

JANSAMPARK
PRINTING PRESS

BYE PASS SIDHRA, JAMMU
Mob. 9419104223

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent spreading of germs. Try to avoid touching your face.

STOP SPREAD

JINDRAH IMAGES

DAILY | JAMMU | VOL NO: 11 | ISSUE NO: 47 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

Lt Governor extends Shab-e-Baraat greetings

JI NEWS SERVICE
JAMMU, FEB 25

Lieutenant Governor Shri Manoj Sinha has extended his greetings on the auspicious occasion of Shab-e-Baraat.

In a message, the Lt Governor said: "On this sacred occasion, I convey my greetings and best wishes to the people. May the auspicious night foster peace and harmony and inspire each one of us to follow the path of love and compassion".

Rusted grenade found in Kishtwar

JI NEWS SERVICE
KISHTWAR/JAMMU, FEB 25

A rusted grenade was found on the roadside in Jammu and Kashmir's Kishtwar district on Sunday, police said. Kishtwar Senior Superintendent of Police (SSP) Abdul Qayoom said the explosive device was noticed at Zargar Mohalla by a local resident, who immediately informed the police.

Qayoom said a bomb disposal squad was summoned and the HE-36 hand grenade was safely removed from the scene.

"The grenade is in a rusty condition, indicating that it was lying there for a very long time. There was some construction work undertaken about four to five months ago and the debris was dumped here. Prima facie, it appears that the device was present in the debris and was exposed due to recent rains," the SSP said.

Government official booked for rape in Ramban

JI NEWS SERVICE
BANIHAL/JAMMU, FEB 25

A government official was booked for rape following a complaint by his domestic help in Jammu and Kashmir's Ramban district, police on Sunday said.

The accused Yawar Amin, an employee of the Public Works Department presently posted as an assistant engineer in Samagra Shiksha Ramban, is on the run and efforts are on to arrest him, they said.

The 18-year-old victim, in her complaint to the Banihal Police Station, alleged that Amin raped her when she was alone at his house after his wife left for Jammu recently, a police official said.

CONTINUED ON ► PAGE 4

Police arrests 4 terrorist associates of LeT

JI NEWS SERVICE
KULGAM, FEB 25

Police alongwith security forces arrested 04 terrorist associates linked with proscribed terror outfit LeT and recovered arms & ammunition from their possession in Kulgam.

During investigation of case vide FIR No 14/2024 U/S 13, 18, 39 UA(P) act registered at Police Station Qaimoh, today Kulgam Police along with Army (IRR) and CRPF (18Bn) busted Let module and arrested 04 terrorist associates linked with proscribed terror outfit LeT and recovered arms & ammunition from their possession.

CONTINUED ON ► PAGE 4

PM lays foundation stone of 13 Critical Care Blocks at district hospitals across J&K through virtual mode

JI NEWS SERVICE
RAJKOT, JAMMU KASHMIR, FEB 25

Hon'ble Prime Minister Shri Narendra Modi laid the foundation stone of 13 Critical Care Blocks at the district hospitals across J&K, virtually, from Rajkot, Gujarat, today.

He also dedicated 6 mobile food safety labs, 3 each in the Jammu and Kashmir division.

Lieutenant Governor Shri Manoj Sinha has expressed gratitude to the Hon'ble Prime Minister Shri Narendra

CONTINUED ON ► PAGE 4



Resolve to give Modi govt third term with more than 400 LS seats: Shah to BJP workers

JI NEWS SERVICE
KHAJURAHO (MP), FEB 25

Union Home Minister Amit Shah on Sunday asked BJP workers to resolve to give the Narendra Modi government a third term at the Centre with more than 400 seats, asserting that the upcoming Lok Sabha polls was about making India a superpower and the world's third largest economy.

Addressing booth level workers of the party at Khajuraho, the Union minister also claimed "the Congress means corruption and corruption means Congress".

Shah said the Congress



during its 10-year tenure (between 2004 and 2014) had indulged in scams worth Rs 12 lakh crore.

"Resolve to form Modi-led government at Centre again

CONTINUED ON ► PAGE 4

India's 'Nari Shakti' touching new heights of progress in every field: PM Modi

JI NEWS SERVICE
NEW DELHI, FEB 25

Days ahead of International Women's Day, Prime Minister Narendra Modi on Sunday hailed 'nari shakti' and said it is touching new heights of progress in every field.

In the 110th episode of his monthly radio broadcast 'Mann Ki Baat', Modi said International Women's Day on March 8 is an opportunity to salute the contribution of woman power to the country's developmental journey.

"Great poet Bharatiyar ji has said that the world will prosper only when women get equal opportunities. Today the 'nari shakti' (women power) of



India is touching new heights of progress in every field," the prime minister said.

Who would have thought till a few years ago that in India, women living in villages too would fly drones, he said.

"But today this is becoming possible. Today there is so much discussion about Drone Didi in every village. 'Namo Drone Didi, Namo Drone Didi' is on everyone's lips," he said.

The prime minister also spoke to 'Drone Didi'

CONTINUED ON ► PAGE 4

In times to come, Basohli is to be developed as Heritage town and Aroma StartUp destination: Dr Jitendra Singh

JI NEWS SERVICE
BASOHLI, FEB 25

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said, Basohli is to be developed as Heritage Town and Aroma Start-up destination in coming years.

Dr. Jitendra Singh said this while addressing a public meeting. On the occasion, a Lavender Awareness program was also organised.

Dr. Jitendra Singh said, Basohli was always neglected



by the previous governments, thus the development deficit is still seen in this Kandi Area. After Prime Minister Narendra Modi took over in 2014, the priority has been to bring the left out areas into the development mainstream so as to

end the development deficit syndrome in these areas.

Reiterating the vision of Prime Minister of India to create a Viksit Bharat & Viksit Jammu and Kashmir, Dr. Jitendra Singh said, the

CONTINUED ON ► PAGE 4

Weather office predicts wet spells in Jammu and Kashmir



JI NEWS SERVICE
SRINAGAR, FEB 25

Weather is likely to remain unchanged in J&K during the next 24 hours as the Meteorological (MeT) office forecast inclement weather from Tuesday onwards.

"Generally cloudy weather

with possibility of light rain/snow in J&K on February 27 while more wet spells are expected from February 28 to March 3", an official of the MeT department said.

Srinagar had 0.5, Gulmarg minus 10 and Pahalgam minus 6 as the minimum

CONTINUED ON ► PAGE 4

Small industries, artisans suffering in country as Chinese goods flooding markets: Rahul Gandhi

JI NEWS SERVICE
ALIGARH (UP), FEB 25

Congress leader Rahul Gandhi Sunday alleged that indigenous, small and cottage-scale industries and artisans are suffering in the country as traders linked to large corporate groups were flooding the markets with Chinese goods.

He was addressing a gathering after his 'Bharat Jodo Nyay Yatra' arrived here from Moradabad via Sambhal. Gandhi was greeted in Aligarh by a large number of workers of the Congress and supporters of its INDIA bloc ally Samajwadi Party (SP).

With Congress general secretary Priyanka Gandhi Vadra



accompanying him, the Uttar Pradesh Congress posted on 'X' in Hindi, "The Bharat Jodo Nyay Yatra is moving forward with the message of unity, brotherhood and harmony with 'Jannayak' and 'Lok Netri.'" Sharing a video of the

yatra, the party said, "This crowd will send a message to the coming generations that when a dictator was bent on destroying the integrity, sovereignty and the Constitution of the country, we worked to stop him through this yatra."

Referring to the famous lock industry and artisans of Aligarh, Gandhi said the influx of cheap China-made products was sounding the death knell for the local small and cottage units, while big business houses were reaping a rich harvest.

In his address, he said, "The next time I come to this city, I would love to see 'made in Aligarh' electronic goods instead of China-made ones." Gandhi also said, "The reason behind the rising hatred in the country is injustice. In India, injustice is being done to the poor, farmers, youths and women... We have started 'Bharat Jodo

CONTINUED ON ► PAGE 4

Matter of shame that elections in J&K had to be announced by Supreme Court: Omar Abdullah

AGENCIES
NEW DELHI, FEB 25

Former Jammu and Kashmir Chief Minister Omar Abdullah has said it was "a matter of considerable shame" that the Supreme Court had to issue a directive about elections in Jammu and Kashmir rather than the Election Commission of India.

The National Conference leader also said the view that Article 370 was at the root of all problems of Jammu and Kashmir was not correct, and terrorist attacks are now being reported in areas which were earlier free of terrorism, in particular the hills of Jammu, Rajouri and Poonch.

More Kashmiri Pandits have



been killed in targeted attacks in the Valley during the tenure of the present government than in the past, he claimed while speaking at ABP Network's 'Ideas of India' Summit 3.0 here on Saturday.

"What is the BJP and what is the Government of India going to do about the deadline the Supreme Court has set," Abdullah asked, noting the court has said the assem-

bly elections should be held in Jammu and Kashmir by the end of September 2024.

"It is a matter of considerable shame that elections in Jammu and Kashmir, rather than being announced by the Election Commission or encouraged by the Government of India, had to be announced by the Supreme Court," Abdullah said.

In December last year, the Supreme Court upheld the Centre's decision to abrogate provisions of Article 370 which had given a special status to the erstwhile state of Jammu and Kashmir, but directed restoration of statehood "at the earliest". Assembly elections should be held by

CONTINUED ON ► PAGE 4

53-Wagon freight train runs for over 70 km from J&K to Punjab without drivers

JI NEWS SERVICE
JAMMU/CHANDIGARH, FEB 25

A diesel locomotive-hauled freight train travelled more than 70 kilometres from Jammu and Kashmir's Kathua to a village in Punjab's Hoshiarpur district without its drivers on Sunday, officials said.

No casualty or damage to property has been reported, they said and added that an inquiry has been ordered into the incident that took place between 7.25 am and 9 am.

The 53-wagon train loaded with chip stones was on its way to Punjab from Jammu, the officials said.

The train had stopped at the Kathua railway station in Jammu for a driver change and



it seems that it began to roll down a slope gradient track on the Jammu-Jalandhar section, a spokesperson of the Northern Railway said, citing preliminary information.

Both drivers - loco pilot and assistant loco pilot - were not on board the freight train, the

officials said. The train gained speed along the way, finally coming to a stop on a steep gradient near Unchi Bassi railway station in Punjab, they said.

Divisional Traffic Manager, Jammu, Prateek

CONTINUED ON ► PAGE 4

Padma Shri Dr K N Pandita, Youth representing J&K at World Youth Festival call on LG

J I NEWS SERVICE
JAMMU, FEBRUARY 25

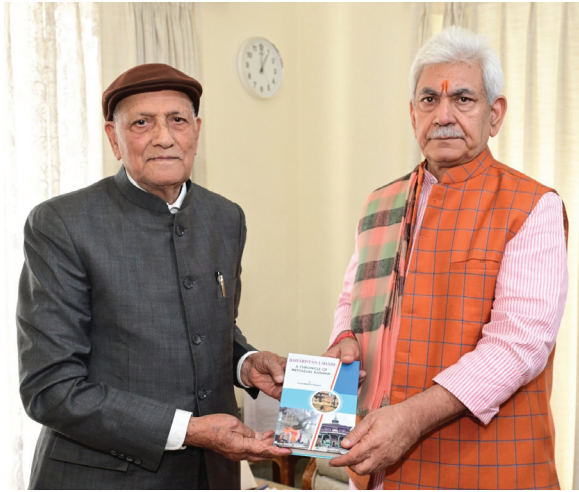
Padma Shri Dr K N Pandita called on Lieutenant Governor Shri Manoj Sinha, today at Raj Bhawan.

Dr Pandita presented his work of the English translation of the book on the history of medieval Kashmir 'Baharistan-i-Shahi' to the Lt Governor.

Youth from J&K including Sh Yuvraj Singh, Dr Sandeep Sharma, Sh Vansh Mahajan and Ms Mannat Sharma, who will represent Jammu Kashmir at the World Youth Festival called on the Lt Governor.

The Lt Governor extended his best wishes to them for the Global Youth event scheduled to be held in Russia in the first week of March this year. Later, Sant Sahil ji Maharaj, President, Jai Shree Ram Trust also met the Lt Governor.

Members of the Guidance and Counseling Cell for Youth development, a social organisation from Gurha Slathia, Samba apprised the Lt Governor of the issue related to the establishment of a multipurpose indoor hall in their village.



Delegations of Goswami Guru Nabha Dass Samaj Kalyan Parishad, Gujjar Bakerwal Conference call on LG



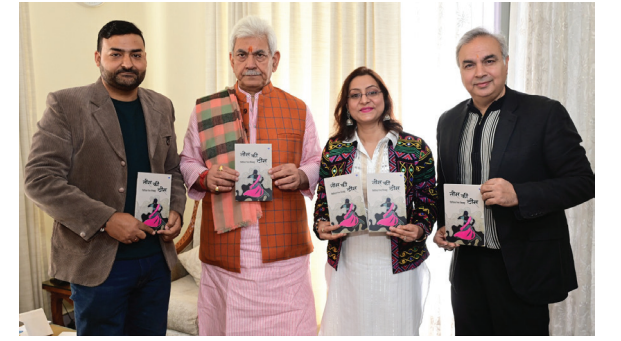
J I NEWS SERVICE
JAMMU, FEBRUARY 25

A delegation of Goswami Shri Guru Nabha Dass Samaj Kalyan Parishad, J&K called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The members of the

delegation led by Dr DK Bakerwal Conference apprised the Lt Governor of the various welfare issues of Gujjar Bakerwal community. The Lt Governor assured the members of the delegations that the genuine issues projected by them will be taken up for necessary action.

Lt Governor releases Bindiya Raina's book 'Tees Ki Tees'



J I NEWS SERVICE
JAMMU, FEBRUARY 25

Lieutenant Governor Shri Manoj Sinha released a book titled 'Tees Ki Tees', a compilation of short

stories, written by Ms Bindiya Raina Tikoo, at Raj Bhawan today.

The Lt Governor congratulated the author and wished her success in the future endeavours.

Two-day Winter Carnival concludes at Kulgam



J I NEWS SERVICE
KULGAM, FEBRUARY 25

The two-day Winter Carnival, organised by the District Administration Kulgam in collaboration with the Tourism Department concluded today at Aharbal tourism destination, here.

Over the period of two days, the event attracted massive participation of students, tourists and locals.

The Winter Carnival witnessed multifarious activities and programmes that kept the visitors hooked to the event.

Scintillating cultural performances presented by local youth, students and professional bands including Pir Panjal Strings, Malang Band, Achabal open Mike remained one of the attractions of the event which mesmerized the audience and guests present.

Carnival also hosted snow sports events including Snow Cricket, Snow Volleyball and other games witnessing active participation from sports persons and students across the district.

Multiple stalls were also put up by depart-

ments including Agriculture, Horticulture, Tourism, Handicrafts, Fisheries, Employment, NRLM and others disseminating information regarding key government schemes and programmes.

A snow art cum heritage exhibit which includes snow figures and traditional art was on display, and attracted overwhelming response from the public.

To encourage the artists, students and other participants who enthusiastically participated in different events a felicitation ceremony was held during which they were awarded with certificates, medals and mementoes.

Aharbal's picturesque area hosts breathtaking spots ranging from famous Waterfalls, to mesmerizing views of Gurwattan and Sangam and the expansive meadows of Kungwattan, gushing waters of turbulent Vishaw besides the fascinating upstream Alpine Lake, Kousarnag, which is a trekker's paradise.

All the beautiful areas are full of adventure tourism avenues, trekking, sight viewing, camping and are famous for picnicking and leisure activities.

Dr. Shahid Iqbal reviews MGNREGA, SBM, IWMP, RGSA & NRLM plans at Rajouri

J I NEWS SERVICE
RAJOURI, FEBRUARY 25

Secretary, Rural Development Department (RDD) and Panchayati Raj, Dr. Shahid Iqbal Choudhary, on Sunday chaired a comprehensive review meeting in Rajouri district to assess the progress and perspective planning under MGNREGA, SBM, IWMP, RGSA, PMAY, NRLM and other Centrally Sponsored schemes under the rural infrastructure sector.

During the meeting, directions were issued on formulating the plan of next financial year in convergence with other departments like agriculture, horticulture, forest, fisheries and others.

Secretary RDD review all key performance indicators of centrally sponsored schemes like MGNREGA, PMAY-G, SBM-G, IWMP, JKSRLM in detail and issued instructions to make substantial improvement in all indicators in a week's time.

Dr Shahid emphasised



on the critical need for enhanced convergence with different departments, particularly agriculture and allied sectors.

Secretary directed for the completion of pending work of the financial year 2021-22, by March 31st, 2024

With regards to the construction of border bunkers, the Secretary stressed the urgent need for their completion to ensure the safety and security of border residents.

Additionally, prompt completion of border bunkers that have already been taken or under execution was emphasized upon.

Dr Shahid asked Fisheries Department to address the gap in fish ponds construction in collaboration with the Rural Development Department.

While taking into account the progress made under PMAY-G and AWAS Plus, the officers were instructed to

ensure that the targets are achieved within the given timeframe to achieve the desired results.

Regarding the construction of new Panchayat Ghar buildings, the concerned officers were instructed to submit the complete detailed project reports (DPRs) for timely authorisation and execution.

The PO IWMP (Integrated Watershed Management Programme) was asked to submit a feasibility

report for undertaking new villages/Panchayats under the project IWMP.

Under UT capex, completion of the work on BDC (Block Development Council) buildings was reviewed and asked the concerned Engineering staff for expediting the construction work.

Under Swachh Bharat Mission-Gramin (SBM-G), various activities were reviewed, including solid waste management, door-to-door waste collection in panchayats, community soakage pits, community compost pits, individual soakage pits, greywater management, and the installation of dustbins in panchayats.

Secretary RDD asked SBM to make efforts to promote cleanliness hygiene in rural area to sustain the ODF plus status.

Dr Shahid underscored the need for concerted efforts, directing all officers to align their endeavors towards the common goal of uplifting rural communities. He underscored

the significance of synergy among stakeholders, advocating for collaborative strategies to maximize impact and efficiency.

Secretary also met with a deputation that raised concerns over pending payments for border bunkers under SRE.

Secretary assured the delegation that their concerns would be taken up with competent authorities early resolution of the demand.

Dr Shahid was accompanied by the Director RDD Jammu, Mumtaz Ali; Director Panchayati Raj J&K, Sham Lal; and Technical Officer PMAY-G, Mohammad Riaz.

The review meeting was attended in the Rajouri by ADDC Rajouri, DFO Rajouri; DFO Nowshera; ACD; ACP; DFO SF; CAO; CHO; CAHO; PO IWMP; EXEN REW; EXEN I&FC Rajouri; EXEN I&FC Nowshera; AD FCS&CA; AD Fisheries, District Programme Manager NRLM and by all Block Development Officers.

Transforming Education Landscape: over 50 Pre-Primary Sections strengthened with state-of-the-art amenities in Government Schools of District Kishtwar

J I NEWS SERVICE
KISHTWAR, FEBRUARY 25

In a remarkable stride towards enhancing the foundational education system, the School Education Department Kishtwar, under the adept supervision of Chief Education Officer Prahlad Bhagat, in collaboration with respective ZEOs, has started the process for strengthening of 50 plus Pre-primary sections in government schools across the district, mirroring the educational standards as per the directives of the Directorate of School Education Jammu.

This collaborative initiative aims to fortify the roots of education in the district, with Pre Primary Sections equipped with facilities comparable to the best available in the private sector.



Government schools in the district now boast state-of-the-art amenities, including audio-visual aids such as LCD screens, vibrant child-friendly furniture, water cooler cum purifiers, indoor-outdoor play materials, and cutting-edge teaching-learning materials.

The introduction of

these facilities represents a pivotal step towards not only providing a conducive learning environment but also bridging the educational gap in far-flung areas, particularly among the ST population, where dropout rates or never-enrolled ratios have been significant.

This initiative is poised

to significantly impact the Out of School Students ratio, fostering an environment conducive to learning.

Prahlad Bhagat expressed enthusiasm about the initiative, highlighting its potential to motivate children in schools and contribute to the overall improvement of the education sector in the district. The focus on creating Model Kindergartens/enhanced Pre Primary Sections with top-notch facilities underscores the commitment of the School Education Department to provide quality education to the youngest learners.

To date, more than 50 schools have successfully been fully equipped with state-of-the-art amenities in the Pre-primary sections in various zones of the district, with 17 schools

in the Nagseni Zone and 25 schools in the Kishtwar Zone alone. The strategic distribution of these facilities ensures that a wide spectrum of students benefits from this transformative initiative.

The success of this endeavor reflects not only the vision and dedication of the School Education Department but also the collaborative spirit among education officials and administrator in Kishtwar.

As these Kindergartens continue to flourish, they are expected to serve as beacons of quality education, positively impacting the educational landscape of Kishtwar district but also fostering the activity based teaching learning for the children of the age group of 3-6 years, envisioned under the New Education Policy 2020.

Rs 5 lakh penalty imposed on construction company for illegal mining



J I NEWS SERVICE
KATHUA, FEBRUARY 25

Over Rs 5 lakh penalty was imposed on construction company for illegal mining in Sahar Khad near National Highway bridge without obtaining permission required under rules.

A Chain Machine and Dumper of the Construction Company were fined by the District Mineral Officer Kathua Rajinder Singh. It was observed that the excavator engaged

by executing agency of NHAI was excavating River Bed Material (RBM) downstream Sahar Khad near National Highway bridge

On Spot assessment revealed that a total of 2200 MT of RBM has been raised from the river bed and used in widening work of National highway

After taking the custody of machinery, the DMO called police party on the

spot and both the excavator and dumper were handed over to Incharge of police team after necessary formalities required under the extant rules of the department.

The District Mineral Officer informed that the action was initiated keeping in view the safety of bridge of National highway where mining is totally banned and also in order to save the precious mineral.

Pawar asked Govt to formulate policy for unemployment youth of J&K

J I NEWS SERVICE
UDHAMPUR, FEB 25

Expressing her concern over growing anger against educated unemployed youth & women of Jammu and Kashmir, former MLA and vice president of Jammu and Kashmir Pradesh Congress Committee (JKPCC) Ms. Indu Pawar incharge Udhampur took a review of the coming parliament election in Udhampur parliamentary election in a meeting on Sunday asked the BJP-led administration to formulate a policy for providing jobs to the educated youth.

Addressing a function at Udhampur, Ms. Indu Pawar pointed out that the biggest achievement of the BJP-controlled administration in J&K is creating a record of the highest numbers of unemployed youth.



“Due to anti-youth policies being propagated by the BJP-controlled administration J&K achieved the target of creating a huge army of the unemployed youth”, she said and regretted that instead of formulating a comprehensive policy for unemployed youth, the present dispensation is trying to confuse the youth.

The former MLA said that the incumbent BJP-controlled administration in J&K has become non performing liability on the people because since

its formation this dispensation has been befouling the people through its deceiving tactics.

She termed the present regime a total failure.

She said that this regime was exposed before the masses and there was no taker of the hollow slogans of this dispensation.

Ms. Pawar further regretted that instead of addressing basic problems of the people, this government has indulged in deceptive tactics to fool the commoners.

Pointing towards rampant

corruption in J&K, she said that instead of taking some effective steps to control corruption in the administration this regime was more interested in hollow sloganeering.

She lambasted the BJP-controlled administration for its failure to solve today's problems of the common masses.

She said that the miseries of the people have increased manifold after 2014 because this regime has no policy to solve day-to-day problems of the masses. The meeting was arranged by Distt president Vinod Khajuria & working president Sumit . Those who spoke on the occasion Co incharge Balbir Singh , Ex MLA Krishan bhagat, Ex MLA Dinanath , PCC General secretary Shakeel shah , Distt mahila president Udampur Mrs Parvaiz shah .

Ashok Kaul, Som nath Khajuria, Parmodh Kapahi listened to 'Mann Ki Baat' in Nagrota

J I NEWS SERVICE
JAMMU, FEB 25

BJP General Secretary Organization Ashok Kaul, senior BJP leaders Somnath Khajuria and Pramodi Kapahi listened to PM Narendra Modi's popular Akashvani program Mann Ki Baat along with workers and local people in Nagrota Assembly constituency on Sunday. Ashok Kaul Prime Minister Narendra Modi on Sunday addressed the nation through the 110th edition of his monthly radio program Mann Ki Baat. He said that Prime Minister



Narendra Modi appreciated women empowerment, Drone Didi, Tiger Reserve of Chandrapur, help of AI, animal protection, mate-

rial creation, home and said that a Prime Minister Modi has been connected with the public through this program. . Somnath

Khajuria said that under the leadership of PM Modi, every BJP worker works with the nation first ideology to serve the nation and society. He asked all the listeners to listen to the program carefully and benefit from the various issues and achievements highlighted by the PM in the programme. Mann Ki Baat has established a dialogue with the citizens on day-to-day governance issues by throwing light on the good governance policy of the Modi government and Mann Ki Baat also gives us a chance to learn new things every day.

The Idea of 'Bhartiyata in Practice': Making Bharat a Global Leader: Union Minister Bhupendra Yadav

J I NEWS SERVICE
JAMMU, FEB 25

In the inaugural session of the two-day International Seminar on "Resurgent Bharat on the Global Canvas" at the Ambedkar International Research Centre, Shri Bhupendra Yadav, Hon'ble Union Minister of Environment, Forest, and Climate Change, Labour & Employment, articulated a vision for Bharat to emerge as a global leader by embodying 'Bhartiyata in Practice.' Highlighting Bharat's trajectory towards global leadership, the minister emphasized its ascent as one of the strongest economies worldwide.

The seminar, organized by Shaikshik Foundation in collaboration with the National Council for Promotion of Sindhi Language (NCPSSL) and Shivaji College, University of Delhi, commenced on February 25th and will continue on February 26th, 2024.

Addressing the esteemed gathering as the chief guest, the Union Minister underscored the imperative for extensive research across diverse domains to bolster Bharat's position as a global leader.



He urged delegates from over seven countries to actively engage in research endeavors, echoing the sentiments expressed by the Hon'ble Prime Minister in his mantra of 'Jai Jawan, Jai Kisan, Jai Vigyan,' now augmented with 'Jai Anusandhan.' The seminar began with the ceremonial lighting of the lamp by the Chief Guest, followed by Sarasvati Vandana, and a welcome address by Prof. Virender Bhardwaj.

Prof. Yogesh Singh, Hon'ble Vice-Chancellor of the University of Delhi, the Guest of Honour, expressed, "As we witness Bharat's remarkable emergence as one of the fastest-growing economies globally, it is essential to acknowledge the inherent potential that lies within

our nation. With concerted efforts and strategic initiatives, we envision India ascending to the esteemed position of being the third-largest economy by the year 1947, a milestone we refer to as 'Viksit Bharat.'" He emphasized the importance for educators to imbue teaching practices with a fervent sense of nationalism, prioritizing a 'nation-first' approach in pedagogical endeavors to instill values of patriotism and dedication to the country.

The seminar witnessed enthusiastic participation from thousands of delegates representing a multitude of nations, reflecting collective commitment towards advancing Bharat's global stature. Scholars and researchers

presented papers and engaged in lively discussions covering various aspects of Bharat's resurgence, including economic growth, social development, foreign policy, and cultural influence.

Prof. J. P. Singhal, National President of ABRSM, highlighted India's pivotal role as the youngest country in the world and the transformative potential embedded in the National Education Policy (NEP) 2020. He stressed that investing in education is paramount to harnessing India's demographic dividend and positioning the nation as a beacon of knowledge on the global stage.

"The National Education Policy 2020 serves as a cornerstone in our endeavor to unlock the full potential of our youth," Singhal said. "By fostering vibrant and inclusive education, we are not only shaping the future of our nation but also contributing to the welfare of the world, echoing the sentiment of 'Vasudhaiva Kutumbakam'."

Prof. Geeta Bhat, Director NCWEB, conducted the proceedings of the Seminar.

Timeless Aesthetics opens maiden centre in Jammu



J I NEWS SERVICE
JAMMU, 25 FEB

Timeless Aesthetics has opened its maiden branch in Jammu Kashmir at Trikuta Nagar Jammu on Sunday. Dr Shikha Baghi CEO Aesthetics Timeless told media, "We are excited to share the news that finally Timeless Aesthetics has opened here in Jammu at Trikuta Nagar."

Former Deputy Chief Minister of Jammu Kashmir state Kavindra Gupta, Sohail Kazmi Eminent Journalist, Sandhya Gupta

President Women Club Meri Pehchan and Dr Shikha Baghi CEO Timeless Aesthetics was the Chief Guests on the occasion and SP South Jammu Ajay Sharma was the special guest.

Dr Baghi said We are already providing services in Gurgaon , Amritsar , Pune, Mohali and committed to providing top-notch services and creating a welcoming environment for our clients.

From cosmetic treatments to dental care, Jammu Aesthetic is here

to help everyone achieve their best smile and look their absolute best.

Former Deputy Chief Minister Kavindra Gupta said, Jammu has been witnessing the huge establishment of business and services centre in Jammu and it becomes possible only under the strong leadership of PM Narendra Modi.

Dr. Medha and Maanas owner of Jammu Aesthetic also shared its Instagram handle by adding that we are thrilled if you could take a moment to check out our Instagram page @

timelessaesthetics jammu . By following us, you'll stay updated on our latest promotions, informative posts, and behind-the-scenes looks at our clinic.

Jammu Aesthetic also appealed to the people to comment and share the social media page of Jammu Aesthetic with friends and family who might benefit from our services.

Thank you so much for your time, the wait is over and Timeless Aesthetic ready to set the benchmark of service satisfaction, Dr Baghi said

Martand Singh reviews ongoing restoration, renovation of Rani Samadhi's, Sri Ranbireshwar Temple

J I NEWS SERVICE
JAMMU, FEB 25

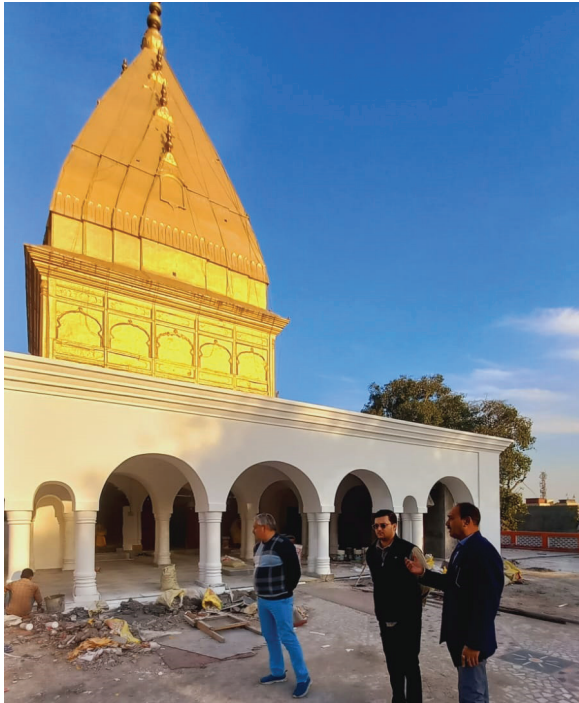
The Jammu and Kashmir Dharmarth Trust (JKDT) has embarked on an expedited mission to restore and renovate the ancient Sri Ranbireshwar Temple and Rani Samadhi's complex in Jammu city. Both these sites are expected to witness a major facelift after the completion of restoration and beautification works.

This was stated by Martand Singh, Trustee of J&K Dharmarth Trust after visiting the sites to oversee the progress firsthand. Ashok Sharma, Secretary of JKDT and Varinder Singh Jamwal Additional Secretary JKDT accompanied the Trustee.

The Secretary briefed the Trustee about the ongoing works and their current status.

Emphasizing the need for timely completion, the Trustee directed for the ongoing works to be finished within a specified timeframe, while ensuring that the quality standards are diligently upheld.

Martand Singh expressed his satisfaction with the progress of the restoration and renovation efforts at Shri Ranbi-



reshwar Temple, Jammu. He directed that all the works should be completed before the upcoming Maha Shivratri Festival to ensure the convenience of the devotees visiting the temple. He reiterated the Trust's commitment to providing an enhanced spiritual experience for all.

In addition, the Trustee highlighted the extensive repair and restoration taking place at the Rani Samadhi complex, stating

it is being accorded top priority. At the complex, the individual Samadhis of the Royal Dogra Maharanis and Ranis, along with the adjoining Temple, are carefully undergoing repair, meticulously restoring their grandeur and architectural beauty.

Martand Singh anticipated that the restoration and renovation endeavors will be completed shortly, bringing these cherished heritage sites back to their pristine glory.

Apni Party criticizes authorities for neglecting Nai Basti area in Nagrota

J I NEWS SERVICE
NAGROTA, FEB 25

Apni Party has criticized the authorities for neglecting Nai Basti area of Nagrota in Jammu East Assembly Constituency regarding development and providing basic amenities.

The demand was raised in a meeting that was organized by ward president of ward number 4 in Jammu East Constituency by Ramesh Chander.

During this meeting, the local people including women participated and they claimed that the Nai Basti has been ignored regarding development, drinking water supply or basic amenities.

While addressing the people, Provincial President of Trade Union of the Apni Party, Raj Sharma strongly condemned the authorities for turning blind eyes towards the suffering of the people in Nai Basti.

"The authorities have not provided tap water supply even as a drinking water tank has been constructed," he said, expressing shock over the poor response from the authorities towards the constant suffering of the people.

He further said that the condition of the approach



road in Nai Basti is in shabby condition and requires immediate repair work by the authorities.

He also demanded unscheduled power cuts. Meanwhile, he demanded Govt accommodation for the economically poor families in Nai Basti. Those who spoke on the occasion include District President, Apni Trade Union,

Anirudh Vasist, Vijay Mangotra, Sheikh Latief, Sohail Khajuria, Archana Koul, Sanjay Kumar, and others. Those who were present on the occasion include Manish Kumar, Sunny Kumar, Sunil Chand, Parveen Kumar, Jogdish Kumar, Balbir Chand, Tarun Kumar, Shallu Devi, Poonam, Dulla, and others.

Balvinder Singh unveils Vibrant Calendar of Harman Dance Institute Celebrating youth talent



J I NEWS SERVICE
JAMMU, FEB 25

Harman Dance Institute, Upper Gadi Garh, a beacon of artistic excellence, hosted a jubilant event at the Harman Complex, where children and their families reveled in an evening of celebration and talent. Distinguished RTI activist & Vice President DGPC Jammu S. Balvinder Singh Jammu, graced the occasion as Chief Guest, alongside S. Manjit Singh, President of Sikhs 4 All Foundation, who was honored as the Guest of Honor.

The festivities commenced with the ceremonial lighting of the lamp by the esteemed guests, illuminating the spirit of unity and creativity. The highlight of the event was the unveiling of the Harman Dance Institute Calendar, symbolizing a year filled with promise and passion, by the Chief Guest and Guest of Honor amidst the enthusiastic cheers of the attendees, including the young participants.

In his address, the

Chief Guest lauded the institute's commitment to nurturing talent and commended the children for their outstanding performances in both national and international competitions. The event further unfolded with a captivating modeling competition, graced by esteemed Celebrity Guests, Sh. Kiran K Verma, Channel Head, DGPC Jammu, and Mrs. Sheetal Verma, Bureau Chief, both from JAGO Jammu News Channel, who were mesmerized by the innate flair of the young models.

As a testament to their talent, select participants were chosen to represent the institute in the forthcoming national-level modeling competition scheduled to be held in Goa in May 2024. The Celebrity Guests were honored and felicitated by the management team of Harman Dance Institute, comprising Tajinder Singh, President HCES, and Gurdinder Kour, Director of Harman Dance Institute, Jammu, for their gracious presence and support.

Dr. Jitendra Singh inaugurate Aroma Mission Awareness cum-QPM distribution programme

J I NEWS SERVICE
BASOHLI, FEB 25

CSIR-Indian Institute of Integrative Medicine Jammu organised an awareness, training and lavender quality planting material (QPM) distribution programme under CSIR Aroma Mission at Basohli here today. Union Minister of State (Independent Charge) for Science & Technology, and Minister of State for PMO, Personnel, Public Grievances, Pensions, Atomic Energy, and Space and Vice President, CSIR was the chief guest and inaugurated the program. While speaking on the occasion, Union Minister, Dr. Jitendra Singh said that the Agri-startup from the region is the outcome of CSIR-IIIM activities under Aroma Mission which now takes root in Basohli thus empowering the Farmers for Sustainable future. Appreciating the efforts of CSIR-IIIM achievement under Aroma Mission, he mentioned that the lavender cultivation now has been spread to Himachal Pradesh, Uttarakhand and other north-eastern states. He further mentioned that such initiatives not only promotes sustainable farming practices but also creates new income opportunities for the community. The successful launch of the Aroma Mission Awareness



program in Basohli, Kathua signifies the institute's commitment to sustainable agriculture and its collaborative approach with the government and farmers. This initiative has the potential to create a ripple effect, inspiring other communities to adopt eco-friendly farming practices and contribute to a more sustainable future for the region. The program, aimed at promoting sustainable farming practices, drew a crowd of enthusiastic farmers and dignitaries, marking a significant step towards a greener future for the region. Prominent among others present were Col. Mohan Singh, Chairman, DDC Kathua, Tajinder Singh, Reeta Thakur and Narayan Dutt Tripathi (All DDC members). Earlier, Dr. Zabeer Ahmed, Director, CSIR-IIIM, Jammu in his welcome address said that CSIR-IIIM, Jammu besides doing cutting edge Science has been actively involved in the CSIR Aroma Mission and CSIR Floriculture Mission which have far reaching impact on the economic development and rural

prosperity. In the Viksit Bharat Sankalp Yatra, assuring full support from CSIR-IIIM, he appealed the farmers, who are real stakeholders of these missions to effectively join with the institute to take forward the activities under such societal projects.

In a statement issued here it was informed that more than 750 farmers drawn including the women from self-help groups of NRLM from various areas of Basohli and Bani participated in the event and received the quality planting material of lavender for cultivation in their fields. In the technical sessions coordinated by Dr. Suphla Gupta, Nodal Scientist Aroma Mission and Dr. Saubh Saran, Principal Scientist also provided valuable guidance on cultivation techniques, timing, and potential uses and practical insights into planting techniques and cultivation practices. Dr. Rajinder Bhanweria, Dr. V.P. Rahul, Er. Ankush Varma also delivered expert talk in the technical session.

Director Agriculture conducts extensive tour of Bandipora, Ganderbal & Srinagar districts

J I NEWS SERVICE
SRINAGAR, FEBRUARY 25

The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today conducted an extensive tour of Bandipora, Ganderbal and Srinagar districts.

During the tour, he convened three separate review meetings of Chief Agriculture Officers, district agriculture officers, sub divisional officers, zonal officers Bandipora, Ganderbal and Srinagar and took stock of the progress under HADP projects, regular CAPEX and CSS's, scope of convergence between MGNREGA and HADP and issues related to procurement of Seed under SVP, organic farming, Natural farming, PMKISAN, PMFBY and Soil Health Card schemes in Bandipora, Ganderbal and Srinagar.

The meetings discussed in detail different centrally sponsored schemes being implemented by the department including RKVY, MIDH, ATMA, NFSM, PM KISAN, Soil Health Card Scheme, KCC Scheme etc. The implementation of projects under the Holistic Agriculture Development Program (HADP) were especially discussed threadbare. The Director highlighted the importance of projects under HADP.

Addressing the meetings, Director Agriculture underlined the importance of expeditious and judicious



expenditure of funds under different centrally sponsored schemes, projects under HADP and CAPEX. He asked the officers that funds allocated under different components of centrally sponsored schemes must be expended in a time bound manner. He reiterated the importance of maintaining the highest level of transparency and accountability during all the expenditures.

The Director asked the concerned officers to work in close coordination with concerned district administrations during the implementation of different initiatives at district level. He also directed them to reach out to the farmers of every area and make them aware vis-a-vis latest farmer friendly technologies in the agriculture sector. He asked the officers to work in collaboration with the representatives of local com-

munities for the successful implementation of different schemes at grassroots level. He also impressed the officers to sensitize and encourage the farmers to avail benefit of various projects under HADP. He asked them to put in all the efforts and ensure that all the set targets under different projects of HADP are achieved in a time bound manner.

Later, the Director kick-started distribution of quality vegetable seedlings among the farmers at SM Farm Sumbal. He also visited different sections of RAKHS at Baniyar Sumbal and held interaction with the concerned officers.

Director also inaugurated a millet restaurant at Theed Harwan. The Chief Agriculture officers of concerned districts, district agriculture officers, sub divisional and zonal officers of the department were present in the meetings.

Army tops Khelo India Winter Games 2024, Karnataka finish a close second

J I NEWS SERVICE
GULMARG, FEB 25

Alpine skier Bobby Pandey's parallel slalom gold at the Kangdooori slopes made the difference on the final day of the Khelo India Winter Games 2024 in Gulmarg on Sunday. Pandey's victory helped Army finish on top of the medal tally with 10 golds, just one more than Karnataka and three more than No. 3 Maharashtra, the table toppers at the end of the first round of the winter Games in Ladakh from February 2-5.

In Sunday's only other event, Mehak of Uttarakhand won the women's version of the parallel slalom. Uttarakhand finished fifth in the medal standings with three golds. All these came in different skiing events. Spearheaded by Aanchal Thakur's double gold, Himachal Pradesh finished No. 4 with four gold medals.

Army, which had won the ice-hockey gold in Ladakh, returned with nine golds in the Gulmarg edition of KIWG 2024. Snowboarder Kulvinder Sharma and Nordic skier Padma Namgial produced outstanding performances with two individual gold medals each for the Army team. Karnataka, which did well in Ladakh primarily due to their ice-skaters, competed well in Gulmarg largely due to top skier Thekkada Bhavani Nanjunda. The 28-year-old certified trainer and a mountaineer, Bhavani was the only athlete to win a hat-trick of gold medals in Gulmarg. The technical aspects of this edition of the Khelo India Winter Games 2024 was managed entirely the Sports Authority of India. Six Olympians, including Shiva Keshavan and Arif Mohammed Khan, actively took part in the conduct of the winter Games.

3.0 magnitude earthquake hits Ladakh

J I NEWS SERVICE
LEH, FEB 25

An earthquake of 3.0 magnitude struck Jammu and Kashmir's Ladakh region on Sunday, according to the National Center for Seismology. As per the National Center for Seismology, the earthquake occurred at 11:48 am. "Earthquake of Magnitude:3.0, Occurred on 25-02-2024, 11:48:00 IST, Lat: 33.34 & Long: 76.84, Depth: 5 Km, Location: Ladakh, India," NCS said in a post on X.

FROM THE FRONT PAGE...

PM lays foundation...

Modi for strengthening the Critical Health Care and Emergency Response System in the UT of Jammu Kashmir.

The Lt Governor tweeted: "Hon'ble PM Shri Narendra Modi Ji today virtually laid the foundation stone of 13 Critical Care Blocks at the district hospitals across J&K & dedicated 6 mobile food safety labs, 3 each in Jammu & Kashmir div. It is a momentous occasion for UT's health sector.

The projects under Prime Minister-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) & COVID-19 Emergency Response and Health System Preparedness Package Phase-II will make crucial & standard health facilities available to all the citizens".

The projects worth Rs 207.75 crore under Prime Minister-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) include 100-bedded Critical Care Blocks each at GMC Jammu and District Hospital Budgam; 50 Bedded Critical Care Block at GMC Baramulla, GMC Rajouri, GMC Kathua, SKIMS Bemina and District Hospital Kulgam.

The Critical Care Blocks under COVID-19 Emergency Response and Health System Preparedness Package Phase-II (ECRP-II) to be constructed at Rs 142.5 crore are 50-bedded Critical Care Blocks each at District Hospitals Pulwama, Kupwara, Reasi, Shopian, Poonch and PHC Sonamarg, Ganderbal.

Resolve to give Modi...

by winning more than 400 seats. The upcoming Lok Sabha polls is for making Bharat a superpower and the world's third largest economy under Modi's leadership," he told his party workers.

Hailing the construction of the Ram Temple in Ayodhya under the Modi government, Shah said Congress leader Rahul Gandhi used to take swipes at him by saying the saffron party claims it will build the temple but will not give people the date of construction.

"The temple has been built under the Modi government. The BJP fulfils every commitment made to the public," asserted Shah, considered his party's key strategist. (Agencies)

India's 'Nari Shakti'...

Sunita from Uttar Pradesh's Sitapur. She talked about her drone training and how it helps in farming.

"Today there is no region in the country where woman power has lagged behind. Another area where women have demonstrated their leadership abilities is natural farming, water conservation and sanitation," he said.

The 'matrishakti' of the country is playing a big role in saving Mother Earth who is suffering pain and hardships due to chemicals, he said.

"Women are now extending natural farming to every corner of the country. Today, if so much work is being done in the country under the Jal Jeevan Mission, water committees have had a big role to play in it. The leadership of these water committees lies only with women," Modi pointed out.

Apart from this, sisters and daughters are making all-out efforts for water conservation, he said.

Modi also spoke with Kalyani Prafulla Patil from Maharashtra and lauded her work in moving towards

natural farming.

"Whether it is Sunita ji or Kalyani ji, the success of woman power in myriad fields is very inspiring. I once again appreciate this spirit of our woman power from the core of my heart," the prime minister said.

In his broadcast, Modi also talked about the increasing importance of technology in people's lives. "Mobile phones and digital gadgets have become an important part of everyone's life... with the help of digital gadgets, we are now getting help in creating a balance with wild animals," he said.

The prime minister noted that a few days later, on March 3, it is 'World Wildlife Day', and said this day is celebrated with the aim of spreading awareness on the conservation of wild animals.

"This year, digital innovation has been kept paramount in the theme of World Wildlife Day. You will be happy to know that technology is being used extensively for the conservation of wildlife in different parts of our country," Modi said.

During the last few years, the number of tigers in the country has increased due to the government's efforts, he noted.

"The number of tigers in the tiger reserve of Chandrapur, Maharashtra has risen to more than 250," he said.

"The help of artificial intelligence is being taken to reduce conflict between humans and tigers in Chandrapur district. Cameras have been installed on the border of villages and the forest. Whenever a tiger comes near a village, local people get an alert on their mobile phones with the help of AI," the prime minister said.

Today, this system has ensured convenience to the people in the 13 villages around this tiger reserve and the tigers have also got protection, he said.

Modi noted that young entrepreneurs are also working on new innovations for wildlife conservation and eco-tourism.

In Uttarakhand's Roorkee, Rotor Precision Group in collaboration with the Wildlife Institute of India has developed a drone which is helping keep an eye on the crocodiles in the Ken river, he said.

Similarly, Modi said, a Bengaluru company has created two mobile apps - Bagheera and Garuda.

With the Bagheera app, the speed of a vehicle and other activities can be monitored during a jungle safari, and the Garuda app uses artificial intelligence and Internet of Things to provide real-time alerts when connected to any CCTV, Modi said.

With every such effort towards wildlife conservation, the country's biodiversity is becoming richer, he added.

In his address, Modi also talked about the voice of the youth creating content which he said has become very effective today.

"To honour their talent, the National Creators Award has been started in the country. Under this, preparations are being made to honour those change makers in different categories who are using technology to become effective voices of social change," Modi said.

"This contest is running on MyGov (portal) and I would urge content creators to join it. If you also know such interesting content creators, then definitely nominate them for the National Creators Award," he said. (Agencies)

In times to come...

government is focussed on the Poor, Farmers, Youth and Nari Shakti. The Poor, Farmers, Youth and Nari

Shakti have been empowered through various government welfare schemes as this government believes in 'Sabka Sath, Sabka Vikas' mantra, said Dr. Jitendra Singh.

In terms of road and highway development, Dr. Jitendra Singh said, North India's first ever Cable-Stayed Bridge Atal Setu, J&K's first inter-State bridge at Keerian-Gandali etc. have been the cornerstones of development never imagined by anyone.

Dr. Jitendra Singh said, had Narendra Modi not become the Prime Minister of India in 2014, the Shahpur-Kandi Project would not have been resumed that was stalled from the last 70 years. Prime Minister Narendra Modi gave the highest priority to this project as it is the lifeline of this area in many ways, and has the potential to irrigate 4000 acre agricultural land of this area, Dr. Jitendra Singh emphasised.

Aroma Mission has been started by our neighbouring states like Uttarakhand and Himachal Pradesh. As this constituency has been the birthplace of Purple Revolution in India, Basohli must not shy away from starting the lavender cultivation here as this can increase the income of agriculturists of this area manifold.

Weather office predicts...

temperature. Leh town in Ladakh region had minus 14.2, Kargil minus 18.1 and Drass minus 17.4 as the minimum temperature.

Jammu city had 8.9, Katra 5.5, Batote minus 0.5, Baderwah minus 1.2 and Banihal minus 1.4 as the minimum temperature.

Small industries...

Nyay Yatra' against this injustice." "Hatred is spreading in the country, why is it spreading, what is the reason for it? I must have asked this question to thousands of people," he said, with the crowd replying, "Vote bank." Gandhi went on, "Brothers and sisters, there is no vote bank, do not have this misconception. The people of India, farmers and labourers have told me that the reason for violence and hatred is injustice." "So we added the word 'Nyay' to the name of the second Bharat Jodo Yatra. Because now, this second yatra is working to unite India. Now, this second yatra is fighting against injustice..." the Congress leader added.

He said the alleged leak of question papers in the police constable recruitment examination was yet another blow to lakhs of unemployed youngsters in this state.

During her address, Priyanka Gandhi said unemployment has become the biggest crisis in "this period of injustice (anyay kaal)".

She also attacked the government, saying its Agniveer recruitment scheme shattered the dreams of youngsters preparing to join the defence forces.

Lakhs of government posts are lying vacant, but recruitment drives have not been announced for years, Gandhi alleged, adding that when the vacancies are announced, there are question paper leaks.

"There is corruption in recruitment. Today, the poor, labourers, farmers, Dalits, tribals, backwards and middle-class youths are disappointed. They have no hope left for the future," she added.

The yatra later moved through the outskirts of the city to head for Agra. (Agencies)

Matter of shame that...

September 30, 2024, it said. Abdullah also said that terror attacks on Kashmiri Pandits in the Valley is a regular occurrence.

Despite the abrogation of Article 370, pockets of support for separatists continue to exist and hardly a week or two pass without a terrorist attack, he said.

More Kashmiri Pandits have been killed in targeted attacks under the present (Union) government than under previous dispensations, he claimed.

The former CM also claimed that the Kashmiri Pandits, whom his government had resettled in the Valley with government jobs, are now pleading that they be allowed to move back to Jammu.

"This government has not returned Kashmiri Pandits their sense of security. More Kashmiri Pandits want to leave Kashmir today than (those who) wanted to five or ten years ago," Abdullah added. (Agencies)

53-Wagon freight...

Srivastava said that "an inquiry has been initiated to know the exact cause of the incident. Prima facie, it seems that the train started rolling down the slope gradient towards Punjab without the driver and his assistant".

He said the train came to a halt near Unchi Bassi due to steep gradient, after covering a distance of more than 70 km.

The officials said that the train was successfully halted with the assistance of sandbags.

Whether the train had been "secured" properly at Kathua on the down gradient is a matter of investigation, the spokesperson said and added that an in-depth probe is underway.

Railway officials and staffers were put on alert along the route.

Government Railway Police (Jalandhar) Sub-Inspector Ashok Kumar said upon receiving information about the runaway train all rail-road crossings on the Jalandhar-Pathankot section were secured. (Agencies)

Government official...

The victim alleged that the accused gave her some medicine after she fell sick in the evening and later raped her, the official said.

A case under relevant sections of the law, including rape, was registered against the accused and the medical examination of the victim was conducted as part of the ongoing investigation, the official added.

The victim also claimed that she was thrown out of the house after she informed Amin's wife about the incident on her return from Jammu, the official said.

Police arrests 4...

They have been identified as Zahoor Ahmad Pandit son of Abdul Gani Pandit, Basir Hussain Pandit son of Farooq Ahmad Pandit, Imtiyaz Gull son of Gull Mohd Bhat and Gulzar Ahmad Khar son of Ghulam Mohd Khar all residents of Wanpora. From their possession, 01 Pistol, 02 Pistol Magazine, 20 Pistol rounds, 04 UBGs, 24 rounds of INSAS have been recovered.

Further investigation in the case is going on. More arrests and recoveries are expected in the case.

Natrang stages outstanding play 'Panch Pran' in Sunday Theatre

JI NEWS SERVICE
JAMMU, FEB 25

A highly motivating and moving theatre presentation 'Panch Prana' featured in Natrang's weekly theatre series Sunday Theatre. Written by Lalit Prakash and directed by Neeraj Kant this highly energising performance elaborated the five resolves the nation has pledged to make developed and resurgent India. Devised in a chorus style, the play opens with a group of performers appealing to the masses for coming forward and unitedly strive to make India a developed nation by 2024. Finding them confused and distracted over the mission, a crusader appears on the scene who pacify their conflicting notions and beautifully describes each of the five resolves in a highly theatrical manner. Following this, each of the five



resolves were theatrically demonstrated threadbare. On the historic day, when the celebrations of 75 years of India's independence were completed, honourable Prime Minister of India described in detail the five resolves to ensure a developed India in next 25 years. These resolves included, a resolve of developed India, removing of all traces of colonial mindset, taking pride in

our legacy, our strength of unity and fulfilling the duties of citizens with honesty. Amongst all the resolves, taking pride in our legacy was the highpoint of the play. An important prerequisite for a positive and confident mindset among the citizens is to have national pride. Pride in its millenia old cultural and spiritual heritage, pride in our legacy and contributions

to the world and the pride in being the citizen of this glorious nation.

Play 'Panch Pran' came out to be the shining example of an extraordinary motivational presentation aimed at infusing the real sense of nationalism amongst the spectators.

Natrang's brilliant artists who presented a remarkable performance included Neeraj Kant, Mohd. Yaseen, Aadesh Dhar, Brijesh Avtar Sharma, Vandana Thakur, Chaitanya Shekhar, Subash Jamwal, Kananpreet Kaur, Mehak Chib, Palshin Dutta, Sunny Mujoo, Vansh Pandotra, Radhika Sharma, Mehak Singh, Sahil Narwalia, Malik Madiha, Suneha Angural, Avantika Sharma, Ritika, Dheeraj Kotwal, Mandeep Singh, Arjun Soni, Priya, Vishal Sharma, Sanket Bhagat and Kushal Bhat. The music of the play was composed by Brij Mohan.

Social determinants of health-Next forefront of reducing the enormous burden of CVD: Dr Sushil

JI NEWS SERVICE
JAMMU, FEB 25

In view of very less awareness regarding the social domain of cardiovascular health among masses Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum health checkup camp at Panchayat Panj Grain, Block Nagrota, Jammu in order to enlighten people about the social equality and its long term impact in reducing cardiac morbidity and mortality.

While interacting with the people Dr Sushil stated that cardiovascular disease (CVD) is the leading cause of mortality worldwide. Addressing social determinants of health may be the next forefront of reducing the enormous burden of CVD. SDOH can be defined as any social, economic, or environmental factor that influences a health outcome. Comprehensive evidence of the role of Social Determinant in CVD is lacking, nevertheless. There has been increasing recognition that social determinants of health (SDOH) significantly contribute to morbidity, mortality, and health inequality. According to the World Health Organization, SDOH are any situation or circumstance in which individuals



are born, grow, live, work, and age. SDOH can also be described as any environmental factor that affects a person's health, quality of life, or the progression of a disease in a complex and interconnected manner.

He elaborated that despite significant advancements; gross inequalities continue to persist over space and time. Although increasing at different rates worldwide, the magnitude of increase in the prevalence of various cardiovascular risk factors has shifted research efforts to study the causes of the risk factors (ie, the 'causes of the causes'), which include the social determinants of health. The social determinants of health reflect the impact of the social environment on health among people sharing a particular community. Imbalances in the social determinants of health have been attributed to the inequities in health observed between

and within countries. He added that the issue of social determinants is especially necessary to assess in women of diverse races and ethnicities, as racial and ethnic diversity is currently lacking in patient data registries where data for CVD assessment is gathered.

Dr Sushil Sharma while sharing his opinion told that there is overwhelming evidence that SDOH are important contributors to CVD and CVD mortality. There is consistent evidence that economic circumstance and early childhood development themes play a role in CVD and CVD mortality. Specifically, childhood adverse events, childhood abuse or neglect, childhood SES, neighborhood SES, violence, environmental attributes, education, income, occupation, food insecurity, homelessness, composite SES, social role, social isolation, loneliness,

ethnicity, and discrimination play roles in CVD and CVD mortality. He further elaborated that detecting and addressing SDOH will likely benefit CVD risk factors and outcomes. This evidence should be used to inform CVD prevention policies and interventions through each stage of development, including selection of targeted sub-populations. Given that the identified SDOH factors are interconnected with each other and other CVD risk factors.

Prominent members of the area Thoru Ram (Sarpanch), Ramesh Singh (Panch), Prem Nath (Panch), Yashpal (Panch), Kishore Kumar (Panch), Davinder Singh and Ram Gopal appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health checkup camp in their locality for the welfare of people and the society.

Others who were part of this Camp includes Dr Yashwant Sharma and Dr Devinder Singh. Paramedics and volunteers includes kamal Sharma, Raghav Rajput, Rajkumar, Rajinder Singh, Mukesh Kumar, Gourav Sharma, Jatin Bhasin, Vikas Kumar, Rohit Nayyar, Arun Singh, maninder Singh, Rahul Vaid, Amish Jamwal and Aman Gupta

IGP Kashmir promotes 716 officials to their next ranks



JI NEWS SERVICE
SRINAGAR, FEB 25

On the recommendations of Departmental Promotion Committee constituted for assessing the suitability of eligible Constables for their elevation to the next rank, vide ZPHQ Kashmir order No. 562 of 2024 dated 13.02.2024, IGP Kashmir Shri V. K. Birdi has approved the promotions of 716 Constables having their lien and seniority with Kashmir Zone to the rank of Sg.Cts.

IGP Kashmir has felicitated the promoted officials/their families and expressed the hope that they will strive to work hard for maintaining of public peace, tranquillity and law & order in the Union Territory of J&K.

India-Japan Joint Exercise 'Dharma Guardian' Commences In Rajasthan

JI NEWS SERVICE
NEW DELHI, FEB 25

The 5th edition of Joint Military Exercise 'DHARMA GUARDIAN' between the Indian Army and the Japan Ground Self Defence Force commenced today at Mahajan Field Firing Ranges in Rajasthan. The Exercise is scheduled to be conducted from 25th February to 9th March 2024.

Exercise 'DHARMA GUARDIAN' is an annual exercise and conducted alternatively in India and Japan. The contingent of both sides comprises of 40 personnel each. The Japanese contingent is being represented by troops from the 34th Infantry Regiment and Indian Army contingent is being represented by a Battalion from the Rajputana Rifles.

Aim of the Exercise is to foster Military Cooperation and enhance combined capabilities to execute joint operations in semi-urban environment under Chapter VII of United Nations Charter. The Exercise would focus on high degree of physical fitness, joint planning, joint tactical drills and basics of special arms



Tactical drills to be practiced during the Exercise will include establishing of Temporary Operating Base, creating an Intelligence, Surveillance and Reconnaissance (ISR) Grid, setting up Mobile Vehicle Check Post, executing Cordon and Search Operations in a hostile village, Heliborne operations and House Intervention Drills. A Weapon and Equipment Display will also be organised showcasing 'Atmanirbhar Bharat' initiative and the growing defence industrial capability of the country.

Lieutenant General TOGASHI Yuichi, Commanding General, Eastern Army, Japan Ground Self Defence Force is also scheduled to visit India on

the sidelines of "Exercise DHARMA GUARDIAN". The General officer will visit Mahajan Field Firing Ranges on 3rd March 2024 and witness Combat Shooting demonstration, Special Heliborne Operation (SHBO) & House Intervention Drills.

Exercise 'DHARMA GUARDIAN' will enable the two sides to share their best practices in Tactics, Techniques and Procedures of conducting tactical operations. The Exercise will also facilitate developing inter-operability, bonhomie and camaraderie between troops of both the sides. This will enhance the level of defence cooperation, further fostering bilateral relations between the two friendly nations.

Police recovered Illicit diesel in Sopore, accused arrested



JI NEWS SERVICE
SOPORE, FEB 25

In a significant crackdown on illegal activities, Police in Sopore recovered illicit diesel from village Cha-toosa in the jurisdiction of Police Station Dangi-wacha and arrested accused person involved in the commission of crime.

Police Station Dangi-wacha received a specific information regarding the transportation of an illicit diesel. Accordingly,

a police party of headed by SHO Dangi-wacha conducted raid at specific location in village Cha-toosa. During raid, police party recovered six barrels of illicit diesel approximately 750 litres from the spot. The accused person involved in the commission of crime has been identified as Babar Shams Baba son of Shams ud Din Baba resident of Jalal Abad Sopore. He has been arrested and shifted to PS where he remains in custody.

Accordingly, a case vide FIR No. 11/2024 under relevant sections of law has been registered in Police Station Dangi-wacha and investigation has been initiated.

Police urge the public to remain vigilant and report any suspicious activities or illegal practices they come across. Such information can be crucial in curbing criminal activities and maintaining a safe and secure environment for all.

Indian Army Organised Veteran's Milan at Rajouri



JI NEWS SERVICE
RAJOURI, FEB 25

In an effort to reach out to Veterans, Veer Naris/Veer Matas residing in the areas under the jurisdiction of Indian Army, an Ex Servicemen meet was org under the aegis of ROMEO FORCE at Palma Military Garrison. It was attended by 106 Ex Servicemen, 07 Veer Naris and 01 Veer Mata. The aim of the meet was to assist the Veterans, Veer Naris / Veer Matas by providing relevant post retirement beneficial information, facilitate redressal of grievances and overcome documentation anomalies

lies in coord with representatives of Zila Sainik Welfare Office (ZSWO), Defence Pension Disbursing Officer (DPDO), Area Account Officer (AAO) and Ex Servicemen Contributory Health Scheme (ECHS) Rajouri. The meet conveyed the gratitude to all Veer Naris, Veer Matas, Senior Veterans and ESM for their solemn and selfless service to the nation, society and Armed Forces. The meet was also seen as an opportunity for the Army to guide and educate our Veterans and their Next of kins in their day to day problems as well as project the image of Army to populace.

Sarangs Enthral Crowd on Culmination of Singapore Airshow 2024

JI NEWS SERVICE
JAMMU, FEB 25

As the Singapore Airshow drew to an end, the Sarang Helicopter Display Team of the Indian Air Force presented their last display for the event at the Changi Exhibition Centre today.

It is noteworthy that it was at this very venue that the Sarangs began their journey 20 years ago, when they performed their first public display as a three helicopter display team for the Asian Aerospace Show in February 2004. Since then the Sarangs have graduated to a four helicopter display, and recently have included a five helicopter display profile to their achievements.

Apart from thrilling aerobatics displays, nationally and internationally, the Sarang Team has also undertaken numerous HADR operations. The



Team was at the forefront in Uttarakhand during the flash floods of 2013, wherein the Unit helicopters rescued close to 1000 people and inducted 12 tonnes of relief material at altitudes in excess of 10,000 feet in inclement weather and hazardous terrain. The Unit has also been involved in providing succor to the people affected by floods in its area of responsibility from time to time; rescue and relief operations in Chennai, Dindigul, Tirupathi and Nellore are a few worth mentioning. In the

recent past, the team was one of the first responders for HADR missions during the Cyclone Okhi in Dec 2017, the devastating floods in Kerala in Aug 2018 and Tuticorin floods in Dec 2023. The achievements of the Sarang Team are synonymous with the rapid strides of the Indian aviation industry, which has diversified into development and production of state of the art helicopters and fighters. In the near future, the country is also expected to produce it's first transport aircraft, the C-295.

Protest against negligent JMC supervisor sparks demands for action in Gurha Qasim Nagar

JI NEWS SERVICE
JAMMU, FEB 25

Hindustan ShivSena Jammu unit staged a protest against the working of Ward no. 28, Gurha Qasim Nagar, Bakshi Nagar JMC Supervisor Mr. Vijay. Addressing the Press and Media personnel, Rohan Malwal, Vice President Hindustan ShivSena Jammu unit said that JMC Supervisor namely Vijay has allegedly failed to perform his duties. Mr. Rohan brought it to the knowledge of media that the residents of the said area are facing severe sanitation hazards because of the negligence of the said officer as he is incharge of the area. He said that Vijay is not taking care of the cleanliness of the area. The waste is not being disbursed within time and heaps of the waste are lying here and there.

Rohan further added



that despite repeated requests of the residents of the area, Vijay continued to neglect his assigned duties.

Rohan further said that we request the Jammu Municipal Commissioner to please take necessary action against the said officer so that the residents of Gurha Qasim Nagar,

Bakshi Nagar area may breathe in a clean and waste free area. Rohan appreciated the efforts being made by JMC to make the city clean and keep the people healthy but also added that certain officers like Vijay neglect their duties and create problems for the local residents.

Bharat Tibet Sahyog Manch condemned the mistreatment of Tibetan Buddhist monks by Chinese govt in Tibet

JI NEWS SERVICE
JAMMU, FEB 25

Bharat Tibet Sahyog Manch Jammu, Kashmir and Ladakh Unit have strongly condemned the recent cruel act on Tibetan Buddhist monks in Tibet by the Chinese dictator government. The Buddhist monk was protesting against the construction of a mega dam in Tibet province on the Yangtze River by dislocating the Tibetan Community. Constructing of mega dam in Tibetan province, six ancient monasteries and dozens of villages will be completely submerged under the dam. The monks were demanding to not destroy their ancient culture. More than 100 Buddhist monks have been put in jail and many more were injured during the Chinese government action. They have used chilly spray and water guns to control the protesters. Dr. Vivek, the president of BTSM Jammu and Kashmir Unit has strongly condemned this incident and said that the Chinese Government always comes to cruel action with the Tibetan Community. Dr. Chhering Tandup Present, BTSM Ladakh unit has mentioned that the Chinese Government always has a motive to destroy the culture and environment of Tibet province and it is part of the same agenda.

EDITORIAL

Rising speculations of simultaneous LS, Assembly polls

The upcoming visit of the full Election Commission of India (ECI) to Jammu and Kashmir on March 12 and 13 has fuelled the speculations of simultaneous Lok Sabha and much-awaited Assembly polls in Jammu and Kashmir. The ECI will chair two high-level security review meetings besides interacting with political parties and other stakeholders in Jammu and Kashmir to ensure fool-proof security for parliament elections scheduled to be held in April-May and assess when the Assembly polls can be held in the Union Territory. Former chief minister and veteran National Conference leader Farooq Abdullah too has predicted that assembly elections in J&K will be held with general elections while his son Omar Abdullah while targeting the ECI has said that it was "a matter of considerable shame" that the Supreme Court had to issue a directive about elections in Jammu and Kashmir rather than the poll body. The Apex Court has directed that the assembly elections should be held in Jammu and Kashmir by the end of September 2024. A BJP faction also favours assembly polls with Lok Sabha elections. The last Assembly elections were held in 2014 and it has been almost a decade since J&K has witnessed no electoral exercise for the Legislative Assembly. The delaying assembly elections in Jammu and Kashmir are a complex decision with significant implications for the region's political landscape and the aspirations of its people. Several factors contribute to the debate surrounding this issue, including security concerns, political instability, and the restoration of democratic processes. One of the primary arguments for delaying elections is the security situation in J&K. The region has faced decades of unrest, with ongoing tensions between separatist groups, militants, and security forces. Holding elections in such a volatile environment poses risks to both candidates and voters. Ensuring the safety and security of all involved is paramount, and postponing elections may be seen as a measure to mitigate potential violence and instability. Furthermore, there are concerns about the readiness of the political landscape in J&K for free and fair elections. The abrogation of Article 370 in 2019 fundamentally altered the region's political dynamics, leading to the dissolution of the state's special status and the bifurcation of the erstwhile state into two union territories. The subsequent detention of political leaders and restrictions on civil liberties further complicated the situation. Delaying elections could provide time for political parties to regroup, reorganize, and engage in meaningful dialogue to address the grievances of the people of J&K. However, the decision to delay elections is not without its critics. Some argue that prolonged suspension of democratic processes undermines the principles of representative governance and deprives the people of J&K of their right to choose their leaders. They argue that democracy requires continuous engagement and participation, and any delay in elections perpetuates a sense of disenfranchisement among the populace. Additionally, the absence of elected representatives in J&K hampers the region's development and governance to some extent. Delaying elections further prolongs the state of the political vacuum, hindering the prospects for meaningful progress and reconciliation in the region. Although top officials are tight-lipped over the timing of the assembly elections in Jammu and Kashmir, a group within the BJP is advocating that Assembly polls in Jammu and Kashmir must be held with the Lok Sabha elections to reap the political benefits of the prevailing wave in favour of Prime Minister Narendra Modi. The ruling dispensation at the Centre should silence the criticism of opposition parties while taking a firm stand on conducting assembly elections in Jammu and Kashmir without any further delay.

Unprecedented Transformation of Railway Stations



D.J. NARAIN
EX-DIRECTOR GENERAL,
PIB / CHAIRMAN, KALACRAFT
TECHNOLOGIES, CEO
STAGECRAFTS PVT LIMITED

Railway stations in India have been an integral part of memories of almost every individual of the nation. They also are vital symbol of not only the state of infrastructure and transport cum travel logistics of the nation but an important element of visual architectural landscape of the country. More than 2 crore Indians traverse through Indian stations each day, yet never before such an effort, as being done now, was put in place to modernize this essential part of Indian infrastructure and improve day to day travel experience of millions of its people.

As India takes determined steps towards multi trillion-dollar economy, mission of transformation of Railways stations, from being an accumulator of dirt, squalor and filth to

being the clean bustling centers of comfortable travel, symbol of national pride and heritage and world class conveniences, is truly a remarkable. The mission is already beginning to show astonishing results. These modernized Railway Stations are representative of a nation that is not only modernizing fast but also a governance that cares for its citizens. Experiencing Indian Railways means experiencing India as a nation as well.

Before 2014, in the name of modernization, scattered efforts were being made to improve passenger amenities and improve the façade of very few busy Railway stations, with no visibility. After 2014, redevelopment of railway stations across India became a priority agenda of Ministry of Railway. This agenda is now being driven with full force by the Government.

Gandhinagar Railway station in Gujarat was the first station to undergo modernization in 2021. Later on, in the same year, Rani Kamalapati Railway Station (formerly known as Habibganj) was the first railway station on Indian Railways being redeveloped. In 2022, Union Cabinet approved redevelopment of 3 major railway stations- New Delhi Railway

Station, Ahmedabad Railway Station and Chhatrapati Shivaji Maharaj Terminus (CSMT) Mumbai, with an approximate total investment of nearly Rs 10,000 Cr.

The Centre has now drawn out an ambitious plan for transforming more than 1300 railway stations in the country as 'Amrit Bharat Stations'. The mission got a fillip, when in August 2023, Prime Minister, Shri Narendra Modi laid the foundation stone for the redevelopment of 508 Railway Stations across the country. Being redeveloped at a cost of more than Rs 24,470 crores, these 508 stations are spread across 27 states and union territories, including 55 each in Uttar Pradesh and Rajasthan, 49 in Bihar, 44 in Maharashtra, 37 in West Bengal, 34 in Madhya Pradesh, 32 in Assam, 25 in Odisha, 22 in Punjab, 21 each in Gujarat and Telangana, 20 in Jharkhand, 18 each in Andhra Pradesh and Tamil Nadu, 15 in Haryana, 13 in Karnataka among others.

Results that are being seen today, are an outcome of series of efforts and management initiatives being undertaken especially since 2019. Railway Minister Ashwini Vaishnaw has gone on record saying

"Our Prime Minister has a huge vision for station redevelopment. When we went with the original designs, he didn't approve the designs. He told us to design the stations for 50 years ahead. So, we went back to the drawing board, redesigned the entire thing, and then started the construction. So, today we are doing the world's largest station redevelopment program. 1309 stations are getting redeveloped".

Development/redevelopment of Railway Stations is complex in nature, involving safety of passengers & trains and requires various statutory clearances such as fire clearance, heritage, tree cutting, airport clearance etc. The progress also gets affected due to brown field related challenges such as shifting of utilities, infringements, operation of trains without hindering passenger movement, restrictions due to works carried out in close proximity of high voltage power lines etc. Wide spread consultations with Urban/Local Bodies and other stakeholders, experts, officers are being done for clearances required from concerned authorities for station development work.

Modernisation of over 1300 Railway Stations is

a colossal task and an all-inclusive thorough process has gone behind scientific redevelopment of these stations with speed and scale. The designing has been done in a holistic manner with discussions at the various levels before issuing tenders. Moreover, a standard tender document was curated and shared with all so as to ensure completion of work in a time bound manner. Indian Railways merged the Indian Railway Stations Development Corporation for optimization of redevelopment work. Various top domain experts, Architects and piling agencies were empaneled for suitable use by all divisions and zonal offices. Creation of Gatishakti Directorates in the Zones and Headquarters, besides training of over 9000 personnel for this, has also facilitated in streamlining and speeding up of the processes.

The scheme involves preparation of Master Plans and their implementation in phases to improve the amenities at the stations like improvement of station access, circulating areas, waiting halls, toilets, lift/escalators as necessary, cleanliness, free WiFi, kiosks for local products through schemes like 'One Station One

Product", better passenger information systems, executive lounges, nominated spaces for business meetings, landscaping etc. keeping in view the necessity at each station.

The scheme also envisages improvement of building, integrating the station with both sides of the city, multimodal integration, amenities for Divyangjans, sustainable and environment friendly solutions. Every station will have a spacious roof plaza with all passenger amenities at one place along with spaces for retail, cafeterias, recreational facilities. Master plan has been prepared for smooth movement of traffic, with adequate parking facilities and efforts would be there to ensure its integration with other modes of transportation like metro, bus etc. Green Building Techniques will be used, with solar energy, water conservation/recycling and improved tree cover. There will be segregation of arrival/departures, clutter free platforms, improved surfaces, fully covered platforms.

Unprecedented transformation of Indian Railway Stations is going to make every Indian proud and every tourist marvel at the pace the change that has taken place.

Focus on Amrit Peedhi: Empowering Youth through Education and skills



SMT. A. SRIJA
ECONOMIC ADVISER,
DEPARTMENT OF SCHOOL
EDUCATION AND LITERACY
(DOSEL), MINISTRY OF
EDUCATION

The overarching theme of the Union Budget 2024-25 centers around transforming India into a developed nation, referred to as "Viksit Bharat," by the year 2047. The budget places a special emphasis on the Amrit Peedhi—the youth—and highlights the significance of the National Education Policy 2020 in initiating transformative reforms to skillfully equip and empower the younger generation. In pursuit of this objective, considerable attention has been directed towards the PM Schools

for Rising India (PM SHRI), designed to provide high-quality education, foster holistic development, and shape well-rounded individuals.

Approved in September 2022, the PM SHRI scheme is designed to serve as a model for the effective implementation of the National Education Policy 2020. These schools are envisioned to evolve into exemplar institutions, setting a benchmark over time, while also assuming a leadership role by guiding other schools in their vicinity. The mandate extends to offering leadership in their respective regions, ensuring the provision of high-quality education within an environment that is equitable, inclusive, and imbued with joy. This educational approach caters to the diverse backgrounds, multilingual needs, and varying academic abilities of students, actively engaging them as participants in their own learning journey,

Program	R.E 2023-24	B.E 2024-25
Samagra Shiksha	33000	37500
PM-Poshan	10000	12467.39
STARS	700	1250
PM Shri	2800	6050
NILP	100	160
National Means cum Merit Scholarship Scheme	358.00	377.01
Autonomous Bodies	14470	15638.67
Total	72473.80	73008.10

aligning with the vision outlined in the NEP 2020.

The scheme provides for setting up of more than 14500 PM SHRI Schools by strengthening the existing schools from amongst schools managed by Central government/State/UT Government/local bodies. The first phase of selection process of PM-SHRI Schools has already been completed and a total number of 6,207 schools

have been selected as PM-SHRI schools. A total of Rs. 3395.15 crore has been approved for 6,207 PM SHRI Schools in 27 States/UTs along with KVS/NVS in the Project Approval Board (PAB) Meeting for FY 2023-24. The 1st installment of Central share of Rs. 630.11 crore for FY 2023-24 has been released to all the States/UTs/KVS/NVS for implementation of the scheme. The Budget Esti-

mates for FY 2023-24 has been revised from Rs.4000 crore to Rs.2800 crore. The Budget Estimates for FY 2024-25 is 6050 crore.

Apart from PM-Shri, the total budget approved for the Department of School Education & literacy is Rs.73008.10 crores in 2024-25 as compared to Rs.72473.80 crores in 2023-24. (Table-1)

The Budget also highlights the Skill India Mission through which 1.4 crore youth have been trained, 54 lakh youth have been upskilled and reskilled, and 3000 new ITIs have been established. A large number of new institutions of higher learning, namely 7 IITs, 16 IIITs, 7 IIMs, 15 AIIMS and 390 universities have been set up. Skilling of youth in the new age technology models will pave the way for new start-ups and entrepreneurship on the part of our youth. As the budget focuses on new avenues such as digital infrastructure, innovation,

conference tourism, spiritual tourism, gati shakti, food processing etc., skill training emerging from the job profiles related to these upcoming sectors need to be focused upon in the curriculum for skill training in senior secondary schools as well as in ITIs.

The budget also highlights the increase in female enrolment in higher education by 28 percent over ten years. In STEM courses, girls and women constitute 43 per cent of enrolment - one of the highest in the world. All these measures are getting reflected in the increasing participation of women in workforce which is reflected in the increase in female participation rate in the labour force rising from 23.3 percent in 2017-18 to 37 percent in 2022-23. (PLFS). In short, for India to become Viksit Bharat by 2047 education and skilling of the youth is the foremost task, where our demographic advantage lies.

Greek PM's Visit bolsters historic ties

KUMARDEP 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)

WANT TO GO VEGAN? HERE'S A SAMPLE WEEKLY MEAL PLAN

ADITI SHENAI

Veganism is the practice of avoiding the consumption of animal products. It is also a philosophy that rejects the status of animals as commodities and refuses to use anything that contains animal products or involves them in any way. Vegans are those who adhere to the vegan diet or philosophy. According to research, there are numerous forms of vegetarianism. Dietary vegans, usually "strict vegetarians," abstain from eating meat, eggs, dairy products, and other animal-derived items.

An ethical vegan is someone who not only follows a plant-based diet but also incorporates the concept into other aspects of their lives. This viewpoint opposes using animal products or body parts like furs for any purpose and strives to prevent animal cruelty and exploitation, including human exploitation.

If you are a vegan, you'll want to check your menu to ensure it follows two straightforward rules. First, plant-based foods are permissible, but animal-based foods, like eggs, cheese, milk, and honey, are prohibited. However, if you follow this diet, you ought to ensure that you get the necessary nutrients that one typically gets from animal products.

Healthy Eating on a Vegan Diet

A well-balanced vegan diet will provide you with most of your nutritional needs.

Four to five pieces of various fruits and vegetables daily are sufficient to obtain micronutrients.

Potatoes, bread, rice, pasta, or other starchy carbs make the basis for meals (choose wholegrains where possible).

Dairy alternatives, such as soy beverages and yoghurts, are available (choose lower-fat and lower-sugar options).

Consume some beans, lentils, and other protein-rich foods.

Select unsaturated oils and spreads, and eat them in moderation.

Drink a lot of water (the government recommends 6 to 8 cups or glasses daily).

You can receive all the nutrients your body requires careful planning and understanding of what constitutes a healthy, balanced vegan diet. If your meal plan is poorly structured, you may miss out on critical nutrients.

Though the vegan diet offers many health advantages, just because something is labelled "vegan" doesn't imply it's a good choice. Instead, focus on nutrient-dense whole foods like beans, lentils, nuts, seeds, whole grains, and, of course, lots of fruits and vegetables to benefit from this eating pattern.

Note

Transitioning to a vegan diet can be a big lifestyle change. If you are trying it for the first time, you can start with a flexitarian diet by following a few meatless days and then go from there. Or you can turn vegetarian and then move on to veganism.

The Health Benefits of a Vegan Diet

A study found that vegan diets can satisfy all a person's nutritional needs while removing some of the hazards linked to toxic animal fats. In addition, veganism can offer various health benefits, including



those listed below.

Suitable for the Heart Health

A vegan diet can help your heart in a variety of ways. The common saturated fats are in animal products like meat, cheese, and butter. Adults with a higher intake of plant-based meals and a lower intake of animal foods have a lower risk of heart disease and death, according to a large-scale 2018 study.

A plant-based diet is beneficial to the heart. Compared to a diet that includes a lot more meat, eating essentially or exclusively fruits, vegetables, nuts, beans, whole grains, and meat substitutes like soy may reduce your risk of heart disease, high cholesterol, high blood pressure, and type 2 diabetes.

Those who avoid meat are less likely to gain weight or develop heart disease, high cholesterol, or high blood pressure. In addition, vegans have a lower body mass index (BMI) than those who consume animal products.

Plant-based foods are the only source of nutrients in a vegan diet. In addition, many people have reported improving their physical and mental health by switching to a vegan diet.

However, it is not all rainbows and sunshine after you decide to go vegan. Here are seven vegan diets' adverse effects:

Low Energy and Weight Problems
It's challenging to keep track of our calories when we go from an animal-based to a plant-based diet. It is because plant-based foods are lower in calories than animal-based ones.

As a result, if you continue to consume smaller portions as you did in your previous lifestyle, you will notice a significant reduction in your energy levels.

Even if you eat a plant-based diet, you must ensure that you consume a proper 2000-calorie diet. You risk not only health concerns but also abandoning your diet and reverting to old habits if you don't get adequate nourishment.

Leaky Gut Issues

According to the data, the vegan diet eliminates all animal protein sources in favour of plant-based protein sources such as lentils. While legumes are high in protein, they also include antinutrients such as phytates and lectin, which can promote intestinal permeability and induce a "leaky gut." Antinutrients, on the other hand, are absent from animal-based protein sources.

Other Benefits
Vegans are also less prone to

developing diabetes and some malignancies, including gastrointestinal tract tumours and breast, ovarian, and uterus cancer in women. Veganism may even help you live longer, particularly if you reduce your daily calorie consumption.

Those who avoid meat are less likely to gain weight or develop heart disease, high cholesterol, or high blood pressure. In addition, vegans have a lower body mass index (BMI) than those who consume animal products.

Hormone Disruption

Vegans also turn to soy as a source of plant protein. Soy milk and tofu, for example, are essential components of a vegan diet. However, phytoestrogens are found in soy and eating more than the recommended quantity might disrupt the body's hormonal balance.

According to research, a hormone imbalance can result in acne outbreaks, hair loss, irregular menstrual cycles, skin pigmentation issues, and other issues.

Lack of Iron

According to a study, iron is less in plant-based diets, but it is of the 'low-heme' kind, which gets poorly absorbed by the body. As a result, vegetarians and vegans are more susceptible to iron deficiency.

A deficiency of heme iron in the body can result in various symptoms, including weariness and anaemia. While iron supplements can help with the problem, there are some unfavourable side effects.

Risk of Vitamin B12 Deficiency
B12 is an essential vitamin, and its lack can result in various irreversible health problems. In addition, because vitamin B12 is predominantly abundant in animal sources, vegans are at a high risk of having a shortage of this essential mineral. As a result, if you're following a vegan diet, you should consider taking a vitamin B12 supplement to keep your body functioning correctly.

The Risk of Developing an Eating Disorder
Orthorexia is an eating disorder in which people have an obsessive obsession with healthy eating patterns and over-restriction. Studies suggest that people who follow a strict vegan diet may see higher rates of orthorexia. Hence, most specialists who treat eating disorders like orthorexia do not recommend following a strict diet like vegetarianism or veganism.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Monday

Breakfast: Oatmeal with fresh fruits. You can add berries or apples.

Lunch: Baked sweet potato with bean salad. Alternatively, you can use roasted tomatoes instead of bean salad.

Evening snacks: Apple and cinnamon salad

Dinner: Chickpea curry with whole-grain roti.

Tuesday

Breakfast: Chickpea flour pancakes with a mixed fruit smoothie.

Lunch: Roasted cauliflower with brown rice.

Evening snacks: Mixed berries of your choice and nuts

Dinner: Tofu and vegetable stir fry stir fry and chapati

Wednesday

Breakfast: Chia pudding with fresh fruit

Lunch: Sweet potato and chickpea fried rice

Evening snacks: Nuts with a banana smoothie

Dinner: Salad with beans, peas, tomatoes, corn, bell peppers, and onions

Thursday

Breakfast: Banana pancakes made with oat flour

Lunch: Lentil soup with whole-grain bread

Evening snacks: Vegan veggie balls made from corn, potato, onion, cabbage, and carrot

Dinner: Quinoa bowl with black beans

Friday

Breakfast: Nut butter and banana on toast

Lunch: Tomato and lentil soup with wild rice

Evening snacks: Almonds, fruit salad, and carrots with hummus

Dinner: Brussel sprouts salad

Saturday

Breakfast: Vegan protein shake and quinoa breakfast bowl

Lunch: Spring rolls with crispy baked tofu

Evening snacks: Oven-dried grapes

Dinner: Mint paratha with dal

Sunday

Breakfast: Tofu scramble with salsa

Lunch: Potato and cauliflower wraps with sugar-free watermelon juice

Evening snacks: Roasted chickpeas

Dinner: Air-fried tofu with chapati

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

Vegan diets are becoming increasingly popular. Veganism provides several health benefits, including better heart health, weight loss, and a lower risk of chronic diseases. According to a study, a vegan diet may also be good for the environment. However, vegans must plan their meals carefully to get enough essential nutrients and prevent nutritional deficiencies.

Note
Meal planning and prepping are essential for following a vegan lifestyle. Try to utilize your Sunday to prep for the week. Start grocery shopping, pick out the dishes you can prep early, and get the veggies portioned out ahead of time.

Conclusion
Plant-based diets come in various flavours, but they all stress foods linked to heart health, such as whole grains, fruits, vegetables, legumes, nuts, and healthy oils like olive oil.

10 Foods that will Help Build Immunity

While there are plenty of health supplements available that contain the required daily dosage of minerals and vitamins for your body, it is advised to get them through natural food sources as much as possible. The following are the best foods to consider for immunity boosting:

#1 Spinach

Green leafy vegetables like spinach are rich in iron and vitamin C. They are essential for fresh blood production and keeping blood impurities at bay. Moreover, spinach is packed with nutrients like beta-carotene and antioxidants that improve your body's disease-fighting ability. Thus, including spinach in your diet can help your immune system health. You can add spinach to a number of dishes. However, make sure that the leaves are properly cooked, as raw spinach can be hard to digest for some individuals. Spinach should also be included in your kids' diet mandatorily as it provides them with essential nutrients to grow and secure a healthy immune system.

#2 Turmeric

Turmeric is a spice that has been a part of Indian cooking for centuries. Turmeric is known for its anti-inflammatory properties that help in treating inflammation of the muscles and bones. Most importantly, turmeric contains an active ingredient called curcumin which is a great modulator of the immune system. Several studies have reported that curcumin can modulate the proliferation and activation of T cells, and can inhibit oxidative stress-induced inflammation.

#3 Ginger

Ginger is a great food with excellent anti-inflammatory properties. Ginger is a popular spice that can help reduce inflammation-related issues as well as help in the treatment of sore throat. Ginger has antiviral properties and can also improve digestion, and help maintain a healthy gut thereby strengthening the immune system.

#4 Citrus Fruits

Last but not least, citrus fruits like lemons, oranges, limes, grapefruit, and tangerines, among others, are packed with vitamin C that helps in boosting the production of white blood cells in the body. White blood cells are essential in fighting diseases and infections. It also helps in removing free radicals from the body, preventing cell damage, which ultimately reduces your chances of having cancer.

#5 Almonds

Of all the nuts, almonds contain high concentrations of vitamin E that plays a crucial role in keeping the immune system healthy. Vitamin E is a fat-soluble vitamin that requires fat to be absorbed properly. Almond contains healthy fats that eases down the process of absorption. Vitamin E aids the production of red blood cells that boosts the blood flow to all parts of the body. This keeps your immune system stronger. You are advised to consume 4-6 almonds daily. You can eat it whole or soaked in water or add some crushed almonds in your milk for a tasty milkshake.

#6 Yogurt

Yogurt is considered a probiotic that is essential to your immune system's health. It directly affects your gut, helping the good bacteria to thrive. Your gut health is directly associated with your immune system. Therefore, a healthy gut means a healthy immune system. While there are plenty of flavorful yogurts available in the market, you are advised to consume plain yogurt. Plain yogurts are free of any sugars, additives, and artificial flavors that can degrade the overall quality of the food. The best way to consume yogurt is plain or with rice, or you can drizzle some honey and also add your favorite fruits to it.

#7 Kiwi

Kiwi is one such fruit that contains vitamin C, vitamin K, potassium, and folate in abundance. Vitamin C is a potent antioxidant that helps fight free radicals and prevent cell damage. It also helps in boosting the production of white blood cells that fight infections. You can consume kiwi on a daily basis. The fruit contains tiny seeds that are edible and full of nutrients as well. You can simply eat it alone, put it in fruit salad, or make a smoothie out of it – the options are endless.

#8 Papaya

Just like kiwi, papaya is naturally full of necessary nutrients and minerals like folate, Vitamin C, Vitamin K, and potassium. Potassium in papayas is known for keeping the heart-healthy. At the same time, vitamin C acts as an antioxidant that boosts the production of white blood cells that helps in fighting infections and ward off diseases.

#9 Green Tea

Green tea contains excellent antioxidant properties that help the body detox toxins and other harmful elements. Green tea contains a powerful antioxidant called EGCG or epigallocatechin that has been shown to boost immune system function. Green tea, since it is not fully processed, holds back the majority of its nutrients and minerals in the leaves. Experts suggest that you should consume 3-4 cups of green tea in a day as it will not only keep you hydrated but also helps in flushing out the toxins and other waste materials from the body while keeping the immune system healthy.

#10 Sunflower Seeds

Sunflower seeds are packed with nutrients and minerals, including vitamin E, vitamin B-6, magnesium, and phosphorus. Vitamin E is considered a potent antioxidant that is beneficial for the immune system's health. The best part about sunflower seeds is that it also enhances the flavor of the food you are preparing, due to its spicy punch. You can add sunflower seeds to your salads, soups, seasoning of certain foods like chicken, for sautéing, and more.

HOW TO STOCK A HEALTHY PANTRY?

LIENNA MAY

Would like to share some helpful tips and insights for stocking a healthy pantry. The following tips will help build a healthy pantry and also help get them into a quick start on a healthy eating journey.

Life can get busy and stressful at times. The essential step to healthy eating starts with a fully stocked pantry with delicious and nutritious pantry staples. It is much easier to stick to a healthier lifestyle and achieve your wellness goals.

A well-stocked pantry is the best way to make sure you have everything you need to make a flavorful and healthy dinner even on the busiest days.

It also reduces stress around dinner time when you have to cook and realize that you don't have all the ingredients that you need. You'll also be able to save money on your grocery bill each month.

Furthermore, as per a few studies, food pantry-based

interventions were proven to be successful in improving participants' diet-related outcomes. The nutrition education and client-choice interventions, in particular, improved participants' nutrition knowledge, culinary skills, food security status, and fresh produce intake.

What's the best way to stock a healthy pantry? Start with the foods you already love and then build from there.

If you are starting a healthy pantry from scratch, begin with the basics and continue to add more items to your pantry each week as you try new recipes and cooking techniques. Keep a variety of grains, condiments, oils, vinegars, nuts and seeds for quick recipes and easy week-night meals.

Pantry Clean Up

Before you decide to stock your pantry, I'd recommend going through your pantry and getting rid of any items that are old and expired. It's a great time to organize

and clean up your pantry and start fresh. Donate any ultra-processed and sugary foods. You'll be more likely to eat unhealthy foods when you have them in your pantry. Read all the ingredient labels and get rid of the items that have a long list of ingredients with the names you don't recognize or are hard to pronounce.

When you get rid of these ultra-processed foods, you'll be able to start fresh with clean and healthy foods to help you stick to your new healthy lifestyle.

Make a List

Make a list of all the healthy pantry staples you'll need. When you go to the grocery store next time, bring your list with you, so you won't forget what you need to buy.

Here's a great list of healthy pantry staples to get you started. You don't need to buy all the items on this list, but use it as a guide and pick the items that you like and that you'll be able to use in

your everyday cooking.

Slowly build your healthy pantry and keep adding more items as you run out or get low and also when you'd like to incorporate a new ingredient in your recipes.

Dry Goods

Quinoa
Rolled, steel cut, or quick cooking oats (if you can find sprouted, they are easier to absorb and digest especially for anyone with any digestive and absorption issues)
Rice (black, brown, white)
Beans (white, chickpeas, black, kidney, and cannellini)
Tomatoes (diced, roasted, paste, sundried)
Pasta sauce
Lentils
Pasta (whole wheat, lentil, brown rice, quinoa, and black bean pasta)
Stock or broth (vegetable, chicken, beef)
Salsa
Coffee
Tea (black, white, green, or herbal)
Protein-powder and/or collagen powder

Cooking Oils and Vinegar
A collection of oils and vinegars are important for healthy cooking. Ideally, you should keep a variety of oils for different types of cooking. Some oils are better for a low-heat cooking and some are better for higher heat cooking.
Healthy oils and vinegars are the basics that are needed to prepare quick and healthy homemade salad dressings, sauces and marinades.

Avocado Oil (high smoke point 520F)
Butter (smoke point 350F)
Coconut oil (smoke point 350F)
Flaxseed oil (best used in salads and shouldn't be heated)
Hazelnut oil (smoke point 430F)
Ghee (clarified butter) (smoke point 375-484F)
Hemp oil (smoke point 330F)
Macadamia nut oil (smoke point 390-410F)
Lard (smoke point 370F)
Olive oil (smoke point

350F)
Sesame oil (smoke point 410)

Healthy Vinegars and Salad Dressings:

Raw, unfiltered apple cider vinegar
Balsamic vinegar
White balsamic vinegar
Rice vinegar
Red wine vinegar
White wine vinegar
Champagne vinegar
Coconut amino acids
Primal Kitchen's Salad Dressings and mayo (made with some avocado oil)

Nuts and Seeds

Basic Herbs and Spices

Herbs and spices are a wonderful addition to all your cooking as they enhance foods with lots of flavor.

Here are some basic herbs and spices to get you started:

Salt (Kosher, sea salt, Himalayan salt, Celtic sea salt),

Black pepper

Dried herbs: bay leaves, dried thyme, dried oregano, Italian seasoning blend

Chili powder

Ground cinnamon
Ground cumin
Curry powder
Paprika/smoked paprika
Dry mustard
Cayenne pepper
Crushed red pepper
Turmeric
Garlic powder
Onion powder
Beyond the Basics
Ginger
Dried dill
Dried sage
Dried tarragon
Allspice
Caraway seeds
Cinnamon sticks
Coriander seeds
Cumin seeds
Nutmeg
Za'atar

In addition, don't forget to include healthy snacks to help you stick with your healthy lifestyle:

Crackers (multigrain, seed crackers, rice, almond)

Dried fruit

Popcorn

Raw or roasted variety of nuts (walnuts, pistachios, pecans, almonds, Brazil, Mac-

adamia, cashews, pine nuts)

Sunflower seeds

Roasted chickpeas

Trail mix

Here are some baking staples:

Vanilla extract

Dates

Raw and local honey when feasible

Maple syrup

Vanilla extract

Whole wheat flour

Oat flour

Almond flour

Cassava flour

Coconut flour

Spelt flour

Youth Convention in Vijaypur

Youth pins hope with Apni Party: Manjit Singh

J1 NEWS SERVICE
VIJAYPUR (SAMBA)

Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh on Sunday said that the youth have pinned their hopes with the Party and its President, Syed Mohammed Altaf Bukhari sahab, being the most credible political party in Jammu and Kashmir.

As per the press release, a one-day youth convention was organized at Vijaypur to discuss the political scenario, issues confronted by the youth in Jammu and Kashmir, and strengthening of the organization at the village, block, district, and regional level in Jammu region.

During the threadbare discussion, the youth leaders, who were present in the convention, highlighted the growing unemployment, denial of jobs to the locals in the industrial sector, and preference to outsiders in setting up of industrial units, besides, other issues were also highlighted.

Meanwhile, the Former Minister, S. Manjit Singh felicitated the newly appointed Vice President of Youth Wing J&K, Vishal Nariana and appreciated his work for increasing the political activities that has further strengthened the youth wing.

He directed the youth wing to increase their public outreach programs and hold meetings with the youth who have been



suffering for the last several years.

In his address during the convention, he lauded the role of the youth wing and its work for strengthening the party at the grass root level.

He outlined the issues of youth in Jammu and Kashmir, especially unemployment and growing drug addiction / peddling.

The issue of unemployment cannot be ignored because it is also linked with the increasing crime and drug addiction / smuggling / peddling in Jammu plains, said Manjit Singh, while asking the Govt to advertise the vacant posts in the Govt departments.

Although some recruitments were held in the past by the JKSSB, he said that some of these recruitments came under scanner after allegations of unfair selection process that had triggered protests and demonstrations.

He appealed to the Govt to hold a transparent recruitment process

whereas the non-local people are preferred in both skilled as well as unskilled jobs," he said, condemning the authorities for their inaction against the industrialists who violate the rules.

He demanded reservation of jobs for the local youth in the industrial sector and condemned them for engaging them on contract basis in these units.

He also demanded that the security forces including Army, BSF/other paramilitary, and J&K Police should hold on to the spot recruitment for the youth in the border areas of Jammu plains.

He said that the mining, liquor mafia and non-local influential businessmen have taken over trade and other businesses from the locals that would not be tolerated by the Apni Party.

"The Apni Party will not allow the exploitation of resources by the outsiders, and we are committed to protect the rights of the local population in trade, employment, land, industrial sector, and other businesses so that the population do not suffer," he added.

He however assured that if the Party forms the next Govt in Jammu and Kashmir, it will not allow the outsiders to snatch the constitutional rights of the locals.

He said that the traditional parties promoted and protected the outsid-

ers by exploiting the local population for vote bank politics.

"The situation has brought the youth closer to the Apni Party because of its equitable developmental policy and hence, the youth have pinned their hopes with the Party, and its leadership, Syed Mohammed Altaf Bukhari sahab," he added while asking the youth wing to increase its public outreach program and educate people about the policy and agenda of the Party to the youth.

Prominent among those who were present on the occasion include District President, Samba, Raman Thappa, ST Wing J&K President, Saleem Alam, SC Wing General Secretary, Capt Joginder Lal, Block President, Vijaypur, Capt Mohan Lal Sharma, Block President, Ramgarh, Choudhary Bachan, SC Wing Provincial President, Jammu, Lovely Mangol, Block President, Bari Brahmana, Irshan Choudhary, Block President, Ramgarh, Amrik Singh, Block President, Rajpura, Swaranjeet Singh, District President Legal Cell, Samba, Adv Sahil Bharti, Youth Wing District President Samba, Mangat Ram, Vice President J&K Youth Wing/Spokesperson/Media Coordinator, Raqeeq Ahmed Khan, Senior District Vice President Jammu Urban, Vaibhav Mattoo, Naveen Choudhary, and others.

Modi govt fulfilled promises, commitments; resurrected faith of people: Ravinder Raina

J1 NEWS SERVICE
JAMMU, FEB 25

KD Singh, Ex-Provincial Secretary, National Conference and Senior Vice-President of DSSP along with more than 300 supporters, joined Bharatiya Janata Party (BJP) at party headquarters, Trikuta Nagar, Jammu.

Nanak Chand, Senior leader PDP along with more than 100 supporters, joined Bharatiya Janata Party (BJP) at party headquarters, Trikuta Nagar, Jammu.

Ravinder Raina, President, J&K BJP, Ashok Koul, General Secretary (organization), J&K BJP, Shamsher Singh Manhas, former MP, and DDC Chairperson Bharat Bhushan, accompanied by joining committee Incharge Balwant Mankotia, Prabhari Sanjay Baru, Omi Khajuria, Ranjodh Singh Nalwa, Neha Mahajan, Lucky Puri, Sukhdev Singh, Rakesh Raina, Harjit Singh, Ajay Choudhary and other leaders of party welcomed the new entrants into the party fold.

Ravinder Raina, welcoming the new entrants, congratulated them for their decision to serve the society and the nation as a dedicated member of the nationalist party. He praised the new entrants for their wealth of experience and dedicated following in their respective regions. He said that KD Singh and Nanak Chand, both are highly popular within their specific realms and their social and political rendezvous will aid the local development and help the people with their day-to-day



issues of all types.

"By fulfilling promises and commitments, the Modi government has not only gained the faith of people but also resurrected the faith of people in political system of India. This faith also means the emergence of political interest in society, which is good signal for the future", Raina said.

Ashok Koul emphasized that in Jammu Kashmir, the welfare of all sections of society on the lines of "Sabka Sath, Sabka Vikas, Sabka Vishwas Sabka Paryas" is the agenda of PM Modi without any discrimination on the basis of caste, color, religion, gender or party affiliation. Shamsher Singh Manhas said that the BJP is growing more stronger with each passing day as people from all walks of life are reposing faith in Prime Minister Narendra Modi's programmes and policies of making India Viksit Bharat by 2047.

New entrants thanked the senior party leadership and other individuals who joined with them signaling the emergence of a new force of social workers.

KD Singh was accompanied by Brigadier (Retd) Vijay Sagar Dewan, Briga-

dier (Retd) Sambyal, Col. (Retd) Sanjeevan Singh Guleria, Major (Retd) Kamal Singh, Captain (Retd) Rajeshwar Singh, Captain (Retd) Kamal Lal, Captain (Retd) Kuldeep Singh, Subedar (Retd) Balwan Singh, Chaman Lal, Chairman, Kuljeet Singh, Sarpanch Raipur, Taranter Singh, Sarpanch Dabbe, Sham Lal Sharma, Sarpanch Panjore, Asker Ali, Sarpanch Kanger, Gurbachan Singh, Sarpanch, Mishriwala along with more than 20 Panches, Prabhakar Khajuria, Renowned Sanskrit Scholar, Bakshi Singh, Social Worker & Trade Union Leader, Kuldeep Singh, Director Planning (Retd), Ajay Singh, D.C. (Retd), Kulbir Singh Sambyal, SBI Manager (Retd), Devender Singh Jamwal, J&K Bank Manager (Retd), Ajat Jamwal, Advocate, Joginder Singh Manhas, Businessman, Bikram Singh Chib and others.

Nanak Chand was accompanied by former Naib Sarpanch Ram Parsad, Onkar Syal (Congress) Joginderpal, Mela Ram, Amit Kumar, Anuj Kumar, Suresh Kumar, N/Sub. Suresh Kumar Ji, N/Sub Satnam ji besides Dozens of Sarpanchs, Panchs and youth.

Dr Nirmal Singh addresses massive Sammelan of VDGs at Ramban



J1 NEWS SERVICE
RAMBAN, FEB 25

Dr Nirmal Singh, former Deputy Chief Minister of J&K and Incharge Lok Sabha Cluster J&K addressed a massive Sammelan of more than one thousand Village Defense Guards (VDGs) at Ramban.

While addressing the Sammelan, Dr. Nirmal Singh remembered the sacrifices made by VDGs and their important contribution in containing terrorism in erstwhile Doda district and assured them of full support in favour of their genuine demands. He vehemently praised the work and the dedication of VDGs to save vulnerable population in crucial times and in difficult areas, where Army and Police could not reach in absolute time.

Dr Singh highlighted the sequence of events in the establishment of Village Defense Committees in the late 90s and early 2000s. He said that the local people were in dire need of local resistance to save them from the terror of extremists who craved their blood. He said that VDC came into existence with a struggle of people

and BJP stalwarts of that time including those of former Prime Minister Atal Bihari Vajpayee, former Dy. Prime Minister Lal Krishan Advani and Prime Minister Narendra Modi at that particular juncture of time.

He said VDC members were harassed by NC-Congress and PDP-Congress governments. Dr Singh also assured the unpaid VDGs to resolve their issues at the highest level possible.

Dr. Singh asserted that the BJP has always highlighted their issues with priority and today, the BJP senior leadership will leave no stone unturned to address every single issue of theirs.

Dr Singh, on the occasion, asked the District Conveners of VDG Cells to start outreach programs to reach each and every VDG of Ramban keeping in mind the upcoming Lok Sabha elections 2024.

On the occasion, VDGs of Ramban District thanked Prime Minister Narendra Modi, Home Minister Amit Shah, and LG J&K for regularizing the Village Defense Committees into VDGs in terms of legal status and also regularized wages and service conditions.

Vikar Rasool Wani welcomes new entrant's into Congress Party



J1 NEWS SERVICE
JAMMU FEB 25

The Jammu and Kashmir Pradesh Congress Committee (JKPCC) President Vikar Rasool Wani on Sunday welcomed new political and social activists of Poonch District into the Congress Party. Wani termed the new joining an outcome of Congress Party's pro people policies while appealing people to come forward to support Congress in its endeavor to seek redressal of people grievances.

JKPCC President welcomed new young political activists led by Ch Parvaiz Ahmed Nazami prominent social activists of District Poonch into Congress, hoping that the new entrants will work hard to further strengthen the Party in their respective areas and serve people to the best of their abilities.

Flanked by Ex Minister Yogesh Sawhney, Gen Sec (Org) Nariender Gupta, Chairman Social Media Jatin K Raina, I/C PYC HQ Ricky Dalotra, VP Jammu Urban Farooq Salaria,

Varinder Manhas, Satpal Sapolia, Ram Magotra, R P Magotra, Jugal Kishor Sharma, Ravi Pandotra, Surinder Dogra, Pardeep Bhagat.

Talking to media on the sidelines of the function, JKPCC President Vikar Rasool Wani expressed his appreciation towards the new members for choosing to join the Congress Party, highlighting the party's commitment to serving the people and working towards addressing their needs and concerns. He emphasized the importance of people coming together to support the Congress Party in its efforts to bring about positive change and progress in Jammu and Kashmir.

The JKPCC President encouraged the new members to actively engage with their communities, listen to their concerns, and work towards finding solutions to improve the lives of the people in Poonch District. He praised the dedication and passion of the new activists, expressing confidence in their ability to

make a meaningful impact within the Party and in the broader community.

Wani underscored the importance of unity and solidarity within the Congress Party, highlighting the strength that comes from individuals coming together to work towards a common goal. He reiterated the Party's commitment to upholding the values of democracy, justice, and equality, and called on all supporters to join hands in building a better future for the people of Jammu and Kashmir.

In conclusion, the new members including Iftkar Ahamed Choudhary, Shajan Akhbar Mughal, Ch Murtaza Ahmed, Ch Diwan Ali, Ch Mohd Akbar, Rai Ul Rehman Ch, Ch Dildar Hussain, Ch Ajaz Ahmed, Sajid Khan and Yawar Malik said their ideology and belief align with Congress Party's principles and vision, expressing optimism for the future as they work together towards a brighter and more prosperous tomorrow for all residents of Poonch District.

Sat, Baru, Dr Pardeep listen to "Mann Ki Baat" at Brahm Kumari Ashram

J1 NEWS SERVICE
JAMMU, FEB 25

Sat Sharma, former Minister accompanied by Sanjay Baru, senior leader BJP & former Councillor, Dr. Pardeep Mahotra, Media Incharge, BJP, Chaman Lal Bhagat, District President SC Morcha, Neelam Nargotra, former Councillor Ward 40 accompanied by the prominent citizens listened to the "Mann Ki Baat", popular AIR programme by PM Narendra Modi at Brahm Kumari Ashram in Kabir Colony, Ward no 40 in Talab Tillo.

Yash Shivgotra, Jatin Sethi, Veeru Ram, Surinder Sharma, Rahul Nargotra, and others were also present on the occasion.

The program was organized by the members of Brahm Kumari Ashram led by Sushma ji, Incharge, Kabir Colony Bhawan.

Sat Sharma, speak-



ing on the occasion said that Prime Minister Narendra Modi on Sunday addressed the nation through the 110th edition of his monthly radio programme 'Mann Ki Baat'.

He said that Prime Minister Narendra Modi hailed the women's empowerment, Drone Didi, Tiger Reserve of Chandrapur, the help of AI, conserving animals, content creation, home and said that Modi ji as a Prime minister has remained connected to the public through this programme. He said every BJP worker

under the leadership of PM Modi works with the Nation First ideology to serve the nation and the society.

Sanjay Baru asked all the listeners to attentively listen to the programme and gain from the various issues and achievements highlighted by the PM in the programme.

Dr. Pardeep Mahotra said that "Mann Ki Baat" has established a dialogue with the citizens on issues of day-to-day governance", highlighting the 'good governance' policy of the Modi government.

Extremely pained, anguished over the passing away of Gulzar Ahmad Sheikh: G.A.Mir

J1 NEWS SERVICE
NEW DELHI FEB 25, 2024.

All India Congress Committee (AICC) General Secretary and former JKPCC President Ghulam Ahmad Mir on Sunday expressed deep pain

and anguish over the passing away of Gulzar Ahmad Sheikh of Geebum Dooru "Senior Accounts Officer of Finance Department".

In a condolence message, Ghulam Ahmad Mir said he was deeply pained

and saddened to learn about the passing away of Gulzar Ahmad Sheikh, terming it a great loss. The deceased was a fine human being with head and heart qualities, Mir said

The passing away of

Gulzar Ahmad Sheikh has rendered me speechless, I have no words to express my grief and pain, AICC General Secretary added and said in his passing we have lost an upright personality.

I share the grief with

the bereaved family, my thoughts and prayers are with them at this time of grief. I Sincerely pray for their courage to bear the irreparable loss and eternal peace to Late.Gulzar Ahmad Sheikh, Mir said.

Batwal Samaj Ekta Manch Punjab honours Kaith for rendering best community service

J1 NEWS SERVICE
JAMMU, FEB 25:

Batwal Samaj Ekta Manch Punjab honoured Jammu and Kashmir Batwal Sabha General Secretary R.L.Kaith for best community service at a function held in Shahzadpur.

In his praise, the Manch's members said, "Community service is unpaid work performed by a person

who donates his time and money. The term applies to Jammu and Kashmir Batwal Sabha's General Secretary R.L.Kaith who remains on call 24 hours a day the year round and has been working selflessly and non-profitably for the welfare of Batwal Community for last four decades. He does everything for helping others. He is kind-hearted, it is his kind heart that melts

him and encourages him to help others. He can feel pain of the poor and he does everything he can. May Waheguru bless him."

Among those who were present on occasion included Messers Dharam Pal Bassa, Ashwani Kumar Chanjotra, Hira Singh Khalsa, Joginder Singh Behl, Rajinder Pal Lakhotra, Manik Nandan and Babba Halwai.

IDPS Society launches International School in Kashmir Valley

J1 NEWS SERVICE
SRINAGAR, FEB 25

The International Delhi Public School (IDPS) Society inaugurated its first school directly managed by the society in the Kashmir region as the inauguration ceremony took place on Saturday at Zakura in Srinagar.

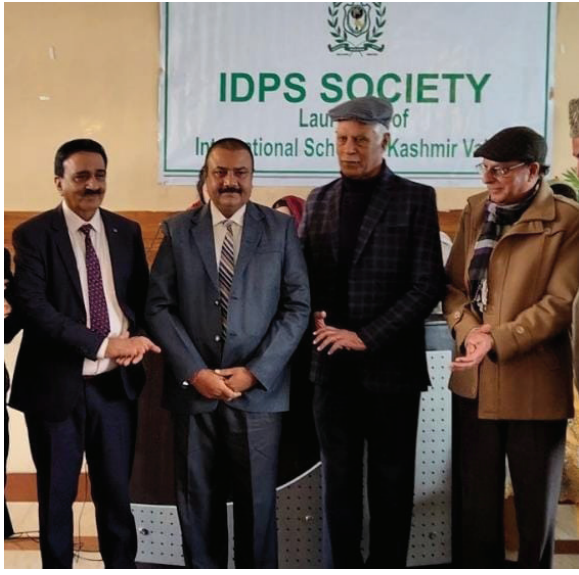
The event was inaugurated by Dr. Narayan Kumar Karan, President of the IDPS Society based in New Delhi witnessed the participation of numerous dignitaries and stakeholders committed to the advancement of education in the valley.

The newly inaugurated International Delhi Public School in Zakura boasts modern facilities, epitomized by the integration of cutting-edge technology into the learning process. Equipped with smart classrooms equipped with tablets, the school promises an innovative and interactive educational experience for its students.

IDPS Society currently operates over 110 schools across India and 10 schools abroad. By taking complete control of the Zakura campus, the Society aims to bring its experience and expertise in providing quality education to students in Kashmir.

A distinctive feature of the school lies in its approach to faculty development. Trainers sourced from external sources will conduct specialized training sessions for the teachers, ensuring a high standard of pedagogy and continuous professional growth.

Speaking at the inauguration ceremony, Dr. Narayan Kumar Karan expressed his gratitude towards the local community for their support and



reiterated the society's dedication to fostering a nurturing educational environment conducive to the holistic development of students.

The establishment of the International Delhi Public School in Zakura marks a significant milestone in the educational landscape of the Kashmir Valley, promising a brighter future for its young learners and serving as a beacon of hope for educational advancement in the region.

The school management of International Delhi Public School Society had already kept full information on the official website for all of queries and dedicated admission professionals are available about admissions and enquiries as the IDPS also announced admissions for the 2024-25 academic year on the occasion.

With the IDPS Society's direct involvement, the Zakura school is poised to undergo significant upgrades in terms of faculty, facilities, and educational resources in the coming months.

Showkat Chowdhary, Chairman, Chowdhary

Group, said, "In 2014, we sowed a seed, and now after 10 years, I am happy that the school is going into safe hands by being handed over to the IDPS Society."

The School Campus is situated on the outskirts of Srinagar city, about 12 kms from city centre Lal Chowk, and 2 kms from Kashmir University campus, sprawled over 100 kanals of land.

The architecture of the campus is unique in terms of placement of four magnificent buildings including an administrative block and three academic blocks, in lush green premises surrounded by Zabarwan hills, giving a matchless outlook and wonderful picturesque. The campus is free from air and noise pollution, with a congenial cool learning environment.

Apart from the high academic standards envisaged by the scheme of studies, an array of co-curricular activities are embedded in the regular course to enable students to develop and pursue their talents and interests. IDPS, Srinagar announces its academic session 2024

and offers schooling from pre primary level through class X. Besides academics, students are encouraged to engage in a host of sports such as cricket, basketball, football, badminton, volleyball, swimming, Judo, yoga, Kho Kho etc.

The International Delhi Public School also have started first of its kind school named Kindergarten World where modern and high-quality facilities are available for children's, offering better development and bright future of children.

With this initiative taken by the International Delhi Public School, (IDPS) Zakura the children of Srinagar city will be provided with a good educational environment. In such a way, not only artificial intelligence, but also through smart classes according to modern requirements, children will be educated, trained and will also be provided with a mid-day meal at school under the careful supervision of a nutritionist.

This kindergarten school will start a new chapter in the field of education, which is committed to intellectual, social development and inculcating strong values. It aims to empower the children to become responsible citizens by providing an educational environment equipped with intellectual skills, abilities and strong values to shape the future of the nation.

IDPS School also focuses on the mental and physical development of children. In this way, special arrangements will be made for sports and other recreational programs to improve the mental health of the children along with quality education.

ABVP J&K welcomes appointment of new chairman for JKPCS

J1 NEWS SERVICE
JAMMU, FEB 25

ABVP Jammu & Kashmir expresses its satisfaction about the belated decision of the government of J&K to appoint Mr. AK Chowdhury (IPS) as the new Chairman of the Jammu and Kashmir Public Service Commission (JKPCS). This late decision of the government of J&K reflects the leniency and frivolous approach of the administration to render its services efficiently.

It is pertinent to mention here that the position of the chairman was vacant since the retirement of the former Chairman on November 19, 2023. Following the retirement of chairman the commission became defunct as the majority of the members of commission attained their retirement age. ABVP raised the matter of the appointment of new Chairman and its members time and again and criticised the government for its lenient approach in making the appointment/s on time. The delayed appointment caused serious inconvenience to aspirants as the commission was on halt and couldn't make any appointments.

However, ABVP Jammu Kashmir believes that, the appointment of the new Chairman will undoubtedly contribute to the efficiency and effectiveness of the Jammu and Kashmir Public Service Commission.

ABVP Jammu Kashmir is confident that the newly appointed Chairman will diligently carry out his responsibilities and work towards enhancing the functioning of the commission.

Moreover, Akshi Billoiria, ABVP State Secretary, stresses that the appointment of the Chairman won't be enough and prompts the administration to appoint the members of the Commission without any further delay. ABVP Jammu Kashmir eagerly looks forward to collaborate with the new Chairman to foster positive changes and advancements within the service commission.

Every corner of India is brimming with spirit of developed India: Rekha Mahajan

J1 NEWS SERVICE
JAMMU, FEB 25

Every corner of India is brimming with the spirit of self-confidence, developed India, and self-reliance this was stated by BJP District President Jammu South Rekha Mahajan during the inauguration of PM "Vishwakarma Yojna" awareness and registration camp. The camp was organized in memory of Ex-BJP Councillor Raj Rani, in ward 45 of Gandhi Nagar Mandal of Bahu constituency falls under District Jammu South. The camp was organized by District Vice President Shalu Gupta, District Vice President and Mandal Prabhari Narinder Gupta, OBC Morcha District President Rampaul, Shilpa, Susheela and locals of the area were present.

Rekha Mahajan asserted that the Modi Ki Guarantee" encapsulates the comprehensive pledge



to uphold the principles of good governance, economic growth, and social development. This reflects the BJP's unwavering dedication to creating a robust and inclusive India for all. People in every area of the UT have availed the benefit of one or more welfare schemes of the Modi Government and are happy with the good governance.

Highlighting the transformative impact of the PM Vishwakarma Scheme, Rekha emphasized the comprehensive support

it provides to tradesmen. Under this scheme, tradesmen are not only equipped with skill enhancement training but also receive stipends and financial aid and today's program is contributing to the development of the country by following the footsteps of the "Atamirbahr Bharat" mantra by our Prime Minister and under his leadership, BJP workers have taken all the schemes to the grassroots, which has benefited the common man, which is incredible.

Nari Shakti is real power of India: Dr Darakhshan



J1 NEWS SERVICE
JAMMU, FEB 25

Bharatiya Janata Yuva Morcha (BJYM) J&K organized YUVTI SAMMELAN (Young Women Leaders Convention) today at Amar Singh Club Srinagar in which Chairperson of Jammu & Kashmir Waqf Board & National Executive Member of BJP Dr Darakhshan Andrabi participated as the Chief Guest. A huge participation of young women leaders of Bharatiya Janata Party participated in the convention. Arpita Aparajita Badahena (National VP, BJYM) & Amandeep Singh (National Media Secretary, BJYM) were special guests. BJYM J&K President Mr Arun Prabh Ji & National Executive Member BJYM Mr Bilal Parray were part of this very impressive function. Young women leaders of BJYM spoke about their

experiences in public life. The speakers threw light on their contribution as the change makers of the society. Speaking in the function Dr Darakhshan Andrabi applauded party's Yuva Morcha for providing this unique platform to the women power. "Celebrating Young Women Leadership in India is the vision of our Prime Minister Shri Narendra Modi. We have seen unprecedented empowerment of women in the country during the past ten years. Nari Shakti is the real power of India and after August 2019, J&K has also started on the same pace as that of other parts of the country and our young women have excelled in every sphere of life", said Dr Andrabi. She asked the young leaders to come forward with more confidence and vision to serve the people and be part of the growth story of India.

SKUAST-Jammu organized JKSTIC sponsored Rice Workshop

J1 NEWS SERVICE
JAMMU, FEB 25

In a program to give fillip to rice production, SKUAST Jammu under the guidance of Prof. B.N.Tripathi, Hon'ble Vice Chancellor organized a Jammu Kashmir Science Technology and Innovation Council sponsored workshop on Reducing the Yield Gaps in Rice of Jammu Region. Dr. Anil Kumar, Dean, Faculty of Agriculture and Chief Guest on this occasion highlighted the importance of rice for Jammu region and made aware the participants about practicing the latest available techniques to boost the rice production and the steps which can be taken to overcome the gaps in attaining the potential yield. Dr. Shahid Ahmed, Associate Director Research in his address motivated the participating farmers to adopt the recently released varieties of rice from the university. About 200 participants including farmers from different villages participated in this workshop. Dr. Anuradha Saha, Incharge, AICRP-Rice and Coordinator of this workshop in his lecture highlighted the purpose of holding this workshop.

J&K Shooters Bring Recognition to UT Internationally: S.S. Sodhi, President JKRA

J1 NEWS SERVICE
JAMMU, FEB 25

Today, the Jammu Kashmir Rifle Association convened a meeting with all members, coaches, and heads of various committees, to commend the dedication and achievements of J&K shooters at both national and international platforms. All members took immense pleasure in recognizing the outstanding performances of their shooters across different events and tournaments, from national to international levels.

Notably, Asian Medallist Aneesha Sharma's remarkable bronze medal win in the Asian Games was recognized as a testament to J&K shooters' prowess and dedication. The other notable ace shooters also appreciated were: Vishal Sharma, Top Shooter - J&K (male), Shimani Choudhary, National Medallist, and Raveena Jangid, Top Shooter, J&K (female).

Sh. S.S. Sodhi highlighted the upcoming shooting tournaments and expressed hope for increased participation in the coming months. Furthermore, he also expressed gratitude to hon'ble PM Modi and Lt. Governor Sh. Manoj Sinha for providing various significant platforms encouraging sporting talent among both rural and urban sectors.

Sh. Kuldeep Singh Jamwal, Chairman JKRA, also addressed the gather-



ing, extending thanks to all members and congratulating the shooters for their achievements. He specifically appreciated and congratulated Sh. S.S. Sodhi and his team for their outstanding achievements in shooting and for running the association with great concern, dedication, and experience.

Sh.. Sharat Chander, CEO of JKRA, emphasized the full-year curriculum and mentioned the incorporation of new technologies available in shooting tournaments. He expressed his delight at the progress observed in shooting sports.

Sh. T.S. Tony, an executive member, announced the opening of a latest shooting range in Suchetgarh to facilitate the participation of children from the area in national and international games. He pledged financial aid for the new range and expressed satisfaction with the association's dedication.

Sh. Samar Dev Singh Charak, Vice President,

highlighted the importance of sending more shooters to Khelo India and other tournaments to provide exposure, emphasizing that participation itself builds confidence regardless of the outcome.

Sh. Paramajit Singh, Vice President of Srinagar, extended an invitation to Srinagar to initiate a significant event in district Baramulla, focusing on collaborating with Kashmiri players. He commended the leadership of Mr. S. S. Sodhi, President of JKRA.

Sh. Arun Mansotra, Treasurer, presented the financial budgeting and stressed the association's need for funds. He proposed opening memberships to sports-loving businesses and others to support players and shooters with limited resources. He also appealed to the sports council and youth services for regular support and appreciated the members' contributions.

Sh. Rajesh Virdi, Chairman of the Technical Committee, addressed various technical issues, including

range facilities and future challenges.

Further, Sh. Ashok Kumar (Joint Director), Sh. Vishal Mehra (Technical Coach), Sh. Tarun Dev Singh (Technical Coach), Sh. Aman Singh (ISSF Coach) were also present on the occasion and appreciated for their exceptional talent and commitment.

Emphasizing the importance of nurturing talent, Sh. Sodhi advised all members of JKRA to dedicate themselves to identifying and supporting talented children in both rural and urban areas, ensuring they benefit from the available facilities in the Jammu Kashmir UT.

Gratitude was extended by Sh. S.S. Sodhi and his team to the government, media, police department, Indian Army, and other organizations for their unwavering support and assistance in providing facilities and guidance to the shooters due to which Jammu Kashmir has secured its place on the global sporting map.

Sunil Dimple leads protest demonstrations against JMC, PWD R&B, to start blacktopping of jammu city roads

J1 NEWS SERVICE
JAMMU, FEB 25

Sunil Dimple president mission statehood holds protest against the PWD, JMC, ERA, to start immediately black topping of the roads, against the bad conditions of jammu city, & west assembly constituency roads.

Addressing the protestors Sunil Dimple warned the govt to immediately start the black topping and construct all the main roads, drains, all foot paths damaged by smart city projects, PWD R&B, JMC, otherwise people will start massive agitation.

Dimple alleged knee deep trenches have developed on the all the main roads of jammu city, amphalla, New plot janipur, Sarwal, Rehari, Ploura, Subash nagar, Shakti nagar, talab tillo, bakshinagar and all the roads of jammu city and west assembly constituency are in very bad con-



ditions and bikes, scooters cars accidents taking place due to trenches, khadey on the roads.

He alleged the ERA sewerage main holes have broken and the vehicle, cars, bikes fell in to the sewerage holes due to broken whole covers.

Dimple demanded the immediately black topping of all the roads.

He demanded blacktopping of the roads all the roads west constituency, sarwal, rehari, bakshi nagar, top sherkhania, patoli, talab tillo, shakti nagar, krishna nagar,

resham ghr and people are protesting against the PWD R&B. but no one is listening the plight of the people.

Dimple alleged all the jammu roads, JMC choked manholes overflowing drains water of Swerage.

Dimple alleged the whole traffic system has collapsed failed in jammu city and especially on the janipur road and in jammu city.

Dimple demands LG the construction of ring road and start Metro train, from amphalla Manda to Janipur high court, roop-

nagar, bantalab upto akhnoor. He demanded the Lt governor to start metro mono rail and construct a exclusive four ways circular ring road from Amphalla manda to janipur high court road, roop nagar, bantalab, Kot bhalwal to Akhnoor. The prominent market presidents addressed the demonstrations are S Partap singh, S Sanmukh singh, Mangu Singh, Vikram Singh, Sanjy mahajan, Rajinder Bhargav, Kewal Krishen, Surinder Kumar, Vicky Dogra, and many others.

Police arrests 07 drug peddlers; Contraband substances recovered

JINNEWS SERVICE

SOPORE, GANDERBAL, BARAMULLA, FEB 25

In continuation of its efforts to eradicate the menace of drugs from the society, Police have arrested 07 drug peddlers and recovered Contraband/psychotropic substances from their possession in Sopore, Ganderbal & Baramulla.

In Sopore, a police party of Police Post Watergam headed by Incharge PP Watergam under the supervision of SDPO Rafiabad and SHO PS Dangi-wacha at a checkpoint established at Seelo-Beh-rampora bridge, intercepted a truck bearing registration No. JK03E-4421 with 03 persons onboard. They have been identified as Naseer Ahmad Sheikh son of Muhammad Jamal Sheikh, Muhammad Amin Sheikh son of Farooq Ahmad Sheikh and Danish Manzoor Bhat son of Manzoor Ahmad Bhat all residents of Seelo Sopore. During search of the vehicle, 70 bottles of Codeine Phosphate were recovered. They have been arrested and shifted to PS Dangi-wacha where they remain in custody. Vehicle used in the commission of crime has also been seized.

Moreover, on a specific



information, a police party of Police Station Sopore alongwith 22 RR headed by SHO PS Sopore under the supervision of SDPO Sopore at a checkpoint established at Mahrajpora Sopore apprehended 03 drug peddlers. They have been identified as Showkat Ahmad Bhat son of Abdul Rashid Bhat resident of Neharpura Sopore, Firdous Ahmad Bhat son of Ghulam Mohiudin Bhat resident of Mazbugh Sopore and Firdous Ahmad Dar son of Nazir Ahmad Dar resident of Mahrajpora Sopore. During their personal search, 1700 grams of charas like contraband substances were recovered from their possession. They have been arrested and shifted to PS

Sopore where they remain in custody. In Ganderbal, Police Post Shadipora received an information through reliable sources that one person namely Manzoor Ahmad Bhat@ Setha son of Late Gh Mohd Bhat resident of Batwina has hoarded banned drugs in his residential house. Acting swiftly, a Police Party led by Incharge Police Post Shadipora under the supervision of Shri Gh Hassan JKPS Hqrs Ganderbal raided the spot. During search, 10 Strips of banned drugs (SpasmoProxyvon-Plus) were recovered from the vehicle (Scorpio) bearing Registration No. JK16-0901 belonging to the accused person. Vehicle used in the commission of the crime was also seized.

However, the accused managed to escape from the spot and efforts are on to effect his arrest.

In Baramulla, a police party headed by SHO PS Baramulla at a checkpoint established at Stadium Colony Baramulla intercepted a suspicious person who on seeing the police party tried to flee from the spot but was apprehended tactfully. During search, officer was able to recover 250 grams of Charas like contraband substance from his possession. He has been identified as Mubashir Ahmad Bhat son of Gh Mohd resident of Najibhat Wagoora. He has been arrested and shifted to Police Station where he remains in custody. Accordingly, cases under relevant sections of law have been registered at respective police stations and investigations have been initiated.

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

BJP leaders along with public listens 110th Episode of Mann Ki Baat Program at Jammu West

JINNEWS SERVICE

JAMMU, FEB 25

Braham Jyot Satti (Senior leader and Incharge BJP OBC Morcha Jammu Kashmir) along with BJP leaders and prominent Citizens listened the 110th edition of "Mann Ki Baat" by PM Narendra Modi at Ward no 28, Booth no 43, 44 Jammu West.

The program was organised by Parveen Badyal (Vice President OBC) and Tarun Sharma (culture cell bjym).

Surinder Choudhary (Former Councillor) Sonu Sharma, Bharat bushan, Subash Singh and prominent citizens were present on the occasion.

Prime Minister Narendra Modi on Sunday addressed the nation through the 110th edition of his monthly radio programme 'Mann Ki Baat'.

During his Addressal, Prime Minister Narendra Modi hailed the women's empowerment and said that 'Nari Shakti' is progressing in every section of life. Mann Ki Baat has evolved into a significant platform that empowers and fosters unity among the people. PM Modi said Who would have thought till a few years ago that in



our country, women living in villages would also fly drones? But today this is becoming possible. Today, there is so much discussion about Drone Didi in every village, 'Namo Drone Didi, Namo Drone Didi' is on everyone's lips. Everyone is talking about them. PM Modi says, "After a few days on March 8, we will celebrate Women's Day. This special day is an opportunity to salute the contributions of women's power in the developmental journey of the country. The great poet Bharathiya Ji has said that the world will prosper only when women get equal opportunities."

He said Due to the efforts of the government in the last few years, the

number of tigers in the country has increased. The number of tigers in the Tiger Reserve of Chandrapur, Maharashtra has crossed the figure of 250. Here cameras have been installed at the border of the village and the forest. Whenever a tiger comes close to the village local people get an alert on their mobile phones with the help of AI.

PM Modi speaks about the technological integration in conserving animals. He said Technology is being used extensively for the conservation of wildlife in different parts of our country.

Today anyone who has a mobile, has become a content creator. Social media has helped a lot in

this way. Today, several youngsters are creating content in different segments – travel, food, etc. We have started a contest on mygov – 'National creators award'.

He added Tribal families living in Khatkali village near Melghat Tiger Reserve have converted their houses into home stays with the help of the government. This is becoming a big source of income for them.

Braham Jyot Satti explained the summary of the whole episode to the public and said India is growing too fast under the dynamic leadership of Hon'ble Prime Minister Narendra Modi.

He said India is blessed to have PM like Narendra Modi who works for every segment of society and he is only PM who remembers the valour and martyrdom of our forces.

He said with the help of various employment schemes we are experiencing a huge growth in the number of entrepreneurs in the state we are highly appreciable.

He said Nation First is the ideology of BJP and every BJP worker is working on ground level and serving humanity.

A Week long NSS Camp concluded in GDC Ramgarh

JINNEWS SERVICE

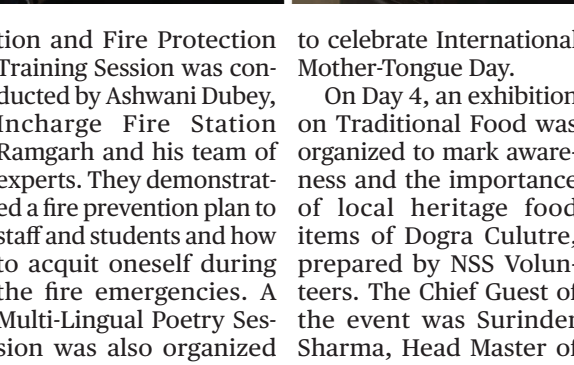
JAMMU, FEB 25

The NSS Unit 'Prabha', of Government Degree College, Ramgarh, successfully concluded '7 Days NSS Winter Camp, under the able guidance and leadership of Prof. (Dr.) Geetanjali Andotra, the Principal of the College. She congratulated the NSS Committee members and NSS volunteers for the successful completion of the Camp. The valedictory function was held on Day seven of the Camp wherein Mr. Sandeep Kumar, Librarian, GDC Hiranagar was the special invitee. The feedback of the students was taken. They shared their day to day experiences in the Camp and said that they have learned new things and skills on daily basis in this Camp which would help them to overcome various situations and they expected such kind of Camps in future also. At the outset, Prof. Brham Dutt said that these multiple activities are surely going to boost the confidence of the students and will further help in making them self-reliant in their future endeavours and hence, in the overall development of their personality. He further motivated the students to always take part in such activities aiming at their physical, moral, social, psychological, and cultural upliftment.

On Day 1 of the Camp, a lecture was delivered by Dr. Shamsheer Lal, Head Dept. of Dogri, GDC Billa-war who informed the students about the role of the NSS organization. A Symposium Competition was also held on the theme 'Nasha Mukh Bharat Abhiyan'.

On Day 2, a cleanliness and plantation drives were conducted in the College campus. The students learned the importance of clean surroundings, safe environment, hygiene and beautification through these activities.

On Day 3, Fire preven-



tion and Fire Protection Training Session was conducted by Ashwani Dubey, Incharge Fire Station Ramgarh and his team of experts. They demonstrated a fire prevention plan to staff and students and how to acquit oneself during the fire emergencies. A Multi-Lingual Poetry Session was also organized

to celebrate International Mother-Tongue Day. On Day 4, an exhibition on Traditional Food was organized to mark awareness and the importance of local heritage food items of Dogra Culture, prepared by NSS Volunteers. The Chief Guest of the event was Surinder Sharma, Head Master of

GHS Swankha.

On Day 5, an awareness Rally regarding observance of general traffic rules and a Nukad Natak at the adopted school GSS Swankha under the banner of the 'Nasha Mukh Bharat Abhiyan' to spread awareness among the masses about substance abuse, were organized.

On Day 6, Rapial Mahila Mandal, affiliated with N.Y.K. Jammu Ministry of Youth Affairs & Sports Government of India, conducted a Lecture on Voter awareness, Cleanliness drive in the nearby temple of Baba Sidh Gorla as well as in the college, and organized Sports activities including Kho-Kho and Tug of War in the College.

The NSS Camp was coordinated by Prof. Braham Dutt Sharma, NSS Programme Officer and PTI Ashok Kumar. A large number of NSS volunteers and students of the College participated in these activities with great zeal and fervor.

The faculty members who were present include Prof. Braham Dutt Sharma, PTI Ashok Kumar and Dr. Imtiyaz Ahmed Bhatt.

JAMMU MUNICIPAL CORPORATION PROJECTS DIVISION e-NIT No 46(P) of 2023-24

For and on behalf of The Commissioner, Municipal Corporation, Jammu, the Executive Engineer, Projects Division, Jammu Municipal Corporation (JMC) invites online tenders on **Percentage basis** from registered class of Contractors/Firms as per the prescribed format for the works shown here under:-

S.No	Name of work	Advertised Amount (In lacs)	Tender Fee In Rs.	EMD In Rs	Time for completion
46(P)	Conducting of Survey including preparation of site Plan, contours Plan, Cross-sections & L-sections etc for development of plots/construction of flats for sanitation workers of Jammu Municipal Corporation at village Bain Bajaj Tehsil and District Jammu	1,27,500/-	600/-	2% of the Adv. Cost	15 Days including submission of reports

Head of Account: - GIA

Approval No.:- AAA/JC/W/449, Dt.:- 21-02-024

- The Complete bidding process will be online
- The bids shall be uploaded in electronic format on the website <http://jktenders.gov.in> upto 02-03-2024 upto 1400 Hrs
- The bids received will be opened on same day or any other day convenient to the tender opening Committee.

Executive Engineer,
Projects Division
Jammu Municipal Corporation

No.:- JMC/PD/23-24/Tech/1761-68
Dt.:- 22-02-2024

DIP/J-5506-P/23
Date: 24-2-24

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

e-mail: xennorth@gmail.com

NOTICE INVITING TENDER e-NIT No. 267 of 2023-24

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

S. No.	Name of work	Estimated cost (in ₹)	Cost of document/ tender fee (in ₹)	Earnest money (in ₹)	Validity of Rates	Bid validity
1.	Providing and fitting of parts of 670 HP Liquid Resistance Starter (LRS) of HT Motor unit-1 & 3 installed at HT Pump House Sitlee under UT Capex Budget.	4,85,000/-	200/-	9,700/- in the shape of CDR / FDR	180 days	180 days

Position of AAA: Accorded

Position of TS: Sanctioned

Date of Publishing : 23-02-2024 (02.00 pm).

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 23-02-2024 (02.00 pm).
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 23-02-2024 (02.00 pm) to 28-02-2024 (02.00 pm).
- The complete bidding process will be online <http://jktenders.gov.in>.
- The Technical bids received shall be opened online on 29-02-2024 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.
- The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- The bidder should make payment for cost of bidding document in shape of single window challan of JMC / online payment through the JMC website link <http://www.jmcjammu.org/online-payment.html> in the name of Executive Engineer, Jal Shakti Mech. Division North Jammu.
- The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L₁ bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L₁ bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- The date and time of opening of financial bids will be notified on website <http://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.
- The original documents when submitted by L₁ bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scanned copies) otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- Bid security of successful tenderer will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for 180 days from last date of receipt of Bid. No exemption of any kind shall be allowed on this.
- Only such firms should submit tender, who have requisite infrastructure and workshop facility for carrying out similar type of job which may be inspected by the competent authority before awarding the job contract so as to access the working capacity of the tenderer. The workmanship and material used should be of high quality and as per the specifications of the job order / tender.
- The bid for the execution of work shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.
- The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.

JSM/DN/5233-35
Dated: 22-02-2024

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

DIP/J-15417/23
Date: 24-2-24

Ban on ED or CBI intervention six months before elections to avoid character assassination, SC urged to take SUO- MOTO action-AAP

JINNEWS SERVICE
JAMMU, FEB 25

The Aam Aadmi Party, Jammu in a press statement issued here, has felt it expedient that in order to avoid character assassination of the leaders of opposition political parties at the time of elections, ED or CBI intervention need be stopped to ensure free, fair & fearless election, at least 6 months before election in the biggest democracy of the world. This was stated by AAP Senior leaders S/Sh. Farooq Ahmed Bandy, Niramal Mahna, Kuldeep Kumar Rao, Amit Langer, S.S. Jamwal, Agya Kour, Ram Pal Khajuria, Adv. Arvind Bhandral, Adv. Dalvinder Kumar Bhagat, Suresh Bhagat, Ashni Matoo, S.Ranjodh Singh, G.N. Khan, Sandeep Parihar & Sham Lal Thakur, here urging upon Chief Justice of India to take SUO-MOTO action in public interest to ensure cleanliness, transparency & fearless election in Indian polity to set an example before the democratic world. Citing an example of worst ever character assassination by BJP government of opposition leaders be it Hemant Soren acting Chief Minister of Jharkhand, Manish Sisodia. Dy CM Satyinder

Jain, Health Minister AAP & Sanjay Singh MP, AAP & so many other opposition leaders, the AAP leaders vehemently assailed the present government saying that Indian democracy, has earned a BAD NAME of acute black mailing of opposition leaders at the time of election to secure political gains throwing dust in the eyes of general masses there by diverting the attention of masses from real issues like price rise, unemployment, de-valuation of Indian rupees as compared to US dollar, paper leakage, Diesel & petrol prices etc.

The AAP leaders further said that the comments & prediction of four pillars of Hindu faith- the Shankar Acharyas against the un-timely opening of RAM MANDIR in Ayodhya quite pre-maturely ahead of completion & have said the temple is incomplete, so pran pratishtha at a time like this is not in line with the Vedas & Sanatana Dharma that-Kissan Andolan, murder of democracy in Chandigarh Mayor election, Electoral bonds ban, destruction of constitution, constitutional Institutions, Election Commission, Federal system, favoring handful Industrialist friends at the

cost of Indian economy & masses etc are the signs before the world and Indian masses casting bad shadows and the days are not far when the doubts of Shankar Acharyas may not come true. The AAP leaders further pleaded that the Nation is fast heading towards dictatorship as the job of Foreign Minister, Defense Minister, Finance Minister, Works Minister etc is being done by only one person who is always & always visible on the first page of every news paper, on every channel of TV, on every Petrol Pump, Railway station, Bus stop and what not, the AAP leaders said & added that the time when general elections in the country are round the corner, the populist assertion made by PM Modi are nothing but the bundle of lies, which is known across the country. They said that none of the promises made by our PM has been fulfilled, the debt over India has risen to three times high than it was before 2014, the rupee has fallen down tremendously as compared to US Dollar, India is lagging behind in various parameters than its neighbors' like poverty, hunger, malnutrition & promising of 15 lacs into the accounts of each house hold, doubling

the income of farmers by ending 2022, MSP to the benefit of farmers, 2 crore jobs every year, removing corruption, decriminalization of politics, lowering prices of Diesel, Petrol, domestic gas, sand, Bajri, stones, making 100 smart cities, running of Bullet trains, constructing 1 model village in each constituency every year etc. Referring to grant of warding Bharat Rattan to revered Chaudhary Charan Singh & Dr. Swami Nathan, the AAP leaders termed it as an attempt to lure farmer community in view of ongoing agitation of farmers over demanding grant of MSP etc.

The AAP leaders further said that on one hand BJP is arresting political opponents on fake corruption charges while they themselves are on an MLA & councilors purchasing spree. Hard-earned public money is being misused to quench BJP's thirst for power, the AAP leaders alleged. They further said that the BJP & Prime Minister Modi cannot talk about fighting corruption now; the tainted leaders under the scanner of ED & CBI for corruption have been put into "washing machine" & BJP's detergent washing powder cleans all spots in seconds.

Sant Nirankari Charitable Foundation, Shiv Sena Hindustan organize cleanliness drive in Arnia

JINNEWS SERVICE
ARNIA, FEB 25

The Sant Nirankari Charitable Foundation (S.N.C.F.) under guidance of Nirankari Satsang Bhawan head Mata Sukhveer Kour and Bhushan Kumar along with activists of Shiv Sena Hindustan J&K led by its President Pt Rajesh Kesri today organized cleanliness drive in Arnia. The Nirankari workers and Shiv Sainiks together carried out the cleaning campaign in various various markets. Garbage was collected from the streets and from the banks of the drains, put in a trolley and collected at one place which was later dumped in the dumping point. Mata Sukhveer Kour speaking on the occasion said that The Sant Nirankari Charitable Foundation (S.N.C.F.) is based on the philosophy of Sant Nirankari Mission that every person, community and nation has the power to heal & serve. In 2010, His Holiness Baba Hardev Singh Ji established the SNCF and now under the guidance of Her Holiness



Satguru Mata Sudiksha Ji, the core values of the SNCF are healing, enriching and empowering humanity. She said that SNCF has reached out and touched the lives of the community with its humble and selfless service. In the past also the Hon'ble Prime Minister of India and various other luminaries have applauded and appreciated the efforts of SNCF. These mega and multiple activities are carried out to implement the message of His Holiness Baba Hardev Singh Ji Maharaj "Life gets a meaning, if it is lived for others," Sant Nirankari Charitable Foundation is guided by the vision of Nirankari Baba Hardev Singh Ji Maharaj that, "Pollution within or without is harmful". With the guidance and blessings of

commemorate the Birth-day of Baba Hardev Singh Ji Maharaj. From 2010, the campaigns have been carried on by undertaking various socio-charitable activities like cleanliness of historic monuments, beaches and river banks, hospitals, public places and particularly major railway stations pan India continuously for 6-7 years which has been highly appreciated by the public and the Govt. of India, added Kesri. To implement its motto, "Life gets a meaning, if it is lived for others," Sant Nirankari Charitable Foundation is guided by the vision of Nirankari Baba Hardev Singh Ji Maharaj that, "Pollution within or without is harmful". With the guidance and blessings of

Her Holiness Satguru Mata Sudiksha Ji Maharaj all the socio-charitable activities of the Foundation are carried out regularly for pro-bono-publico, added Kesri. Kesri further said that the cleanliness campaign reflects the mentality of the people of a street and locality that how clean will be the hearts and minds of the people there. We should keep our house clean but the locality and the streets should also be kept as clean as one's own house because this reflects the good or bad character of the people living in the locality. Kesri requested all the people to run a similar campaign to clean the streets and neighborhoods of Jammu and Kashmir so that a clean India can become a reality soon. Prominent among those who participated in campaign included SHO Arnia, Balveer Kumar, Balwant Fauji, Vijay Luthra, Sanjeev Sharma, Rajkumar Baba, Darshana Devi, Neeru Devi, Rajni Devi, Jyoti Devi besides dozens of Shiv Sainiks.

Successful Execution of 'Project Amrit' by Sant Nirankari Charitable Foundation

JINNEWS SERVICE
JAMMU, FEB 25

Under the holy patronage of Satguru Mata Sudiksha Ji Maharaj and Nirankari Rajmata Ramit Ji, the second phase of the 'Amrit Project' under the theme 'Swachh Jal Swachh Mann' commenced at 8:00 AM at Chatt Ghat Yamuna River Banks ITO DELHI. Inspired by the teachings of Baba Hardev Singh Ji Maharaj, this project was organized on a large scale simultaneously at over 1,533 locations in all 27 states and union territories of India with the support of more than 1.1 million volunteers. The event was organized by the Sant Nirankari Charitable Foundation, the social wing of the Sant Nirankari Mission. In Jammu City the drive was held on the banks of River Tawi and was inaugurated by Ajit Singh Zonal Incharge Jammu. This project



ect saw significant active participation from the youth. Inaugurating the second phase of 'Project Amrit,' Nirankari RajPita Ramit Ji, in his address before Satguru Mata Ji, stated that Baba Hardev Singh Ji inspired us to serve selflessly, not for praise. In serving, we should focus on the spirit of the service rather than on making a loud display of it. Our efforts should be towards changing our-

selves because social and global change stems from our inner transformation. A clean and pure mind initiates a virtuous change. During the event for Project Amrit, Satguru Mata Sudiksha Ji expressed in her blessings that water is of great importance in our lives and is like nectar. Water forms the very foundation of our existence. It is our duty to care for the clean and beautiful creation that

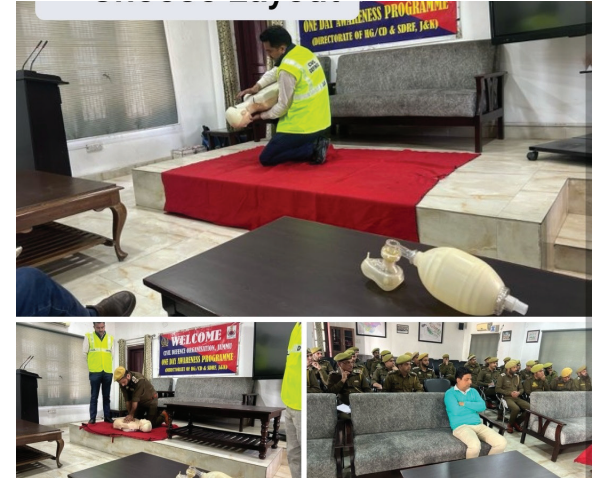
God has given us. It is us, in human form, who have misused this priceless heritage and polluted it. We must maintain the purity of nature by keeping it in its original form. We need to inspire everyone with our actions, not just words. When we connect with the omnipresent God and take inspiration from that connection, we start loving every form of his creation. Our endeavour should be that when we leave this world, we leave it in a more beautiful state than we found it

At the conclusion of the program, the guests who joined commended the mission extensively and expressed their heartfelt gratitude to Satguru Mata Ji, stating that the mission has certainly taken an important step towards nature conservation through this beneficent project of water conservation and cleanliness.

One day awareness camp organized by Civil Defence, Jammu

JINNEWS SERVICE
JAMMU FEB 25

One day awareness programme was held at Forest Soil Conservation Training School, Miran Sahib, Jammu which was organized under the supervision of Dy. SP. Anita Pawar, Deputy Controller Civil Defence, Jammu. 40 trainees of the training School have attended the awareness programme. Awareness about the basic knowledge of First Aid, Fire fighting, CPR, Chocking and other life saving techniques were given to the trainees by the Civil Defence expert. During the programme demonstration on the above said topics was also presented by the Civil Defence team. The main aim of the awareness programme was to educate students with regard to preventive



measures during natural or man-made disasters. On the occasion Dy.SP. Anita Pawar, delivered a lecture on the topics of Disaster Management and highlighted the role and importance of Civil Defence organization. Smt. Neha Metha, Principal of the Training School appreciated and thanked the Civil Defence team

for organizing such programme. Paramjit Kumar Chief Warden Sh. R. Vijay Magothra, Dy. Chief Warden Civil Defence, Jammu, Sh. Ashok Sarngl, Range Officer, Sh. Ram Dayal Saini, Sub- Inspector, in charge Civil Defence Trainings and other staff of the training School also present on the occasion.

All arrangements for Shab-e-Bharat have been made by Waqf Board: Dr Andrabi

JINNEWS SERVICE
JAMMU, FEB 25

Chairperson of Jammu & Kashmir Waqf Board Dr Darakhshan Andrabi today visited Dargah Hazratbal & Ziyarat Dastgir Sahib and took stock of the arrangements at these shrines for Shab-e-Barat. Dr Andrabi was accompanied by Waqf Board officials and the representatives of different departments of the administration. Dr Andrabi later convened a meeting related to the Shab-e-Bharat arrangements and later spoke to media. She greeted people on the auspicious occasion and assured that all arrangements have been put in place for the devotees at all shrines. She prayed for the welfare of the people and said that Waqf Board is committed to facilitate the devotees during all public gatherings at the shrines.

Sikh Coordination Committee Expands Team to Address Community Concerns, Receives Thumping Support

JINNEWS SERVICE
JAMMU, FEB 25

The Sikh Coordination Committee of Jammu and Kashmir, under the chairmanship of S Ajit Singh today announced expansion of its central and district level teams to further strengthen the body for welfare of the community. The development was made following a thumping support from the community members from different regions of the Union Territory of Jammu and Kashmir.



He said, established under the guidance of Shri Man Mahant Manjit Singh ji, Chief of Shiromani Dera Nangali Sahib Poonch, the Sikh Coordination Committee comprises eminent figures from various sectors within the Sikh community, including academicians, bureaucrats, businessmen, technocrats, and social activists. "Since its inception, the committee has been

actively engaged in advocating for the resolution of key issues affecting the Sikh community. Among the notable achievements of the Sikh Coordination Committee, are the successful advocacy for the implementation of the Anand Marriage Act in the Jammu and Kashmir Union Territory and the installation of the statue of Baba Gurbaksh Singh ji (Baba Banda Singh Bahadur ji),"

shared S Ajit Singh, adding that the committee is also accentuating issues pertaining to the community time to time. He asserted that besides highlighting social problems being faced by the community from any corner of the Jammu and Kashmir, the committee is also striving to take these issues at appropriate platforms for the redressal of these issues.

Urja 2.0 Junior wing Annual day celebration & Recognition Day Celebration at DPS Udhampur

JINNEWS SERVICE
UDHAMPUR, FEB 25

The air was filled with a sense of pride and accomplishment as Delhi Public School Udhampur celebrated its Annual Day for JR Wing and Recognition Day of Kinder Garten, Urja 2.0 Manifestation of Sanctity, with grandeur and enthusiasm. The event, held on February 25, 2024, marked a significant milestone in the journey of the school, recognizing the achievements of graduating young toddlers. The ceremony commenced with an invocation to seek blessings for the success of the event. The chief guest for the day was Mr. Rayees Mohd Bhat (IPS) DIG Udhampur Reasi Range. Special guest invited in the event was Ms. Eva Rayees Mohd Bhat. Other dignitaries present on the occasion were Hon'ble Pro Vice Chairman of the School Dr. J. C. Gupta Sir, Worthy MD of the School, Mr. Vivek Gupta, Dynamic Director Academics of the School, Ms. Sucheta Gupta Mam, Virtuous Principal of the



School Dr. Kunal Anand. The school's principal Dr. Kunal Anand, delivered a heartwarming welcome speech, the importance of recognizing and appreciating young graduates. He further highlighted the achievements of the school in the past one year in all spheres A series of captivating performances by students showcased their talents in various fields, including music, dance, drama, caught the attention of the audience. Each performance was met with thunderous applause, reflecting the immense talent and creativity nurtured within the school. Graduation certificates

were awarded and accolades were presented to young graduates by the Chief Guest, Mr. Rayees Md. Bhat IPS (DIG Udhampur Reasi Range) for graduating from Primary school as they are ready to put their foot forward to achieve new heights. Speaking on the occasion the Chief Guest highly appreciated the school and its progress. He said that DPSU is an institution par excellence and is among the leading schools of J&K. He apricated the toddlers who have put forth such a spectacular cultural extravaganza. He congratulated the school management and Chairman Dr. JC Gupta.

These recognitions served as a testament to the school's commitment to holistic education and the overall development of its students. When the ceremony drew to a close, the atmosphere was filled with a sense of camaraderie and pride. The Recognition Day Celebration at DPS Udhampur not only acknowledged the accomplishments of individuals but also reinforced the spirit of unity and excellence that defines the school community. It served as a reminder of the importance of hard work, perseverance, and collaboration in achieving success, both inside and outside the classroom.

4th Khelo India Winter Games conclude

Athletes participating in KIWG realizing PM Modi's dream: Secretary Sports Council

J I NEWS SERVICE
GULMARG, FEBRUARY 25

The spectacular display of five day sports show of 4th edition of Khelo India Winter Games, 2024 came to an end today at an impressive closing ceremony at Golf Course Gulmarg.

Besides Secretary J&K Sports Council, Nuzhat Gull, who was the chief guest on the occasion, the ceremony was attended by CEO, Gulmarg Development Authority, Waseem Raja, GM Cable Car Corporation, SSP Traffic Rural, 6-time Olympian, athletes, officials and a large number of local people.

The 4th edition of KIWG crowned Army as new champions which clinched the top position with 10 gold, 5 silver and 6 bronze medals followed by first runner up Karnataka with 9 gold & 2 silver medals and 2nd runner up Maharashtra with 7 gold, 8 silver & 7 bronze medals.

The J&K is placed at 9th position in the medal tally with 1 gold, 6 Silver and 4 bronze medals.

From hosts Shahid Ahmad Chach clinched sole Gold medal in Vertical Ski Mountaineering while he also won silver in another discipline of Sprint and shared a bronze with three other colleagues in Ski Mountaineering Men Relay group.

Besides Chachi, Shazi Hassan, Sobia Nabi, Shaista Shabir & Vikar also bagged silver medals in Ski Mountaineering Women Sprint, Alpine Skiing Women Slalom and Alpine Skiing Women Parallel and Men Parallel Slalom respectively.

Also, J&K bagged another Silver in Ski Mountaineering Women Relay in which Shazia Hassan, Maryam Farooq and Noorian Latief teamed up to display enthusiastic spirit to clinch the title.

Further, four bronze medals also came in the bucket of J&K including



one from Men Relay Ski Mountaineering team and three others were scored by Gousia Gulzar, Mehraj Ud Din Bhat and Mehraj Ud Din Khan in individual

events.

Speaking at the concluding ceremony, Secretary, Sports Council, Nuzhat Gull expressed gratitude to the Officers and Officials of Divisional Administration, District Administration, Civil Departments and security agencies for rendering their services for successful conduct of 4th Edition of Khelo India Winter Games.

She also thanked athletes who came from different parts of the country and displayed their talent and sprit of sportsmanship.

She maintained that athletes participating in KIWG are realizing the dream of Prime Minister, Shri Narander Modi.

"khelo India Games are providing platform to youth from grassroot level to showcase their talent and compete at national level", she said.

Speaking about the importance of KWIG in cultural enrichment, she said, "these games are helping in the exchange of culture, tradition and languages among athletes and enhance their vision and confidence".

While appreciating the Local & national media for wide coverage of the event she conveyed the appreciation message of Union Minister of Youth Services & Sports Shri Anurag Thakur for the positive & pivotal role played by the media.

She also thanked all Olympians for officiating the Khelo India Winter Games and enabling professional conduct of national event in which 600 athletes & officials participated.

CEO, Gulmarg Development Authority Waseem Raja also expressed his gratitude to the departments and service providers for successful conduct of KIWG.

The mementos & appreciation certificates were also distributed among the guests and service providers.

4th Edition of Khelo India Games

Shazia Hassan: South Kashmir's Ski Mountaineering Trailblazer

J I NEWS SERVICE
GULMARG, FEB 25

Shazia Hassan, a 35-year-old resident of Uranhall Village in South Kashmir's Anantnag district, has emerged victorious at the Khelo India Winter Games 2024, securing two silver medals in Ski Mountaineering. Her triumph not only signifies personal achievement but also breaks barriers in a region where such feats are a rarity.

Facing adversity from an early age after losing her father, Shazia took on the responsibility of caring for her family. However, her journey took an unexpected turn when she discovered her passion and talent for Ski Mountaineering upon joining the Jawahar Institutions of Mountaineering and Winter Sports (JIM & WG) in 2010.

Becoming the lone female representative from her locality at the institution, Shazia not only excelled in the sport but also became an instructor, sharing her skills and knowledge with fellow enthusiasts. "Ski Mountaineering is not just a sport, it is a way of life," she stated, emphasizing the values of overcoming obstacles, facing challenges, and appreciating nature.

Undeterred, she pressed on, determined to prove herself and inspire others. Friends describe her as brave and resolute, refusing to succumb to pressures.

The turning point in Shazia's journey came with the opportunity to participate in the Khelo India Winter Games 2024, a national platform aimed at fostering youth engagement in sports. Compet-

ing in the Ski Mountaineering vertical race and individual race, Shazia's talent and spirit shone through, securing two silver medals.

Expressing her gratitude, Shazia acknowledged Prime Minister Narendra Modi and the J&K Sports Council for providing a platform like Khelo India. "I am lucky to live in India, a country that supports and encourages sports. Khelo India has changed my life and inspired many others," she remarked. Shazia's story is a testament to courage, resilience, and excellence, transcending beyond personal victories. In overcoming adversity and pursuing her passion, she has become a beacon of inspiration for countless individuals, proving that with determination and purpose, the impossible is achievable.

Shahid Chachi casts yellow footprints on Kangdoori Slopes

J I NEWS SERVICE
GULMARG, FEBRUARY 25

Shahid Ahmad Chachi, the sole gold medal winner for J&K in 4th Khelo India Winter Games at Gulmarg brought cheers to the host UT on Saturday. His yellow footprints on the Kangdoori slopes shall leave indelible marks on his evolving professional career. Shahid did not disappoint his admirers; instead he won hearts of fans & sport lovers with a phenomenal performance in Vertical Ski Mountaineering at Kangdoori when he mounted the distance taking 35 minutes 29 seconds earning the title by defeating Mayank Dimri with marginal duration of 41 seconds.

Shahid Chachi, local boy from Tangmarg coming from humble background, is a self taught athlete who has been working hard diurnally to embark on the successful sports career. Yesterday was the moment, he

achieved milestone and the first Gold medal in of his career in any national event.

Thanking Almighty for the success, Chachi says, "I put tremendous effort during my training and my God bestowed me with result". "My family support & prayers rejuvenated my energy and made it convenient for me to obtain the goal".

Initially, he had topped the event organized by local Ski association. After assessing the inbuilt potential that Chachi possesses, association members encouraged him and mentored his talent by working on his techniques and skill.

Acknowledging the role of coaches for the latest success, Chachi thanked Mehraj Ud Din Bhat and Younis Ahmed for the support, valuable guidance and mentorship.

The coaches saw glimpse of fine talent in the youngster who invited him to register for

4th Khelo India Winter Games, 2024.

The Gold medal was his 3rd medal in KIWG after Silver in Sprint and shared bronze in Men's Relay of Skiing Mountaineering with a group of other three colleagues including Mehraj Ud Din Bhat, Ghulam Mohammad & Shiekh Mohsin.

"Given the opportunity to represent the UT and Country, I will surely bring medals", Shahid makes a promise to the nation.

"We have great facilities here", he says and adds that "we only need willpower to participate in games".

"Many youngsters of our country go foreign countries to participate in various competitions" the athlete expects them to explore the winter adventure at Gulmarg.

The elated youngster while celebrating the occasion, shows reservation to give credit to anyone other than country and himself.

Lal Draman Snow Festival 2024 organised in Doda

J I NEWS SERVICE
DODA, FEBRUARY 25

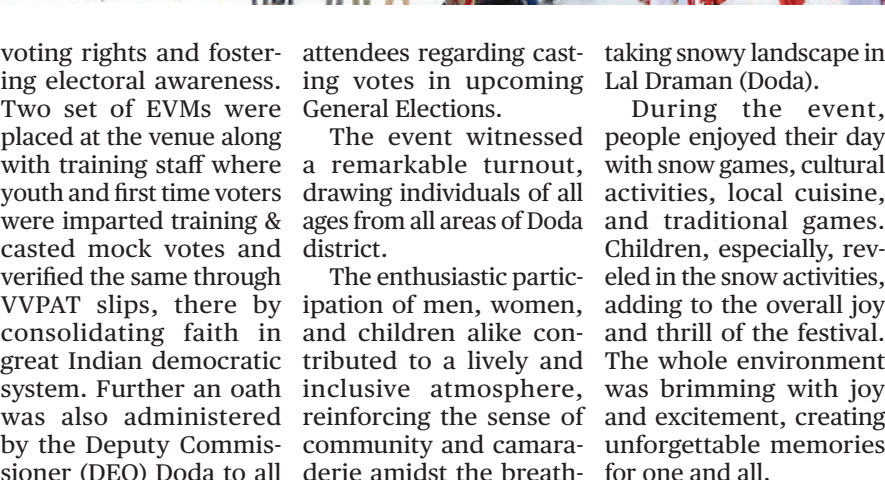
The picturesque landscape of Lal Draman in Doda came alive today with a grand spectacle of the Snow Festival 2024, orchestrated by the Tejas-Ek Pahal Foundation.

Deputy Commissioner, Harvinder Singh graced the occasion as the chief guest, attracting throngs of eager attendees from Doda town and surrounding areas.

Notable persons including Deputy District Election Officer, ACD, ACP, Tehsildars Doda, Bhagwah, Bheaderwah, BDO Bhagwah and several other officers and officials adorned the event, enhancing its splendor.

The festival presented a myriad of activities catering to all tastes, ranging from snow sculpting and competitive sports like volleyball, kabaddi, and badminton and captivating cultural performances.

Amidst the festivities, the Election office Doda organised a SVEEP campaign, enlightening attendees especially Youth about the significance of exercising their



voting rights and fostering electoral awareness. Two set of EVMs were placed at the venue along with training staff where youth and first time voters were imparted training & casted mock votes and verified the same through VVPAT slips, there by consolidating faith in great Indian democratic system. Further an oath was also administered by the Deputy Commissioner (DEO) Doda to all attendees regarding casting votes in upcoming General Elections.

The event witnessed a remarkable turnout, drawing individuals of all ages from all areas of Doda district. The enthusiastic participation of men, women, and children alike contributed to a lively and inclusive atmosphere, reinforcing the sense of community and camaraderie amidst the breath-

Principal, faculty of GCE condole demise of Prof. A.G.Madosh

J I NEWS SERVICE
SRINAGAR, FEBRUARY 25



Principal, Government College of Education (GCE), D r . Seema Naz and other faculty members of the college condole the sad demise of Prof. A.G Madosh.

Chairing a condolence meeting in this regard Dr. Seema said that he was a renowned educationist and psychologist who will be remembered for his contributions towards this institution in particular and education in general.

She added that we mourn the loss of this noble person and pray to Allah to grant him the highest place in paradise. "We also stand with his family and friends and pray to Allah to give them patience for bearing this loss", she said.

Jammu's Runners Triumph at New Delhi Marathon

J I NEWS SERVICE
JAMMU, FEBRUARY 25

Jammu's running community showcased their exceptional talent and determination at the esteemed New Delhi Marathon. Led by Aman Gupta, Abhishake Gupta, Sudhir Aaand, Surinder Kahaniya, Jaideep Singh, and Ajay Gandotra, these dedicated athletes brought honor to their city with their remarkable performances.

Aman Gupta led the group with an outstanding finish time of 3 hours and 30 minutes, setting a new record of excellence. Following closely behind, Abhishake Gupta completed the marathon in 4 hours and 35 minutes, displaying unwavering

determination and perseverance.

Sudhir Aaand and Surinder Kahaniya demonstrated remarkable grit and resilience, finishing the marathon in 3 hours and 37 minutes and 4 hours and 15 minutes, respectively. Surinder Kahaniya's pacing assignment of 4 hours and 15 minutes was executed flawlessly, showcasing his strategic approach to the race.

In the Half Marathon category, Jaideep Singh and Ajay Gandotra stood out by achieving personal best times. Jaideep Singh's impressive performance highlighted the depth of talent within Jammu's running community, while Ajay Gandotra's achievement at 58 years of age is truly

commendable, inspiring individuals of all ages to pursue their passion for running.

Additionally, notable participants such as Sukhpal, Senior JKAS, Vishal Kapoor Vice President Wipro, Sukreet Gupta and many others excelled in the Half Marathon, achieving their personal best timings and contributing to Jammu's success at the event.

Their outstanding performances not only bring glory to Jammu but also serve as an inspiration to aspiring athletes nationwide. The dedication, resilience, and sportsmanship exhibited by these runners epitomize the spirit of the sport, fostering a culture of fitness and excellence within the community.