for which a venture capital fund of Rs. 250 crores has been set aside, will reverse the brain-drain, and also encourage our youth to unleash their full potential in the UT itself. There still exist some leaders who are blind to this massive development and are continuing to exploit youngsters for their vested interests. They must look at the startups and economic

growth, which our UT is witnessing since the abrogation of Article 370.

Raman Suri said that the adage "Rome was not built in a day" goes well with the removal of the controversial Article 370, adding that J&K needs more time to cleanse corruption and nepotism from the system that have marred the careers of many. On the other hand, massive development that is taking place in the shape of smart cities or development of new industrial policies are going to change the fate of Jammu and Kashmir. Tourism is already on the rise and the Prime Minister Narendra Modi has also ensured that the world witnesses how Kashmir will be developed in the coming years.

In Jammu, massive development works are

already going on and in the coming days, the region will prove to be the most sought-after destination for business and travel for the people from states like Punjab, Haryana, and Himachal Pradesh, as well as from the rest of India and the world. He added that 7 new Industrial Estates located at Banderpora Budgam, Sempora Medicity, Srinagar, Bhagthali, Kathua, Karandi, Samba, Trenz, Shopian, Hariparigam Tral Pulwama and Khunmoh, Pantha Chowk Srinagar would attract investments worth crores of rupees, which in turn will generate enough employment. He urged the youth to have faith in the dynamic leadership of Prime Minister Narendra Modi, who has a special place in his heart for Jammu and Kashmir.

## Rahul Yadav chairs Monitoring Committee meeting to review current status of ongoing ABC/ARV

J1 NEWS SERVICE  
JAMMU, FEB 23

Commissioner, JMC, Sh. Rahul Yadav chaired ABC/ARV Monitoring committee meeting to review the current status of ongoing ABC/ARV programme within JMC limits. For the effective management of street dog population and to curb the spread of rabies both in humans as well as animals, ABC/ARV programme is being carried out by the Jammu Municipal Corporation within JMC limits.

The meeting was attended by all the members of ABC Monitoring committee viz. Dr. Zaffar Iqbal, LDO, Jammu, Dr. Vinod Sharma, Health Officer JMC, Dr. Divya Sharma, MVO JMC, Dr. Manmeet Singh, VAS, MACC Roop Nagar, Miss Namrata Hakhoo, Founder/ Chairperson, Hakhoo Street Animals Foundation Trust (Regd.), Mrs. Devinder Kour Madaan, Chairperson, SAVE (NGO).

During the meeting, detailed discussions were held on the various aspects and progress of the ongoing ABC/ARV program being implemented by JMC in collaboration with



Friendicoes-SECA (Delhi based Animal Welfare Organization) at Municipal Animal Care Centre, Roop Nagar, Jammu.

Dr. Divya Sharma, MVO, JMC appraised the committee that since the outsourcing of ABC/ARV programme to FRIENDICOES-SECA i.e. w.e.f. 01.04.2021 ending Jan. 2024, 20112 no. of stray dogs have been sterilized/immunized with ward wise/complaint basis catching and all sterilized dogs have been relocated in the same area from where they were caught as per the ABC (Dogs) Rules, 2023 promulgated under the Prevention of Cruelty to Animals Act, 1960.

MVO, JMC further appraised that so far a total of 38546 no. of stray dogs have been sterilized/ vaccinated within JMC limits

in an estimated street dog population of 50000 by taking into account of previous ABC/ARV done by the JMC. In the meeting it was decided that for the effective implementation of ABC programme within JMC limits, ward wise/ zone wise coordination committees comprising of representatives of Resident Welfare Associations and Animal activists/volunteers constituted will work in their respective wards based on general public complaints.

For the regulation of pet dog population within JMC limits, committee decided that JMC shall intensify the awareness campaigns as well as enforcement drives for pet dog registration with mandatory spaying of female pet dog in accordance to Animal

Birth Control (Dog) Rules, 2023 & Municipal Corporation Act, 2000. Notices regarding the same shall be published accordingly.

Commissioner, JMC showed his satisfaction about the implementation of the ABC programme within JMC limits and further advised that more emphasis should be laid on those areas where more unsterilized dog population still exist and dog litter (pups) are born. He directed MVO, JMC to intensify the IEC activities to educate the general public by involving schools, colleges, universities & Resident Welfare organizations about the effectiveness of ABC/ARV programme in helping to reduce street dog population as well as eradicating rabies.

## JK High Court lawyers discuss Parliament Resolution on PoJK

J1 NEWS SERVICE  
JAMMU, FEB 23

Research and Advocacy Group (RAAG), a registered voluntary organization of legal professionals, academicians, media persons and Scholars today held a discussion among lawyers in the Bar room of the court complex to discuss the Parliamentary Resolution on Pakistan Occupied Jammu and Kashmir (PoJK), passed unanimously by the Parliament on 22 February 1994.

Advocate Deepak Sharma, Convener of RAAG in his welcome address expounded the agenda of the Conference. He informed the participant about the role of RAAG in the field of legal and social research activities.

Advocate Rakesh Bhat read out the resolution of the Parliament of India passed on 22 Feb 1994 regarding illegal occupation of Pakistan over the territory of Jammu and Kashmir and stance of India on it. He informed the participants that in repeated replies in the parliaments and on several National and International platforms the government of India has reiterated its firm stand and resolve against this illegal occupation of the Indian territory of POJK by Pakistan. Advocate Ranjeet Singh Jamwal, former Additional Advocate General, J & K who was the main speaker of the Conference while throwing light on the background and context of the resolution of the Parliament of India on POJK informed the participants that after the beginning of terror activities in Jammu and Kashmir in 1990's and concerned over Pakistan's role in imparting training to the terrorists in camps located in Pakistan and Pakistan Occupied Jammu and Kashmir, the supply of weapons, infiltration of trained militants and foreign mercenaries into J & K, the parliament of India passed the resolution and also resolved that the State of Jammu & Kashmir has been, is and shall be an integral part of India. Other participants also expressed their views on the topic and reiterated the parliamentary resolution and demanded that Pakistan must vacate the illegal occupation and stop exploitation of the people of POJK who for all practical purposes are the Citizens of India. They said every Indian is committed to uphold the sovereignty, integrity and Unity of the Nation and there can never be any compromise on the subject.

## Manyal discuss organisational matters with BJP Morchas of Jammu South

J1 NEWS SERVICE  
JAMMU, FEB 23

Bharatiya Janata Party (BJP) State General Secretary Dr. Devinder Manyal, discusses the organizational matters with morchas of Jammu South in a meeting organized by District President Jammu South Rekha Mahajan in the presence of State Secretary Ayodhya Gupta to discuss future course of agendas for forthcoming Lok Sabha polls here at party headquarters, Jammu. The meeting was attended by District General Secretaries Akash Chopra and Pushpinder Charak including all Presidents of Mahila Morcha, Yuva Morcha, SC Morcha, OBC Morcha, Kissan Morcha, ST Morcha besides all Prabharies of Morchas were present on the occasion. Devinder Manyal exhorted the BJP cadre to set their nose to the grindstone for the next 100 days to win the confidence of voters for

a third successive term. He added that the BJP needed to be elected back into power as the next five years were crucial for the progress of the country. Manyal also discussed in length the organizational matters of Jammu South and boosted the morale of party workers. He said that it is only BJP that a person from an ordinary family becomes a PM and CM and changes the fate of the Country and State. It was only the BJP that had a democratic set-up that allowed grassroots workers to rise to the top. Rekha Mahajan, while speaking in the meeting, said that the BJP is a party of principles, working for the upliftment of all sections of society, irrespective of their religion, caste, and creed. She added that Karyakarta is the backbone and strength of the party and the BJP gives its workers full opportunity to move forward. She appeals to all Morcha presidents

including Morcha Prabharies to work in coordination in a systematic approach.

Rekha Mahajan expressed that the BJP is committed to uprooting poverty in the society for which dozens of public welfare schemes have been launched by the central government under PM Narendra Modi. Whatever the schemes of the center or state government, these should reach ground level and this is possible only with the participation of our karykartas at booth level. She emphasized that workers are the key to the success of the BJP in upcoming parliamentary polls. Rekha underlines that cadres are the backbone of the party. Rekha Mahajan emphasized that all "Morchas" form the backbone of the party as they are the main feeders of the message of the party to the ground level. She explained that each Morchas should hold

continuous meetings in which roadmap to bolster the party at grass root levels and Morchas Prabharies must enhance their work within their respective communities understanding their individual needs and enforcing welfare schemes at the ground level. Ayodhya Gupta, guided the party workers to stay in the midst of the general public and highlighted the Modi Sarkar supernatural schemes, directly in coordination with the inhabitants of Jammu South. In the meantime, Inspired by PM Modi's doctrine young, vibrant youth namely Rahil Charak joins the BJP party in the presence of senior leadership of the party. All BJP leaders welcome him into the party. Senior leaders while welcoming articulated Modi's fulfilled guarantee which enabled youth to lead secure lives due to unprecedented development in infrastructure, tourism, and innovation sectors.



UNION TERRITORY OF JAMMU AND KASHMIR  
OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER  
POSHAN PROJECT DANSAL, DISTRICT JAMMU  
E-Mail Id:-cdpodsansal@gmail.com Phone No. 0191-2669183

Advertisement Notice: No.03 of 2023  
Dated: 08.11.2023

Subject: Advertisement for Recruitment of Sahayikas (Anganwadi Helpers) in Anganwadi Centres for 2<sup>nd</sup> Phase of POSHAN Project Dansal.

Reference: 1. Government order No 222-JK (SWD) of 2022 Dated: 30.11.2022  
2. Government Order No.103-JK (SWD) of 2023 dated: 28.04.2023  
3. MD/Poshan/Estt/20233200-3240 Dated:-02-02-2024

Approval has been accorded, vide order No: 103-JK(SWD) of 2023 dated: 28.04.2023 and approval by the Director, Mission POSHAN J&K, Srinagar vide order No: MD/Poshan/Estt/13338-49 Dated:-09.05.2023 for filling up of various vacancies of Sahayikas (Anganwadi Helpers) in Anganwadi Centres for 2<sup>nd</sup> Phase of POSHAN Project Dansal AnganwadiHelpers, as per the details of Post given below:

Sr. No.	Name of Project	Name of Post	No. of Post
1	Dansal	AWH	01 Posts
<b>Total</b>			<b>01 Posts</b>

Applications are invited in the Prescribed Performa in Annexure "C" from the eligible candidates for engagement as Anganwadi Helpers on Honorarium basis for aforementioned posts of Anganwadi Centres. The important dates/details with regard to the posts are as under:

- Date of commencement for submission of application 22-02-2024
- Last date for submission of applications is 02-03-2024
- Annexure A- Name of the Post, Location/Ward, Qualification and Criteria for selection
- Annexure B - Affidavit.

Annexure A  
Anganwadi Helpers(Sahayikas)

S.No	Name of Panchayat	Name of Anganwadi Center	WARD NO.	NAME OF POST	NO. OF POSTS
1	Panjgrain	Nai Basti	8	AWH	01 No.

Eligibility

### A. Anganwadi Helpers

- The selection of Helper shall be restricted to the electoral ward where Anganwadi Centre is located.
  - Women candidates in the age group of 18-37 years shall be eligible.
  - The candidate must be domicile of the UT of J&K.
  - Minimum qualification for Anganwadi Helper shall be matriculation.
  - In case no matriculate candidate available in the ward, candidates with qualification not less than 8<sup>th</sup> standard shall be considered.
  - The committee shall select the most destitute/needly married woman of the ward as helper from amongst those who fulfil the qualification criteria. In case no married candidate is available, unmarried candidate may be considered.
- B. In case eligible candidate is available within the family of retiring AWWs, the said candidate shall qualify for additional two percent points.

### Certificates Required

- Domicile Certificate.
- 10<sup>th</sup>/12<sup>th</sup> and Graduation Mark Sheet in case of Sanginis (AWWs) & 10<sup>th</sup> Mark Sheet of school education / University in case of Sahayikas(AWHs).
- Date of Birth/Matriculation Certificate.
- Residence/Ward certificate where the vacancy has been verified from concerned BDO.
- Voter list of concerned ward where post have been available.
- UnMarried certificate issued by concerned Tehsildar in case of name of the candidate appeared in voter list with her parents.
- Certificate from concerned Sarpanch in case of candidate belongs to the family of retired AWW.
- Death Certificate in case of widow/divorcee in case of candidate applying for Sahayikas(AWH) for considering most destitute/needly.
- Affidavit duly attested by Judicial Magistrate/ Executive Magistrate 1st Class as shown in Annexure "B".

### Document Verification

- Candidate who is shortlisted for Document verification will be required to appear for Document Verification along-with the original documents as well as self-attested Photostat copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed academic qualification and other document like Domicile Certificate, on or before the last date of submission of application form.

a) Marks sheet(s)/Diploma/Degree of the qualification prescribed for the post as per Advertisement Notification.

b) Date of Birth/Matriculate Certificate.

c) Domicile Certificate.

d) Unmarried Certificate (where required)

2) Candidates have to bring two passport size recent color photographs and one original Photo ID proof. Photo ID Proof can be:

i) Aadhaar Card ii) Voter ID card

3) The candidates who are supposed to furnish various certificate issued by or before the prescribed cut-off date, shall be required to produce them at the time of Document Verification or as may be sought by the Committee; in case of failure, the committee shall take necessary decision which shall be final.

### ANNEXURE-B

All applicants to submit affidavit stating following facts:

- All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and liable to action under law.
- Maximum qualification is Graduation for vacancy of Anganwadi worker and Class X for Anganwadi Helper and this is as per facts and onus of proving it to be true lies with the deponent.
- The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper.
- If at any point of time any adverse/false found in my Selection, I will forfeit my selection.

Note: Candidates have to submit the application form at CDPO Office Dansal, C/O Opposite SBI Dansal, Dansal, during office hours.

No.:-CDPO/D/1542-1553/2023  
Date: 21/2/2024

Child Development Project Officer  
POSHAN Project Dansal

Annexure-C  
Format of Application

Advertisement Notice No. \_\_\_\_\_ Dated:- \_\_\_\_\_

- Name of Poshan Project \_\_\_\_\_
- Name of Anganwadi Centre \_\_\_\_\_
- Post applied for \_\_\_\_\_
- Name of the Candidate \_\_\_\_\_
- Father's Name \_\_\_\_\_
- Husband's Name \_\_\_\_\_
- Residence \_\_\_\_\_
- Ward No. \_\_\_\_\_
- Name of Panchayat \_\_\_\_\_
- Address for correspondence \_\_\_\_\_
- Contact No. \_\_\_\_\_
- Date of Birth \_\_\_\_\_
- Age as on 01.01.2023 \_\_\_\_\_
- Academic Qualification: \_\_\_\_\_

S.No	Examination passed	Board/University	Year of Passing	Marks Obtained	Total Marks	Percentage

- Is the candidate belongs to the family of retired AWW(YES/NO).
- Documents Attached: \_\_\_\_\_

Date: \_\_\_\_\_ Signature of the candidate \_\_\_\_\_

Color  
Photograph

DIP/J-15349/23  
Date: 23-2-24



## Congress committed to ensuring protection of rights of J&K people: Bhalla

**JINNEWS SERVICE**  
JAMMU, FEB 23

JKPCC Working President Raman Bhalla today urged the Election Commission of India to hold simultaneous Legislative Assembly and the Parliamentary elections in the Jammu and Kashmir because the people would get an elected Govt after five years of gap. Bhalla raised this demand while addressing aggrieved people of RS Pura Jammu South constituency. Five years have passed to Jammu and Kashmir without an elected Govt.

Bhalla said the biggest achievement of BJP is that the J&K is now on the top of the states and UTs to have the highest percentage of educated unemployed youth. The unemployment rate in J&K is highest in the country and this is the achievement of BJP-controlled administration". Bhalla said that every section of the society is bearing brunt of the anti-people policies being pursued by the BJP government at the Centre. He said that unemployment is growing like never before

and the backbone of the common people is broken due to inflation and skyrocketing rise in the prices of essential commodities. He accused Prime Minister Narendra Modi of indulging in politics of hatred and division, and said he should focus on the country's development instead.

"Except hoodwinking the gullible masses by raking up emotive issues BJP has done nothing to solve basic problems of the people", Bhalla said and pointed out every section of the society be it youth, women, working-class, weaker sections, and minorities are bearing brunt of the wrong policies of BJP. "As day today problems of the masses are compounding due to wrong policies of the government, the BJP is shamelessly indulged into fueling the hatred across the country to divert peoples' attention from basic issues like unemployment, inflation, etc", Bhalla said. Blasting the BJP for failure on all fronts, the former Minister asked the people of Jammu to remain vigilant against such evil designs of BJP.



Bhalla said Congress is committed to ensuring the protection of the rights of the people of Jammu and Kashmir and bringing them out of the misery they have been facing for quite a long time. He said, "In the prevailing uncertainty in Jammu and Kashmir, Congress stands as a beacon of hope, with its leadership dedicated to bringing about a positive change here. Unlike other political parties, we do not aspire to attain power just to rule but to serve the people. We stand in support of the people of Jammu and Kashmir like a rock, as our mission is to protect their rights and ensure their prosperity and well-being." He urged the party workers

to remain active in order to strengthen the organisational set-up further. Bhalla said, "We have to strengthen our party further to make it powerful enough to serve the people better. It is imperative that we attract and involve the younger generation within our party ranks. Together, we can safeguard the rights of the people, and foster prosperity and well-being in their lives." He assured that Congress has a clear-cut vision for a prosperous future of Jammu and Kashmir. He said, "The leadership of Party comprises seasoned and veteran politicians with a crystal-clear vision. These leaders are dedicated to shaping a brighter future

for Jammu and Kashmir, especially for our youth. I assure you that we will guide our youth toward a path of development and prosperity.

Bhalla said we need a permanent peace in J&K to ensure a better future for our young generation and generations to come." He urged people not to fall prey to the deceptive slogans of parties. He said, "You must not forget that these parties and their leaders have deceived you through fake promises and emotional sloganeering. If these political parties and their leaders were sincere, they would have seized the opportunity at that time, bringing more autonomy to Jammu and Kashmir. But the fact is, they were interested only in attaining and retaining power for themselves. They were least bothered about the future of J&K." He said that these political parties have lost their credibility among the people. He stated, "These political parties have lost credibility among the masses as they stand exposed for their misleading narratives and fake promises. Bhalla

expressed his profound concern over the prevailing public issues and grievances and blamed the BJP for it. He said, "Look at the growing unemployment in Jammu and Kashmir. Even our highly educated youth are unable to find jobs here. The same is the case regarding other public issues and grievances. He urged people to strengthen the party so that it is powerful enough to implement its agenda, which is to ensure lasting peace, prosperity and development in Jammu and Kashmir. He said it's evident that the BJP and its led administration is scared to face people. "The delay of five years in holding assembly elections implies their reluctance to establish a democratically-elected government in Jammu and Kashmir." He said the BJP has sensed it's defeat across Jammu and Kashmir be it ULB polls or assembly and their anxiety is clearly visible through their actions. "The government has made mockery of itself. The reputation of democratic institutions such as the ECI has gone down in people's eyes."

## Slogan writing competition on Matrabhasha di Mahatta held at GCW Udhampur



**JINNEWS SERVICE**  
UDHAMPUR FEBRUARY 23

International Mother Language Day is celebrated to promote greater use of mother tongue, Department of Dogri organised a slogan writing competition on the topic "Matrabhasha di mahatta here today at college campus. The programme was organized under the supervision of Principal Prof. Anjali Mahajan.

On the occasion Incharge principal of the college Dr. Indu Khajuria was the chief guest and while addressing the students, she stressed the need to make collective efforts for the preservation and promotion of their mother tongue. Dr. Indu congratulate and appreciate the organizers as well as the participants of the program for their active participation in the activities scheduled by the college from time to time.

The students from all the Semesters participated out of which Lata Thakur from 1st semester got 1st prize. Tamanna Devi from 6th semester clinched 2nd position besides Lakshmi Devi from 6th semester got 3rd prize and Shalu Devi from semester 6th got consolation prize.

Dr. Mool Raj H.O.D department of Urdu, Dr. Geetanjali Rajput H.O.D department of English and Dr. Shalu Jasrotia department of the Music acted as judges in the event. Dr. Seema Sharma, Prof. Yash Kumar and Prof. Sanjay Kumar were present on the occasion.

The proceedings of the event were carried out by Dr. Sushma Kumari H.O.D Dogri department and Prof. Manju Devi from department of Dogri. The programme concluded with the present of formal vote of thanks by Prof. Shama Rani.

## New 'One UI 6.1' update brings Galaxy AI to more Galaxy devices

**JINNEWS SERVICE**  
JAMMU, 23 FEB 2024

Samsung Electronics has announced the availability of Galaxy AI features on more Galaxy devices through a new One UI 6.1 update engineered to further the democratization of mobile AI. The update will be available across the Galaxy S23 series, S23 FE, Z Fold5, Z Flip5 and Tab S9 series, starting to roll out from the end of March. Aligning with the recently launched Galaxy S24 series, this update elevates the standard of users' mobile AI experience through a hybrid approach that combines on-device and cloud-based AI. "Our goal with Galaxy AI is not only to pioneer a new era of mobile AI but also to empower users by making AI more accessible," said TM Roh, President and Head of Mobile eXperience

Business at Samsung Electronics. "This is only the beginning of Galaxy AI, as we plan to bring the experience to over 100 million Galaxy users within 2024 and continue to innovate ways to harness the unlimited possibilities of mobile AI."

Even more Galaxy users will now be able to take advantage of the communication-enhancing Galaxy AI features available on AI-supported models. The features include the ability to adjust message tone and translate messages in 13 different languages using Chat Assist. Galaxy users can experience the power of real-time interactions through Live Translate, which provides voice and text translations for phone calls. With Interpreter, users can also engage in spontaneous conversations with locals while traveling as the split-

screen feature generates text translations for live conversations.

The broader integration of Galaxy AI across the Galaxy ecosystem also enables a seamless user experience in day-to-day tasks on AI-supported models, driving new levels of efficiency. Search functions are improved through Circle to Search with Google, which generates intuitive search results with a swift circle-motivated gesture. Life-enhancing organization features such as Note Assist allow users to create formats, generate summaries and translate notes, while Browsing Assist enables individuals to stay up to speed faster by generating comprehensive summaries of news articles. Transcript Assist can also easily transcribe meeting recordings and generate summaries and translations.

With Galaxy AI, Samsung is doubling down on its role in unlocking individuals' creative potential. Galaxy's latest update delivers a suite of Galaxy AI tools that encourages creative freedom even after a photo is taken. Through Generative Edit, AI-supported devices can easily resize, reposition or realign objects in photos to perfect a great shot. Users can also polish any photo faster and easier than ever with Edit Suggestion. No need for multiple re-shots as Instant Slow-mo10 can generate additional frames for slow-motion videos to capture action-packed moments. Creativity and personalization do not stop there. Customizing Galaxy devices is even easier than before through AI-generated wallpapers, enabling AI-supported devices to bring users' creativity to life.

## SSP Reasi holds crime review meeting of Sub-Division Arnas

**JINNEWS SERVICE**  
JAMMU, FEB 23

The Senior Superintendent of Police (SSP) Reasi, Ms Mohita Sharma-IPS, convened a comprehensive crime review meeting at the District Police Headquarters in Reasi today. The meeting was attended by the SHO, IC PPs and other officers.

During the meeting, the status of under investigation cases related to ULAP(A), NDPS Act and Crime against women & children were reviewed. The progress made in ongoing criminal investigations was discussed to ensure timely resolution and justice for victims. Strategies to strengthen community policing and enhance public safety were deliberated upon, emphasizing the importance of community involvement in maintaining law and order. Measures to tackle drug abuse



within the district were discussed, with a focus on prevention, rehabilitation, and enforcement. Addressing the officers, SSP Reasi said that the Investigation officers must take all the measures to improve investigation and disposal of cases. She directed that the quality of investigation and disposal of these cases needs improvement and stressed upon them to adopt the latest techniques and standard operating practices which would bring better results in investigation process. SSP Reasi, directed the participating

officers to remain extra-vigilant, strengthen nakas/checkpoints, and generate actionable intelligence so that the nefarious designs of anti-national elements can be thwarted. She further directed the officers to take the lead while conducting area domination/patrolling and speculative/specific CASOs in vulnerable areas/pockets. This meeting served as a crucial platform to identify challenges, share insights, and develop actionable plans to address both existing and emerging security concerns in the district.

## People have trust in Modi's guarantee: Ravinder Raina

**JINNEWS SERVICE**  
JAMMU, FEB 23

A meeting of senior leaders of Jammu and Kashmir BJP was held at party headquarters, which was attended by senior leaders, all the former MLAs, and former ministers.

It was held under the presidentship of Ravinder Raina, president Jammu and Kashmir BJP, to review the organizational programmes like Beneficiaries Sammelan, meetings with Self Help Groups and NGOs, and Gram Chalo Abhiyan. Former Deputy Chief Ministers Dr. Nirmal Singh and Kavinder Gupta, Lok Sabha MP Jugal Kishore Sharma, Raja Sabha MP Gulam Ali Khatana, General Secretaries Dr. Devinder Manyal and Vibodh Gupta also shared the dias.

## Only NC capable of fulfilling aspirations of all sections of society: Sunil

**JINNEWS SERVICE**  
UDHAMPUR, FEB 23

Sunil Verma, District President of J&K National Conference (NC), along with Ch Abdul Rashid, District Secretary JKNC, and Ch Irshad Ali, Block Secretary JKNC ST Cell Udhampur, visited the Lower Malhar Panchayat. The senior NC leaders interacted with the local community and discussed their issues being faced by them.

The meeting was organized by the local leader of the NC Panchayat Malhar, where residents voiced several issues faced by the people in the absence of basic amenities. Sunil Verma assured them that their concerns would be taken up with the relevant authorities for early redressal.

In an effort to tackle a specific issue, Sunil Verma immediately contacted the Superintendent Engineer of the Public Works Department (PWD) and highlighted the urgent



need to construct a road from Phat Ladhya to Malunghat Bain Ward No 4, near Gulam Rasool's house in Lower Malad.

While interacting with the residents of Lower Malhar Panchayat, Sunil Verma emphasized the Party's commitment to equitable development by fulfilling the aspirations of all sections of society. He stressed that only National Conference has the vision and policies to bring about inclusive and sustainable growth that benefits everyone.

As part of his visit, the District President also announced the constitution of the Panchayat Committee. The nominated members include Ch Gulam Rasool as President, Farooq Mohd as Sec-

retary, Janait Ali and Latif Mohd as Vice Presidents, Fareed Mohd as Joint Secretary, and Naith Ali, Abdul Kareem Kasana, Hazi Moosa, Mushtaq Bakkerwal, and Gaffor Mohd as Members of the Panchayat Committee.

Recognizing the importance of a strong political foundation, he encouraged the newly nominated members to actively engage with the local community, understand their needs, and effectively communicate the party's ideologies and initiatives. By fostering a strong and loyal support base, he aimed to ensure the continued progress and success of the National Conference in serving the interests and aspirations of all sections of society.

## Rishpal, Satish, Smriti pay obesciance at Tirupati Temple; participate in abhishek ceremony

**JINNEWS SERVICE**  
JAMMU, FEB 23

Today Rishpal Singh Custodian General JK Along With Satish Sharma SDM, Smriti sharma sub judge / secretary DALSA jammu, RC Subramanyam the Superintendent of temple And Ramesh Babu Today paid obseciance at Tirupati Balaji temple Jammu and participated in the special abhishek of Tirupati. prayed for the welfare of the country. Every Friday the ceremony of abhishek of Lord Venkateshwar is performed.

Rishpal Singh expressed happiness over the temple said that it is a feeling of pleasure and proud that the Tirupati Balaji temple is established here for the people of Jammu. With this temple we are able to witness the culture of south India and this feeling is heavenly. He appealed people to visit the temple and pay obseciance here.

Satish Sharma said that is ready for any kind



of help to the temple and devotees. He said the temple is beautifully made in the Majeen area.

Smriti sharma Said the dedication of Lord Venkateswara temple would give a boost to spiritual tourism and a major fillip to the economic development and employment opportunities in the Union Territory.

On this occasion Subramanyam the Superintendent of temple also appealed transport com-

missioner to start the bus service for the temple so that devotees can come easily to the temple. He also emphasize to start the Bharat darshan bus service here so that tourists also came to know about the temple. Other dignitaries present on the occasion were Sai Krishna, Temple Inspector, RC Subramanyam, Superintendent Ramesh Babu Office incharge, Pradhana Pandit, Amit Shukla, Veda Pandit

## PlayWay House Hr Sec School, Pounichak celebrates Annual Day

**JINNEWS SERVICE**  
JAMMU, FEB 23

The Abhinav Theatre was abuzz with excitement and energy as Play Way House School celebrated its Annual Day with grandeur and enthusiasm. The event, themed "Ek Bharat Sherashat Bharat," aimed to foster a sense of unity and excellence among its young learners.

Distinguished guests graced the occasion, adding prestige to the celebration. Sh. Shakti Pathak, IPS Director ACB, adorned the role of Chief Guest, while Rajesh Baru, Tehsildar, was honored as the Guest

of Honour. The event also welcomed Special Invitee Sh. Jai Dev Roy (Dada Ji) Akhil Bhartiya Chattrawaas Pramukh and a panel of esteemed Special Guests including Dr. Sindhu Joint Director SCERT Jammu, Sh. Avtaar Bhat, Sh. Rajiv Mahajan, Dr. Jatinder, and Sh. Ajay Takoo.

The highlight of the evening was the kaleidoscope of performances presented by the talented little stars of Play Way House School. From captivating dance routines to melodious musical performances, the students showcased their skills with confidence and flair, leaving the audience spellbound.

### NOTICE

I, Sukhdev Singh, son of late Bikram Singh, R/o Malhori Jagir, Bajalta, Tehsil and District Jammu has applied for the registration and issuance of Date of Death (10/02/2011) Certificate of my mother, Raj Devi, wife of late Bikram Singh, R/o Malhori Jagir, Bajalta, Tehsil and District Jammu in the Court of Executive Magistrate 1st Class, Tehsildar Jammu. Objections, if any, may be conveyed to the Court of Executive Magistrate 1st Class, Tehsildar Jammu within seven days of publication of this notice.



# Lt Governor inaugurates new Girls Hostel at NIT Srinagar

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

Lieutenant Governor Shri Manoj Sinha inaugurated the new Girls Hostel at National Institute of Technology (NIT), Srinagar, today.

The Lt Governor congratulated the NIT management, faculty members and students on the occasion.

"The facility is dedicated to our daughters who are breaking the barriers in Science, Technology, Engineering and Mathematics- STEM education and ready to shape the innovation and entrepreneurial ecosystem," he said.

The Lt Governor emphasized on developing specialized workforce to meet the industry demands who should also be capable of solving local challenges.

"The biggest responsibility of the institutions like NIT today is to create new generation of innovators. We should focus on



developing Innovation-driven economy in Amrit Kaal to strengthen innovation ecosystem in the country," the Lt Governor said.

The Lt Governor called upon the faculty members to create a conducive environment for future-oriented capacity building of students and strengthening the synergy between educational institutions and industries.

We must also ensure increased participation

of women in STEM - Science, Technology, Engineering and Mathematics courses.

At NIT, the Lt Governor also shared the transformation in the educational landscape of the country, under the leadership of Hon'ble Prime Minister Shri Narendra Modi.

Today, our educational institutions are emerging as centers of cutting-edge learning programs. With the new opportunities being provided to our talented youth in diverse

fields, we can truly dominate the global knowledge economy in the future, he said.

The state-of-the-art hostel inaugurated today is a major step towards providing residential facilities to the girl students in the Campus.

Prof. A. Ravinder Nath, Director NIT; Sh Vidhi Kumar Birdi, IGP Kashmir; Dr. Bilal Mohi-Ud-Din Bhat, Deputy Commissioner Srinagar and faculty members of NIT Srinagar were present.

# Yasha Mudgal presides over Public Outreach programme at Samba's Palli Panchayat

J1NEWS SERVICE  
SAMBA, FEBRUARY 23

Commissioner Secretary, Tourism and Mission Director Holistic Agriculture Development Plan (HADP), Yasha Mudgal, today chaired a Public Darbar held at Panchayat Ghar Palli here.

During the event, locals highlighted their developmental concerns, urging expedited solutions.

Various delegations, comprising former PRIs, social workers, and community representatives, presented a memorandum encompassing a broad spectrum of developmental and infrastructural issues within their respective areas.

The public voiced demands for a playground in Palli Panchayat, repair of broken streets, maintenance of link roads, solar light repairs, regular water supply, drainage construction, cremation ground establishment, passenger shed, street lights, and a



veterinary dispensary.

In response, Yasha Mudgal promptly directed concerned officials to adopt a time-bound approach to address public concerns.

She assured the public that genuine demands would be communicated to relevant departments, ensuring timely resolutions.

Terming Vermi compost unit and Poly green house as lucrative avenues to explore exotic vegetable

cultivation in the region, Yasha Mudgal said listening about its reach and benefit directly from beneficiary farmers of Samba is testimony of the fact that Mission Directorate HADP is quite active in its outreach efforts.

Yasha Mudgal said HADP is five year plan and it has taken off for proper handholding of the farmers who can also try their hands in other diverse crops with modern farming methods to get more

economy to their earnings avenues.

Commissioner Secretary said more awareness generation on HADP shall be the target of promote good farming practices besides upscaling farmers skills through Daksh Kissan platform.

Yasha Mudgal appreciated district administration for taking HADP in mission mode which she said will help farming community great way to diversify and enhance their earnings.

Furthermore, as part of the HADP scheme, the Commissioner Secretary, presented a Rotavator to a farmer as part of extending facility of subsidised farming implements. She also handed over a Hi Tech Poly House sanction letter to beneficiary Kishor Kumar Sharma.

Deputy Commissioner Samba, Abhishek Sharma, ADDC, Rajinder Singh, ACD, SDM Bari Brahmana, and other senior officers from the district administration were also present.

# CS stresses on saturation of 4G network in remote areas of the UT

J1NEWS SERVICE  
JAMMU, FEBRUARY 23

Chief Secretary, Atal Dulloo today stressed on the telecommunication BSNL to saturate the 4G connectivity in the remote areas of the UT as per the objectives of the National Broadband Mission here.

The Chief Secretary was speaking in a State Broadband Committee meeting held to review the implementation of this plan here in J&K.

The meeting was attended by Commissioner Secretary, H&UDD; Commissioner Secretary, IT; Secretary, R&B; GM, BSNL; Chief Engineer, PMGSY besides other officers and representatives of telecom companies.

Dulloo enjoined upon the implementation agencies to pace up their work of installation of the communication towers across the designated locations. He asked for bringing improved communication facilities including the 4G network to such areas without any further delay



as envisaged under this nationwide programme.

He advised the IT Department to act as a nodal agency for resolving all the bottlenecks hindering the smooth implementation of this programme here. He asked them to review its progress regularly so that the mission is taken to its logical conclusion by covering all the identified villages.

Dulloo also asked for having enhanced coordination among different departments for making the towers functional soon. He called for making necessary changes in the RoW rules after studying those in vogue at other

such places. He directed for effective restoration and rebuilding of the roads and paths immediately after completion of cable laying works.

During this meeting it was given out that to enable fast track growth of digital communications infrastructure, bridging the digital divide for digital empowerment and inclusion and providing the affordable and universal access of broadband for all the government envisaged the National Broadband Mission.

The objectives of the mission includes provisioning of universality, affordability and avail-

ability of high speed and highly reliable broadband access to all, as was added during the meeting.

Regarding its progress here in the UT it was apprised that the foundation work is going on at 96 locations, tower erection at 13 places. Moreover Foundation work at 175 locations has already been completed in addition to tower erection at 109 locations.

The meeting also had discussion on Call before you Dig portal, Digital Communication Readiness Index, BharatNet besides several other relevant issues concerning the instant matter.

# Saurabh Bhagat holds public outreach, grievances redressal camp at Achabal

J1NEWS SERVICE  
ANANTNAG, FEBRUARY 23

In a continued effort towards addressing public issues and grievances at the grassroots level, Commissioner Secretary, Science & Technology Saurabh Bhagat, today convened a grievances redressal camp here at Achabal.

The Commissioner Secretary emphasized the pivotal role of such public outreach programs in bridging gap between the administration and the citizens. He highlighted the significance of senior government officials engaging directly with the people to assess and address their issues and concerns. He emphasized upon the officers to ensure time bound redressal of all public issues and concerns. He emphasized on cent percent implementation of Centrally Sponsored Schemes on ground with visible impact for overall development and welfare of the people. He also stressed on saturation of Social Security Schemes by covering all left out beneficiaries.

Saurabh Bhagat along with district officers



actively engaged with the attendees to understand their needs and challenges as well.

Heads of various government departments including Revenue, Police, Power, Health, Education, Public Works, Agriculture and allied departments, were present to address sector specific concerns of the people present during the public darbar.

The Commissioner Secretary after listening to grievances and demands of the public, sought on the spot response from the concerned district officers present in the griev-

ance redressal camp. He assured the public that all genuine demands and issues projected by them will be looked into on priority for redressal.

The Commissioner Secretary commended the youth of Anantnag district for increasingly venturing into entrepreneurship. He noted that entrepreneurship has the potential to serve as an untapped source of economic growth, with entrepreneurs evolving into job providers rather than job seekers. He emphasized the vast opportunities available in other sectors

such as sheep farming, dairy farming, and trout fish farming saying that the district's favorable geographical location makes it conducive for diversifying into these areas.

He urged upon the unemployed youth to take advantage of various government schemes and explore opportunities in these sectors making their contribution towards generation of dignified employment avenues, fostering economic growth in the district, he asserted. He emphasized the need for the community to be aware of the government initiatives, ensuring sustainable development and prosperity of the district.

Deputy Commissioner Anantnag, S F Hamid, said that the decisions taken during previous public grievance redressal camp with regard to redressal of public issues and demands are being implemented in letter and spirit for the public good. He added that timely redressal of public grievances and their quality disposal in a time bound manner is among top priorities of the present administration.

# Special Lok Adalat for consumer cases held at Srinagar, Budgam & Ganderbal

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

In accordance with the J&K Legal Service Authority calendar for the year 2024, the District Legal Services Authorities (DLSAs) of Srinagar, Budgam and Ganderbal districts of Kashmir today organized Lok Adalats for the amicable settlement of Consumer cases.

The Lok Adalats were held under the direction of Justice N. Kotiswar Singh, Chief Justice of the High Court of J&K and Ladakh (Patron in Chief), J&K Legal Services Authority and Justice Tashi Rabstan, Executive Chairman, J&K Legal Services Authority. These Lok Adalats were a success in providing a quick and cost-effective forum for the resolution of consumer disputes.



They provided a platform for the parties to resolve their disputes without having to go through the lengthy and expensive process of litigation and thus proved as a valuable tool for the resolution of consumer disputes. In Srinagar, the Lok Adalat was held under the direction and supervision of Jawad Ahmed, Chairman of the

21 for settlement, out of which 08 cases were amicably settled and Rs. 2,54,669 was awarded as settlement amount.

In Budgam, under the insightful directions of Chairman, DLSA Budgam, Khalil Ahmad Chowdhary, a Special Lok Adalat Bench was constituted at the office of District Consumer Disputes Redressal

Commission Budgam.

The said bench took up 05 matters for their amicable settlement, out of which 01 matter was settled. Besides, an amount of Rs 2000/- was realized in total in the settlement.

In Ganderbal, the Lok Adalat for Consumer Cases was held under the chairmanship of Ritesh Kumar Dubey, Chairman District Legal Services Authority (Pr. District & Sessions Judge) Ganderbal, and under the guidance of Nusrat Ali Hakak, Secretary District Legal Services Authority Ganderbal.

The Lok-Adalat was constituted of a single bench for the amicable settlement of cases.

Overall 10 cases were taken up for settlement, out of which 09 cases were disposed-off.

J1NEWS SERVICE  
GANDERBAL, FEBRUARY 23

Aimed to enhance public outreach and address the concerns of the public at their doorstep, Commissioner Secretary, Industries and Commerce, Vikramjit Singh, today convened a mega public darbar here at Mini Secretariat.

The event, conducted as part of government's ambitious public outreach cum grievances redressal program, was attended by Vice Chairperson DDC Ganderbal, Bilal Ahmad, Deputy Commissioner, Shyambir, Director Industries and Commerce Kashmir, Khalid Majeed, Director Handloom & Handicrafts, Mahmood Ahmad Shah, DDC members and other district officers.

The public darbar wit-

nessed overwhelming response from the public and delegations who apprised the Commissioner Secretary of their issues concerning welfare and development of their respective areas seeking speedy redressal of the same.

Senior officers of civil administration recorded the public grievances and demands so that remedial measures are initiated accordingly.

The Commissioner Secretary emphasized the significance of holding such Public Darbars, stating that these serve as a vital platform to understand grassroots-level issues thereby reducing the communication gap between the public and the administration. He urged upon all stakeholder departments to adopt a proactive and people friendly approach in deliver-

ing prompt public services.

To ensure accountability, Singh directed the Deputy Commissioner to set timelines for addressing the raised demands and grievances. He emphasized that action taken reports should be made public, enabling citizens to stay informed about the status of their issues.

The Commissioner Secretary assured the general masses that the grievances and demands raised during the darbar would be addressed on a priority basis, following due consideration with the appropriate authorities.

Meanwhile, a delegation from the industrial estate Ganderbal highlighted issues concerning road development, power supply, market linkages in the micro sector, and cold storage.

The Commissioner Secretary assured the delegation that the government is committed towards providing comprehensive support to industries, including access to finance, capacity building, technical support, and basic facilities.

Various demands were raised during the Darbar, including creation of additional Education Zones, a women's college, early commissioning of lift irrigation for Chountwariwar, additional Patwarhalqa at Chattergul, Fire and Emergency Service for Sherpathri, poor mobile connectivity at Chountwariwar area, beautification of town, road widening, unscheduled power cuts, CT Scan facility in District Hospital, inclusion of Maalish and other unexplored areas in the tourism map.