

DAILY | JAMMU | VOL NO: 11 | ISSUE NO: 48 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

3 workers found mysteriously dead in Udhampur, probe launched

JI NEWS SERVICE UDHAMPUR, FEB 26

Three workers died under mysterious conditions in Chenani area of Udhampur district, even as police have launched investigation into the matter, officials said on Monday.

An official told the news agency that three persons who were working as CONTINUED ON >> PAGE 4

SJVN green energy, J&K power corporation ink pact for 300 MW power supply AGENCIES

NEW DELHI, FEB 26

SJVN Green Energy has said it has signed an agreement with Jammu & Kashmir Power Corporation Ltd to supply 300 MW of power.

This 300 MW power shall be supplied to JKPCL from the 1,000 MW Bikaner Solar project which is being developed under the Central Public Sector Undertaking (CPSU) Scheme of IREDA (Indian Renewable Energy Development Agency) at a cost of Rs 5,491 crore, the company said.

The project is being developed under the Domestic Content Requirement (DCR) mode and is slated for commissioning by July, 2024. CONTINUED ON >> PAGE 4

 \oplus

Police take action against fake social media account impersonating **ADGP Jammu**

PM lays foundation stone of redevelopment of Shri Mata Vaishno Devi Katra Railway station under Amrit Bharat Station Scheme

JI NEWS SERVICE NEW DELHI, JAMMU, FEB 26

Hon'ble Prime Minister Shri Narendra Modi laid the foundation stone of the redevelopment of Shri Mata Vaishno Devi Katra Railway station under Amrit Bharat Station Scheme, virtually, from New Delhi today.

He also laid the foundation stone of a project for overbridge at Vijaypur Railway Station.

Lieutenant Governor Shri Manoj Sinha, on behalf of CONTINUED ON → PAGE 4



Mann Ki Baat PM Modi hails Gojri writer for literary contribution

JI NEWS SERVICE GANDERBAL, FEB 26

Mohammad Manshah Khakhi hailing from Kachnambal village in Kangan is on cloud nine ever since Prime Minister Narendra Modi lauded his contribution in his 'Mann Ki

Khakhi, a member of the Gujjar Bakerwal community, faced numerous hurdles in his educational journey due to financial constraints. But his determination propelled him forward, enabling him to pursue education.

According to reports from, Khakhi's journey involved

travelling several kilometers on a daily basis to attend Government School in Ranthal and High School Soulki Kalakote.

He completed his Higher Secondary Education at Govt Higher Secondary School Kalakote in 1978 and subsequently graduated from MAM College Jammu.

He obtained an MA in Education from the University of Jammu in 1982.

Embarking on his professional journey as a teacher, Manshah later transitioned into the role of a Research Assistant in Gojri

CONTINUED ON → PAGE 4

Lt Governor inaugurates 2nd Aerosol Winter | NIA chargesheets 5 including 3 Pak based LeT handlers in Rajouri attack case School 2024 at Central University of Jammu

AGENCIES NEW DELHI, FEB 26

Pushing ahead with its efforts to destroy and dismantle the terrorist ecosystem in Jammu and Kashmir, the National Investigation Agency (NIA) on Monday chargesheeted five accused, including three absconding Pakistan-based handlers of the banned Lash-Rajouri attacks case of January 2023.

news agency the agency said terrorist ranks there. that the case RC-01 & 02/2023/

people, including two chil- ity community in Jammu & dren, were killed and several others severely injured in the attacks.'

The statement reads that three of chargesheeted individuals are LeT handlers, identified as Saifullah @ Sajid Jutt @ Ali @ Habibullah @ Numan @ Langda @ Noumi, Mohd Qasim, and Abu Qatal @ Qatal Sindhi. While Abu Qatal and kar-e-Taiba (LeT) outfit, in the Sajit Jutt are Pakistani nationals, Qasim had exfiltrated to Pakistan sometime around In a statement, issued to the 2002 and had joined the LeT "As per investigations, the

NIA/JMU, relates to a heinous trio had orchestrated the other terrorists.' terror attack on civilians at recruitment and dispatch of village Dhangri on January 01, LeT terrorists from Pakistan charge-sheeted accused are 2023, followed by an IED blast to target innocent civilians, the next day. "Seven innocent particularly from the minor-

Kashmir, as well as security personnel. The attacks were carried out under the directions of these Pakistan-based handlers," it reads.

It added that Saifullah is currently a highly placed LeT commander, and was responsible for engineering the overall conspiracy from Pakistan, along with the other two. "Mohd Qasim is presently the right hand of highly placed LeT Commanders. Abu Qatal had come to India in 2002-03 and was active in the Poonch-Rajouri range, along with

It reads that the other two Nisar Ahmed @ Haji Nisar **CONTINUED ON → PAGE 4**

Rain, Snow to likely dominate this week in J&K

Manoj Sinha inaugurated the University Ladakh and Indian

"Uri and Balakot sent their own message": Jaishankar on India's response to cross-border terrorism

JI NEWS SERVICE

JAMMU, FEB 26

The Jammu and Kashmir Police Monday said it has initiated legal action against a person posing as the additional director general of police of Jammu on various social media platforms.

"A fraudster has managed to impersonate ADGP Jammu zone, Anand Jain on various social media platforms using his image including other credentials and is extorting money from people," according to a police statement "The offender has created the profiles with malicious intent. Accordingly, legal action

CONTINUED ON >> PAGE 4

JI NEWS SERVICE SRINAGAR, FEB 26

JI NEWS SERVICE

Lieutenant Governor Shri

2nd Aerosol Winter School -

'Manthan 2024' at Central Uni-

versity of Jammu today.

SAMBA, FEB 26

While the weather remained of light rain and snow at scatmostly cloudy, the weatherman here has predicted a wet spell from tomorrow, saying is a possibility of moderate that heavy to very heavy snow- rain and snow at most places fall is expected in the middle and higher reaches of Jammu and snow at few middle & and Kashmir from March 01 to

March 03. According to the news agency, Director Meteorological department, Dr Mukhtar Ahmad said that there is a possibility of light rain and snow at scattered places during tonight to 27th forenoon.

On February 28, the weather is expected to remain partly cloudy with light snow over isolated higher reaches while

on February 29 amidst the partly to generally cloudy weather, there is a forecast

tered places. However, he said there with heavy to very heavy rain higher reaches during March 1st March late evening to 3rd March afternoon.

endeavour of Central Univer-

sity of Jammu, Sindhu Central

National Young Academy of

Science to impart hands-on

training on required instru-

A few places may experience thunder, lightning, hailstorm accompanied by gusty winds during March 01 & March 02. The weatherman also

issued advisory in wake of the upcoming wet spell, saying that in view of CONTINUED ON → PAGE 4

AGENCIES NEW DELHI, FEB 26

In his address, the Lt Gov- mentation and analytical

ernor commended the joint techniques as well as remote

Calling the national security a complicated calculus in today's times, External Affairs Minister S Jaishankar highlighted India's response to Chinese incursions at the Line of Actual control (LAC) and towards cross-border terrorism from Pakistan through its ferocious responses in Uri and Balakot.

sensing tools for air quality

studies to meet the objectives

of the National Clean Air Pro-

gramme. He emphasised on

CONTINUED ON → PAGE 4

the collaborative

India carried out a surgical strike against terror units in Pakistan-occupied Kashmir (PoK) in 2016 in response to Uri, Kashmir. In 2019, after the Pulwama attack – which killed



an airstrike against Pakistani World'. terror camps in Balakot. Addressing the event on

The EAM was giving the Monday, Jaishankar said, "The an attack at an army base in Pandit Hriday Nath Kunzru calculus of national security Memorial Lectures 2024 at has become much more com-Jawaharlal Nehru Univer- plicated. Traditional methods over 40 Indian soldiers – the sity, Convention Centre, on of competing and pressuring Indian Air Force carried out the topic of 'Bharat and the are buttressed by new tools

of influence and disruption. Here too, Bharat has pushed back with determination and fortitude."

He said that India has worked on developing border infrastructure, one of the aspect which the EAM said was "long neglected." He added that India's response to the cross-border terrorism were seen in the episodes of Uri and Balakot.

"When we were challenged on the LAC, with China, In the midst of COVID rapid and effective counter deployments were the appropriate answer. Seeking to rectify the long neglected of the border infrastructure.

CONTINUED ON » PAGE 4

Ghazal singer Pankaj Udhas dies at 72 after prolonged illness

AGENCIES

MUMBAI, FEB 26

Renowned ghazal singer Pankaj Udhas, best known for "Chitti Ayee Hai" and "Aur Ahista Kijiye Baatein", died here on Monday following prolonged illness, his daughter Nayab said. He was 72.

Udhas, who also made a mark as a playback singer in many Hindi films, including "Naam", "Saajan" and "Mohra", died around 11 am at the Breach Candy hospital, a family source said.

"With a very heavy heart, we are saddened to inform you of the sad demise of

CONTINUED ON >> PAGE 4

Dr Jitendra addresses convocation of 'Indian college of physicians', conferred honorary fellowship



AGENCIES NEW DELHI, FEB 26

Union Minister Dr. Jitendra 2024) as its Chief Guest. Singh addressed 35th Convocation ceremony of the Singh, who is himself a Profesprestigious Indian College of sor of Medicine & Endocrinol-

Physicians and 79th Annual ogy, was also conferred honor-Conference of the Association ary Fellowship of the Indian of Physicians in India (APICON College of Physicians as a mark of respect to his lifelong dedi-On the occasion, Dr Jitendra cation to Medicine academics and research.

CONTINUED ON » PAGE 4

Indian Army focusing on leveraging MSMEs and start up ecosystem: Gen Pande

AGENCIES NEW DELHI, FEB 26

Chief of Army Staff Gen Manoj Pande on Monday said that as part of the Atmanirbharta pursuit, the Indian Army has been focusing on leveraging both the MSMEs and the Start Up ecosystem for meeting the capability development requirements.

Delivering a keynote address at the Maharashtra MSME Innovations in Defence Excellence (iDEX) procurement, all

the iDEX route, 55 Indian exploitation. The iDEX route

He said, "Currently under in limited quantity for field user recommendations."

technology and platforms since exploitation of limited

CONTINUED ON >> PAGE 4

Defence Expo 2024 at Pune, Army projects, worth Rs 400 also follows the spiral mode Gen Pande said that under the crore are being pursued, of development of indigenous which encompass a total of 65 Start Ups. As many as four projects are mandated to be contracts worth Rs 70 crore quantity in field conditions, progressed through Start Ups, have been concluded for enables concurrent developan official statement said here. procurement of equipment ment of equipment based on



Director Agriculture conducts extensive tour of Pulwama, Budgam districts

JI NEWS SERVICE

SRINAGAR, FEBRUARY 26

The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today conducted an extensive tour of Pulwama and Budgam districts.

During the visit, he also convened two sepa-

rate review meetings and took stock of the progress under HADP projects, regular CAPEX and CSSs, between MGNREGA and cussed threadbare. HADP and issues related KISAN, PMFBY and Soil Health Card schemes.

During the meeting, dif- lish their own agri-income ferent centrally sponsored based units. schemes being imple-



also discussed in detail. HADP and CAPEX. He The implementation of asked the officers that projects under Holistic funds allocated under dif-Agriculture Development ferent components of censcope of convergence Program (HADP) was dis- trally sponsored schemes must be expended in a

In his remarks, the time bound manner. He to procurement of Seed Director said the projects reiterated the importance under SVP, organic farm- under HADP have been of maintaining the highest ing, Natural farming, PM designed in such a way level of transparency and that the small and mar- accountability during all ginal farmers could estab- the expenditures. Director asked the con-

cerned officers to work He underlined the in close coordination mented by the department importance of expeditious with concerned district tricts, district agriculture including RKVY, MIDH, and judicious expenditure administrations during ATMA, NFSM, PM KISAN, of funds under differ- the implementation of Soil Health Card Scheme, ent centrally sponsored different initiatives at dis-KCC scheme etc were schemes, projects under trict level. He directed the

officers 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 communities for the successful implementation of different schemes at grassroots level. He impressed upon them to sensitize and encourage the farmers to avail benefit of various projects under HADP.

He also 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.

The Chief Agriculture officers of concerned disofficers, sub divisional and zonal officers of the department were present in the meetings.

VC National Commission for Safai Karamchari reviews welfare measures for Safai Karamcharis in J&K

JI NEWS SERVICE JAMMU, FEBRUARY 26

Vice Chairperson, National Commission for Safai Karamchari, Smt Anjana Panwar today chaired a meeting of senior officers of different departments to take stock of various welfare measures for Safai Karamcharis of Jammu and Kashmir.

The Vice Chairperson took stock of various initiatives/activities undertaken by the various departments for the welfare of the Safai Karamcharis. She also interacted with

the representatives of various Safai Karamchari Associations and listened to their problems while of vacant posts. ensuring resolution of their genuine issues.

The VC took comprehensive details about Municipal Committees camps by the Health and working condition department. of employees working in



these institutions. The concerned to provide uni-Commissioner JMC also briefed the meeting about rain coats on seasonal the present status of workbasis.

ing and steps being taken for the welfare of Safai Karamcharis.

The VC directed Com-Ayushman Health Card to missioner JMC to take nec- all Safai Karamcharis those essary steps for the fulfilnot been covered so far, so ment of the demands of that they can take benefit Safai Karamcharis in the from these schemes. Corporation and other committees like filing up

She also directed health Karamcharis and directed proper Health Checkups of the Safai Karamcharis disbursing those salaries working of JMC and other during holding the health on time.

provide at least one room for library.

The VC stressed for the meetings with the Safai Karamchari at least once in a month and listen their issues being faced by them day to day and redressed the same accordingly.

The VC issued instruction to MD, SC, ST & BC forms alongwith shoes, Corporation to organise awareness camps with The VC directed conregard to benefits like cerned officers to provide education loans, housing

group Insurance cover and loans etc. She also instructed Chief Education Officer Jammu and police department for fulfilling the vacant posts of Safai Karamcharis and The VC also took creation of fresh posts in

stock of salaries/wages their departments. of skilled/unskilled Safai Among others, Commissioner JMC, Rahul Yadav, authorities to provide concerned to enhance ADC Jammu, Chief Medical thier salary/wages before Officer, Managing Director, SC, ST & BC Corporation, senior officers of police The VC directed to con- and other concerned

struct Community Hall for departments also attended She also directed the Safai Karamcharis with the meeting.

2024 launched

Asian Water bird Census

KVK-Anantnag holds Valedictory Function of two Skill programmes

JI NEWS SERVICE ANANTNAG, FEBRUARY 26

KVK-Anantnag, SKUAST-Kashmir Monday hosted the valedictory function for two skill programs sanctioned under MSME and STRY, marking a significant milestone in empowering individuals with knowledge and expertise.

awareness and populariza- the occasion, delivered tion of Area Specific Min- an enlightening lecture eral Mixture among the on Management of Livelivestock owners of Dis- stock during heat and trict Anantnag an e-MDP sanctioned under MSME, the (6+1) Skill Training of and productivity. Rural Youth (STRY) trainvalue addition in horticul-



ture crops

Anantnag's commitment Prof. Zahoor Ahmad to uplifting the socio-The training session on Pampori, chief guest on economic conditions of resource-poor farmers by nurturing an entrepreneurial spirit through knowledge and skill cold stress. His insightful empowerment. The programmes, span-

discourse emphasized the GOI is aimed at enhanc- importance of precision ning over seven days, ing livestock productivity livestock farming for sus- feature a diverse range and welfare. Additionally, tainable livestock health of activities including lectures by experts, prac-Dr. Ishtiyaq A. Khan, tical handouts and expoing programme on Entre- Head, KVK-Anantnag sure visits. This concerted

preneurial Opportunities emphasized the impor- effort by KVK-Anantnag in Value Addition of Hor- tance of such training signifies a pivotal step ticulture crops was con- initiatives in enhancing towards fostering sustainducted focused on foster- and strengthening the dis- able development and ing entrepreneurship and trict's skilled manpower. prosperity in rural com-He reiterated KVK- munities.

Secy Cooperatives reviews progress on establishment of Jan Aushadi Kendras

JI NEWS SERVICE JAMMU, FEB 26

Secretary Cooperatives, Babila Rakwal, today took stock of measures being taken up by the department regarding establishment of economically viable Jan Aushadi Kendras under PMBJK by the Cooperatives in each district of the UT.

The meeting besides the Additional Registrars Jammu/Kashmir was attended by Deputy Registrars and Assistant Registrars and other concerned officers.

The Secretary impressed upon the turning maximum num-Additional Registrars bers into drug stores by and Deputy Registrars to hadi Kendra in each district. She directed them to ensure functionality of the public with all the



popularizing them among

added.

Registrars revealed that for each district 5 Jan Aushadi Kendras have been set, out of which, 32 have been made functional. In addition, 42 have applied for drug license and 98 out of 101 applicants have obtained PMBI approvals pre-requisite for establishing such stores, he

The meeting was fur-She observed that health institutions where in constant touch with

JI NEWS SERVICE SRINAGAR, FEBRUARY 26

Chief Executive Director, Wular Conservation and Management Authority and the students to develop Addl. PCCF Forests Kash bird watching as a habit mir, T. Rabi Kumar today and promote it as an imporlaunched Asian Water Bird tant eco-tourism activity. census exercise 2024 for Wular, Hokersar and other adjoining wetlands.

Conservation and Management Authority are jointly conducting Asian Water bird Census, 2024 on 27th February, 2024 for Ramsar sites of Wular, Hokersar, Shallabugh and other adjoining wetlands.

vationists from organiza- Srinagar Circle and Rashid tions like WII, WTI, Wild- Yahya Naqash, Regional life SOS JK and NGOs like Wildlife Warden (Head-WCF, WRCF, SRDE, SEED, quarters) also attended the Birds of Kashmir, Kashmir program as guest of hon-Bird watch, Scholars and ours. students from reputed academic institutions like attended by Nadeem Qadir, SKUAST, University of Ld. Amicus Curiae (Envi-Kashmir, Degree colleges ronmental Lawyer) and etc. shall take part in the Nazir BeNazir (NGO). bird counting in these wetlands.

active collaboration of all stakeholders in mobilising the resources for effective management of our wetlands. He exhorted upon The event witnessed

participation of various NGOs, College and Univer-The department of sity scholars, volunteers, wildlife protection wet- birding watching groups land division and Wular and the departmental staff besides various resource persons were invited to impart training and knowhow with regard to conducting of census exercise. Pradeep Chandra Wahule, Regional Wildlife Warden, Kashmir and

Scientists and conser- Conservator of Forests,

The event was also

like other members. She asked for taking appropri-

ate measures suitable for

the location to start functioning of drug stores. The Secretary asked for encouraging the identiensure functioning of a fied pharmacists. She minimum of one Jan Aus- also asked for increasing the sales of such stores by

such kendras by the first benefits. She advised for ther apprised that the week of March this year. identifying such public Deputy Registrars are

Earlier, the Additional

One day training program on HADP held at Hiranagar

JI NEWS SERVICE

KATHUA, FEBRUARY 26

A one-day training on Holistic Agriculture Development (HADP) was today held at the community center of Londi Panchayat in Hiranagar, Kathua district.

The training program was presided over by SDM Hiranagar, Rakesh Kumar, and organized under the stewardship of Deputy Commissioner Kathua, Dr Rakesh Minhas with the objective to cover cent percent saturation of the HADP scheme.

to the farmers on 29 proj- the Agriculture sector. ects approved by the Govthe output of the sectors, and its implementation. boosting exports, and



bandry, Sheep Husbandry, Poultry, Fisheries, etc.

five model Panchayats of the farmers, Head KVK officers from the Krishi the scheme for success-Vigyan Kendra (KVK), ful implementation and The training was imparted the HADP programme of

ernment of J&K, with an Kumar discussed in detail sets. The farmers showed outlay of Rs. 5013 crore the different projects keen interest in the proto be spent over the next being implemented by gram, and a few on-spot five years. These projects the Agriculture depart- registrations of farmers aim to transform the agri- ment under HADP. He also were also done by the culture economy of J&K, threw light on the registra- Agriculture department. putting it on a new trajec- tion process, funding pattory of growth, doubling tern, sanctioning process, a special training session

making the sectors sus- Suresh Kumar briefed at 12 noon to acquaint the tainable and commercially the participants about farming community with viable. The projects cover schemes being implement- the latest know-how about various sectors including ed by the Department of agriculture and allied sec-Horticulture, Sericulture, Animal Husbandry such as tors.

Apiculture, Animal Hus- IDDS, IPDS, Dairy Development in J&K, Roadmap for poultry development

will be held on February

While addressing in J&K, etc. Other officers from the Hiranagar tehsil with the Kathua Dr. Vishal Maha- Fisheries Department also jan said that the main pur- spoke about Technologipose of the program is to cal Interventions for Fish During the event, apprise the farmers about Seed and Carp production in UT of J&K. The Department of Science and Tech-Kathua, Agriculture, and complete saturation in the nology also apprised the allied sectors participated. Londi Panchayat under farmers about the PM Kusum scheme under which 80% subsidy can

AEO Hiranagar Vinod be availed for solar pump It was announced that

VAS, Hiranagar Dr. 28th, 2024, at Jhandi Bagh

securing a drug license by there is no presence of different stakeholders members of such societies efits for all the associated

JI NEWS SERVICE

BANDIPORA, FEBRUARY 26

As part of Systematic

Voters' Education and

Electoral Participation

(SVEEP) campaign, Gov-

importance of voting.

virtue of the association these stores nearby essen- including the health instiwith PACS should act as tially in far off areas of the tutions, Pharmacy Counan advantage for qualified UT. She asked for looking cil and Controller Drugs pharmacists. She said that into having long term office for enhancing the such pharmacists should tie ups with such institu- pace of establishment of be made an inalienable tions for maximizing ben- such medicine stores for with full rights and stakes stakeholders.

the benefit of public at large.

Today an orientation cise conducted in Jan-Feb to exercise for participants assess the avian population was conducted at Indian visiting the wetlands. The Institute of Hotel manage- census not only provides ment Rajbagh Srinagar.

Chief Executive Director, servation efforts but also WUCMA Sh. T. Rabi Kumar, engages citizens, scientists, IFS attended as chief guest. students, avid birders, and In his address the APCCF volunteers in the process of Kashmir emphasized the monitoring and protecting role of birds as the essen- bird populations. This exertial ecological indicators in cise is considered to be one determining the health of of the most important indiwetlands. He laid stress for cators of wetland health.

The Asian water bird census is an annual exervaluable information for The APCCF Kashmir/ launching intensive con-

Power shutdown

JI NEWS SERVICE JAMMU, FEBRUARY 26

Chief Engineer (Distribution) JPDCL Jammu has

informed that the power supply to Shahbad Colony, Bahu Fort, Press Morh and adjoining areas will remain affected on February 29 from 9 am to 3 pm.

Similarly, the power supply to Nomain, Dharmour will remain affected on February 29 from 10 am to 2 pm.

Likewise, the power supply to Barjala, part of Raipur Satwari, Ashram, Hakkal, Hakkal Pind and adjoining areas will remain affected on February 29 from 9 am to 2 pm.

Similarly, the power supply to Dablehar, Paper Mill, R.S Pura Town, Badyal, Chowadi, Hospital and adjoining areas will remain affected on February 29 from 10 am to 3 pm.

Meanwhile, Superintending Engineer, O&M Circle Rajouri (JPDCL) has informed that the power supply to Tehsil Office Rajouri, Gujjar Mandi and DC Office will remain affected on March 01, 03 and 06 from 9 am to 2 pm.

Similarly, the power supply to Receiving Station to Bhajnowa Mohalla will remain affected on February 27 to March 05 from 9 am to 2 pm.

Likewise, the power supply to Sunderbani PSS to Kanthanu Police Station will remain affected on February 27 to March 05 from 9 am to 3 pm.

ernment Degree College (GDC) Ajas on Monday organised a rally to raise awareness regarding the lighting the fundamental sibility! The event was marked by enthusiastic participaprinciples of democracy

GDC Ajas organises rally as

part of SVEEP campaign

tion from both students and faculty members, all coming together to advocate for democracy and emphasize the impor-

tance of voting. The primary objective of the rally was to raise awareness about the significance of democratic participation, particularly in the context of the upcoming elections.

With vibrant placards and fervent slogans, the Democracy!' 'Defend participants aimed to Democracy: Vote for a encourage people to exerprocess actively.

with an opening speech by Right!' and 'Voting is Not nation.

the college principal, high- Just a Right, It's a Respon-

and the responsibility of every citizen to contribute to the electoral process.

and teachers took to the stage, holding up creengaging with onlookers. capturing the attention

various slogans and statements such as: 'Your Vote,

Better Future!' 'Every

Accompanied by spirited chants and cheers, the participants marched through the college Following this, students ground, displaying their placards proudly and

atively designed placards with messages defending democracy and urging people to vote.

of the college community and beyond, drawing The placards carried interest from students, faculty, and local residents alike. Your Voice: Speak Up for Through their vibrant

displays and impassioned appeals, the participants effectively conveyed the cise their right to vote and Vote Counts: Be the message of democratic engage in the democratic Change You Want to See!' empowerment and the 'Empowerment Lies in crucial role of voting in The rally commenced the Ballot: Exercise Your shaping the future of the

The rally succeeded in

JINDRAH IMAGES JAMMU, FEBRUARY 27, 2024 TUESDAY

Weeklong advanced entrepreneurship and skill development programme kicks off at NIT Srinagar

JI NEWS SERVICE SRINAGAR, FEB 26

The weeklong Advanced Entrepreneurship and Skill Development Program (A-ESDP) on welding and CNC (5-axis CNC, 3-axis CNC, wood carving, and underwater welding) commenced on Monday at the National Institute of Technology (NIT) Srinagar.

The hands-on training workshop is being organized by Innovation Incubation and Entrepreneurship Development Centre (IIEDC) and sponsored by the Ministry of MSME, Government of India.

ulty member at MED NIT of the country. Srinagar, who was the Nazir Ahmad Sheikh, HOD Assistant Director MSME, Saheel Alaqband IEDS, Head IIED Centre Dr. Saad present on the occasion.

Director NIT Srinagar, best wishes to all particiworkshops

Noor Zaman Khan, Dr. contributors. Deepak Kumar Naik and



Dr. Syed Irshad Ahmad programming, design, and industry for a collec-Qadri (Superintendent healthcare, or other Workshop are the Coor- domains, those adept at dinators of the workshop. applying their skills digi-The inaugural event The workshop is being tally are sought after for was presided over by Prof. attended by 20 partici- their ability to drive inno-Babar Ahmad, senior fac- pants from different parts vation, he said.

In his key speech, Prof. Sheikh said that this pro-Chief Guest on the occa- Babar said such work- gram facilitates networksion. Dean Alumni and shops are the need of the ing opportunities, con-International Affairs Prof. hour. It has a connection necting entrepreneurs with Industry 4.2 and par- with industry experts and MED Prof. Adnan Qayoum, ticipants will get hands-on peers, while also providing training on CNC machines. access to vital resources

"When I was a stu- like funding and mentordent, we acquired a CNC ship. The program instills Parvez (Chairman), and machine in the late 1980s. adaptability and resilother dignitaries were However, the challenge ience, crucial attributes in was that we never had the navigating the uncertainopportunity to operate it. ties of entrepreneurship, Prof. A. Ravinder Nath, We were not even permit- he said urging participants needed to effectively teach Rehman extended their tigious machine," he said. hands-on training work-Prof. Babar said the shop.

pants and commended the Internet of Skills (IoS) is organizers for organizing now obsolete and now it tant Director MSME J&K, these hands-on training is replaced by the Internet Saheel Alaqband IEDS said of Skills. In today's global over the past several years, Dr.Dinesh Kumar Rajen- market, individuals with a collaborative partner-

dran is the Nodal Officer diverse and honed skill ship has flourished with & Convenor, whereas Dr. sets are positioned as key MSME and NIT Srinagar. Whether proficient in gap between academia required to effectively shop.

tive pursuit of excellence, he said.

"I joined AD MSME in 2015, and over the last eight years, we have successfully extended our Prof. Nazir Ahmad efforts to every corner of the Kashmir valley. Our commitment to working at the grassroots level will continue," he said.

HOD MED Prof. Adnan Qayoum expressed that to bridge the gap between this workshop provides a comprehensive and immersive learning experience designed to empower educators. The goal is to equip them with essential knowledge and skills and Registrar Prof. Atikur ted to approach this pres- to take benefits from this and inspire individuals in he added. the realms of wood carving and artistic welding, he said.

On the occasion, Assis-Prof. Qayoum said that the workshop offers a comprehensive and immersive learning experience tailored to empower

teach and inspire participants in the field of Wood carving and artistic welding.

Head IIED Centre Dr. Saad Parvez said IIEDC is dedicated to addressing the challenges of grassroots technologies and fostering innovative ideas from engineering students, technocrats, innovators, and stakeholders seeking engineering solutions to problems.

"The center focuses on emerging technologies such as AI, data, electronics, and IoT, recognizing their significant impact on shaping the future. Beyond just design proficiency, the current job market seeks individuals who can creatively solve problems using their skills," he added. Dr. Dinesh Kumar

R. Nodal Officer, ESDP Scheme said it is designed academia and industry. This workshop will equip participants with the tools and expertise needed to prepare the next generation of innovators and engineers for the dynamic world of manufacturing,"

Dr. Syed Irshad Ahmad Qadri (Superintendent Workshop), Shahid Abbas Mir, CEO of Greenovator Incubation Foundation (GIF), Dr. Dr.Noor Zaman Khan, Dr.Manoj Kumar, Dr.Ved Prakash Sharma educators with the essen- also addressed the inau-It is aimed to bridge the tial knowledge and skills gural session of the work**MP Jugal Kishore hopes for** timeline completion of Gura **More Railway Over Bridge JI NEWS SERVICE**

SAMBA, FEBRUARY 26

The Railway Department on Monday organized a significant event under the Amrit Bharat Railway Station scheme, unveiling plans for the extensive upgrading of 554 railway stations and the development of 1500 new railway crossings.

Gura More Railway Over significant upgrades. virtually, while Member Chairman Samba Keshav rapidly evolving transpor-Dutt Sharma, DC Samba tation landscape. Abhishek Sharma, SSP Samba and other cona large number of locals

underscores the cominfrastructure across the citizens. country. The ambitious



Among the key high- network. lights of this initiative is

Expressing optimism, The ceremony marked the development of 554 the MP hoped for timea historic moment as the railway stations, strategi- line completion of Gura foundation stone for the cally selected to undergo More Railway Over Bridge He emphasized the Bridge was laid by Prime Additionally, the plan importance of the proj-Minister Narendra Modi includes the establish- ect as this over brige will ment of 1500 new railway facilitate easy access to of Parliament, Jugal crossings, addressing the the commuters of periph-Kishore Sharma, DDC growing demands of a eral areas who otherwise have to wait for crossing besides fostering eco-The Gura More Rail- nomic development and

way Over Bridge, whose providing a seamless cerned officers besides foundation stone was transportation network. laid today, symbolizes As the Railway Departwere present at the site. a crucial step towards ment embarks on this The Amrit Bharat safer and more efficient comprehensive jour-Railway Station scheme rail travel. This project ney, it envisions a future

reflects the government's where railway travel is mitment of the Railway dedication to enhancing not only efficient but also Department to modern- infrastructure and ensur- a catalyst for progress. ize and enhance railway ing the well-being of the The Amrit Bharat Railway Station scheme stands as

In his address, MP a testament to the govinitiative aims to improve Jugal Kishore Sharma ernment's commitment connectivity, safety, and expressed his optimism to building a robust and efficiency, benefiting both about the transformative modernized railway infrapassengers and freight impact of these initiatives structure for the citizens on the nation's railway of India.

transportation. DC Pulwama chairs key meeting for Lok Sabha elections preparation

JI NEWS SERVICE

PULWAMA, FEBRUARY 26

The Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom who is also District Election Officer (DEO) Monday convened a crucial meeting to strategize and plan for the upcoming general elections for Lok Sabha in the district.

various aspects related to uphold the integrity of the the smooth conduct of the democratic exercise. elections were discussed comprehensively. This to get microanalysis done attended by the Senior

He emphasized the importance of effective coordination among all stakeholders to ensure a fair, transparent, and inclusive electoral process. He urged all participants to actively contribute to the preparations.

As the nation gears up for the Lok Sabha elections, such proactive measures underscore coordination for smooth conduct of elections.

The DC directed AROs The meeting was included assessing logisti- for each Polling station Superintendents of Police cal requirements, ensur- location to respective (SSP) Pulwama, and Awan-Officers (EROs).

Secretary RDD reviews MGNREGA, **SBM, JKSRLM plans in Poonch**

JI NEWS SERVICE POONCH, FEBRUARY 26

ment Department (RDD) plan for the upcoming waste management, which installation of dustbins. fiscal year.

lighted the importance buildings was reviewed of resource optimization and directions were issued and expanded coverage. to engineering staff to Secretary, Rural Develop- He asked for timely com- expedite the pace on pletion of pending works works. Instructions were and Panchayati Raj, Dr from the fiscal year 2021- also issued for effective Shahid Iqbal Choudhary, 22 by March 31st, 2024, execution of SBM-G activion Monday convened a particularly focusing on ties such as waste managecomprehensive meeting to SBM initiatives like seg- ment, soakage pits, greydeliberate on convergence regation sheds and solid water management, and

are pivotal components Dr Shahid stressed

Sericulture Capacity Building **Program Commences in Udhampur**



JI NEWS SERVICE UDHAMPUR, FEBRUARY 26 eral Sericulture. Rajeev The second five-day Gupta, District Sericulture capacity building pro- Officer Udhampur briefed gram for farmers in seri- the participants about the culture kicked off today at agenda and expressed Panchayat Ghar Chanunta gratitude to the chief as part of the HADP proj- guest. The program will ect. The event was graced feature resource persons by Scientist C Incharge from various faculties of SSPC Udhampur as the the Central Silk Board, chief guest. Vinod Kumar SKUAST and Sericulture Gupta, Incharge Ghordi Department delivering Udhampur, extended a lectures on topics such warm welcome to all the as mulberry plantation, participants.

monitoring committee, imparted insights on Gen-

effort aimed to streamline During the meeting, the election process and meticulous planning and

together stakeholders flagship program. from various departand plan for schemes like bunkers' construction in MGNREGA, SBM, IWMP, Poonch, Dr Shahid asked RGSA, PMAY, NRLM, and for ensuring residents' other centrally sponsored safety and security, urging initiatives in the rural for prompt completion of infrastructure sector.

The Secretary directed agriculture, horticulture, construction. forest, fisheries and irriweek's time.

ent sectors, especially dated for submission. agriculture and allied fields, the Secretary high- struction progress on BDC Development Officers.

The meeting brought of Government of India's the need for concerted

ongoing projects.

Furthermore, he directthe officers to formu- ed for enhanced collaboralate next year's plan in tion between the Fisheries convergence with allied Department and RDD to departments such as address gaps in fish pond RDD Jammu, Mumtaz

Reviewing progress Raj J&K, Sham Lal, and gation. He reviewed key under PMAY-G and AWAS Technical Officer PMAY-G, performance indicators of Plus, the Secretary direct- Mohammad Riaz. schemes like MGNREGA, ed the officials to ensure

efforts towards uplifting Addressing the urgen- rural communities, advo-

ments to assess progress cy surrounding border cating for synergy among stakeholders to maximize impact and efficiency. Addressing a delegation's concern regarding

pending payments for border bunkers under SRE, he assured early resolution.

Dr Shahid was accompanied by the Director Ali, Director Panchavati

The review meeting was PMAY-G, SBM-G, IWMP, timely achievement of set attended by Deputy Comand JKSRLM, stressing targets. Similarly, detailed missioner Poonch, Yasin the need for substantial project reports for new M Choudhary, ADDC, improvement within a Panchayat Ghar buildings ADC, ACD, ACP, DFO, CAO, and feasibility reports for CHO, CSHO, CAHO, PO Emphasizing enhanced new villages/Panchayats IWMP, SE(R&B) Poonch, convergence with differ- under IWMP were man- Executive Engineers REW and I&FC, AD FCS&CA, Under UT Capex, con- AD Fisheries and all Block

During the program, es and management of Sanjay Rometra delivered mulberry plantation, and a lecture on mulberry cul- silkworm rearing. Particitivation, while Ravinder pants will receive certifi-Kumar, Sericulture Assis- cates on the concluding tant and member of the day.

Waqf Board's mega development mission continues across J&K: Dr Darakhshan Andrabi

PULWAMA, FEBRUARY 26

Kashmir Waqf Board, Dr Syed Darakhshan Andrabi today inaugurated/ Large gathering of the audience to take full across Pulwama district. a public gathering. At the outset, Chairper-The experts from

Board at Kakapora, and also laid the foundation stone of Hazrat Mehda

son, Waqf Board inau- by Waqf Board Members, gurated the newly con- Syed Mohammed Husstructed Jamia Masjid at sain, Dr Ghulaam Nabi Newa, the foundation Haleem, Magistrate Ishtistone of which was laid yaq Mohiuddin, Execuby her a few months ago. tive Engineer Tariq Kaloo The Jamia Masjid was con- and socio-political leader structed after 30 years on from Pulwama Arshad the initiative taken by Dr Bhat among others. Rep-Andrabi. Dr Darakshan resentatives of many also inaugurated the departments were also newly constructed Shop- accompanying her during ping Complex by Waqf the visit.

SVEEP. The collaborative route plan.

ing security arrangements ACs keeping into consid- tipora, as well as Assistant and outlining voter edu- eration the Assured Mini- Returning Officers (AROs) cation initiatives through mum Facilities (AMF) and and Electoral Registration

Special Camps being organised for migrants at Jagti, Muthi, Nagrota, Purkhoo



JI NEWS SERVICE JAMMU, FEBRUARY 26

On the directions of Lieu-

tenant Governor Manoj Sinha, three-day special 26 to 28, to provide vari- eficiaries. ous welfare services to

Bharat Scheme, saturaregistration under selfsuch as PMEGP, Tejas- advantage of the camps Welfare Officer Mamta wini, Mumkin, through and avail the benefits Rajput, besides other NRLM, and ration card of the government sectoral officers were related services.

Dedicated officers a meeting was chaired from different depart- by Deputy Commisments would be available sioner Jammu, Sachin at the camps to assist the Kumar Vaishya in which beneficiaries. J&K Bank he passed necessary would also provide its instructions for successcamps are being held at services at the camps. ful conduct of the camps. four migrant camps in The Chief Education Offi- He underlined the scope Jagti, Muthi, Nagrota and cer would help identify and importance of satu-Purkhoo from February eligible scholarship ben- ration of public welfare oriented government

Moreover, plantations schemes. the eligible beneficiaries. and greenery develop-Relief & Rehabilita-The camps aim to facil- ment efforts would be tion Commissioner (M) itate Aadhar linkage with made by the Department Arvind Karwani, Addirespect to Ayushman of Gardens Parks & Flori- tional Deputy Commisculture. Health checkups sioner Shishir Gupta, tion of the pension relat- by the Ayush Department Chief Medical Officer ed schemes of the Social would also benefit the Dr Harbaksh Singh, Welfare Department, masses in these camps. Assistant Commissioner Those eligible are Development Dr. Vikas employment schemes encouraged to take Sharma, District Social

schemes. In this regard, present in the meeting.

Area Marketing Office organizes Awareness Camp at Hanjoora Chadoora

JI NEWS SERVICE

BUDGAM, FEBRUARY 26

ers and other stakeholders part in the camp. of the horticulture sector (HADP)

Area Marketing Office turned up to listen to the

the department and urged management.

growers and traders asso- advantage of the schemes ciated with horticulture available under HADP. Budgam today conducted experts and resource per- Horticulture Producsecond in a row aware- sons from various allied tion, Animal Husbandry ness camp at Hanjoora departments, lead bank and other sister con-

Chadoora to create aware- present on the occasion. cern departments gave a ness among the fruit grow- PRIs of the area also took detailed account of their schemes with procedures The camp was chaired linked with each scheme

about various schemes of by Deputy Director Hor- and stressed to apply state the Government particu- ticulture Planning and of the art techniques in the larly Holistic Agriculture Marketing Kashmir who cultivation of horticultural Development Programme encapsulated the plans of crops and post harvest

JI NEWS SERVICE

at Kakapora. Later, the Chairperson Waqf Board met many

Chairperson, Jammu & Bab Rishi (RA) Complex laid foundation stone of public delegations at Pula multitude of projects wama and also addressed She was accompanied



FA Tribal Affairs Ashok Thukaan, Kuldeep Kumar visit Gaddi-Sippi Hostel, Udhampur

JI NEWS SERVICE UDHAMPUR, FEB 26

Today on dated 25-2-2024, A meeting of All Jammu and Kashmir Gaddi sabha is held under the chairmanship of Mr Kuldeep Kumar President youth All Jammu and Kashmir Gaddi sabha at at Udhampur.

After meeting Ashok thukaan KAS FA Tribal affairs department along with Kuldeep Kumar and Kajal thukaan visited Gaddi sippi hostel udhampur and students of Gaddi sippi hostel demanded and tour of students of month for Hostel. Gaddi sippi hostel, Renovation of Gaddi sippi for this act of kindness. hostel udhampur.



Ashok thukaan spokes on the occasion: announced that early Arun Malkan, Manjeet, redressal of water facility Ajay, Vipan, Sanjeev, Arun, water facility for hostel I e Borewell with in one Ajay, Saksham, Sunil, Ajay, Sukhdev, Rohit, Rakesh, We are highly thankful Ajay, Rohit, Naresh,

Nakesh, Arun, Ankush, Prominent who were Balwant, Angrez, Ganesh. SMVDU hosts educational visit of Govt. School Kah Pohta, Dansal



JI NEWS SERVICE DANSAL FEB 26

SMVDU Katra hosted the visit of students from Govt. Higher Sec. School, Kah Pohta, Dansal under program. The visit was knowledge/awareness higher educational institutions under the PM Shri Scheme. NSS volunteers

panied the school team than 100 students along during the visit. NSS Coor- with their teachers and dinator, Dr. Rajiv Kumar welcomed the school the visit. The Principal officials and students and of the school thanked gave a brief introduction University authorities for to the University. Stu- hosting the visit. Dean of an outreach activity dents were motivated to Student Welfare, Prof. R. join higher educational K. Mishra, and NCC officer, organized to enhance institutes after complet- Dr. Varun Dutta were also ing their class 12th. During among students about the event, the school team Vice Chancellor, Prof. visited the Computer labs, Pragati Kumar apprecicentral workshop, central ated the efforts of NSS Library, 3D printer lab, of the University accom- auditorium, etc. More the visit.

principal participated in present during the visit. volunteers in organizing

Aijaz Ahmed Khan seeks revamp of development in Mahore, Reasi



JI NEWS SERVICE MAHORE (REASI)

Apni Party Vice President, and Former Minister, speed up the pending Aijaz Ahmed Khan has developmental work so demanded revamp of the that they could be timely developmental activities completed. and release of pending pension in favour of the importance of promoting pensioners in Jammu and the tourism sites for gen-Kashmir's Reasi District erating employment and and Ramban District that developing the remote has been stopped for last areas of Mahore in Reasi several months.

As per the press release,

addressing a worker's

Reasi District.

Khan expressed his concern over the slow pace of development but hoped that the authorities would

He also outlined the and its adjoining areas.

He stressed on the need the Former Minister was to explore new tourist spots in Mahore/Reasi by meeting at Jamslan in the tourism department Mahore Sub-Division of and the public representatives should be involved The meeting was also in making any kind of deciattended by Provincial sion regarding the tourism Vice President of the Party, and development in the Haji Mumtaz Ahmed Khan. above said areas.

During the meeting, the He however expressed developmental and other concern over the develpublic issues were dis- opmental issues being cussed in detail by Aijaz confronted by the people Ahmed Khan sahab and in Mahore regarding Mumtaz Ahmed Khan. unscheduled power cuts,

While chairing the and improper road conmeeting, Aijaz Ahmed nectivity in remote areas.

Dr. Preeti Bhagat organizes free medical camp at Beaspur Parlah

JI NEWS SERVICE JAMMU, FEB 26

tic changes in everyone's ency. During the camp, life. Due to the progress of Dr. Preety Bhagat and

changed the most, causing diseases of civilization to affect the elderly One of the biggest prob- and youth and even chillems facing humanity dren. These diseases can today is civilization-related be avoided by adopting diseases. The development a healthy lifestyle. Social of technology, improve- activist Dr. Preety Bhagat ment in the quality of life gave this advice to the and general enrichment of villagers during the free society has brought with medical camp in Beaspur it many good things, but Parlah village of Suchetthere have also been dras- garh assembly constitu-



checkups of more than Villagers said that getting about their health. Other-200 patients and distrib- checkups done in such wise they do not have the civilization, lifestyle has her team conducted free uted medicines to them. camps keeps them aware facilities to get their health

checkup done. Dr. Preeti Bhagat said that her aim is to provide health facilities to the people near their homes. The passion for social service has been in my mind since the beginning. She wants to do something for the society. This was also the purpose of coming into the medical profession and now she is serving people through

this profession. Such camps will be continued in future also.

of Geomagnetism; Prof Sachin S Gunthe, IIT Madras; us. We have seen that already when it came to our innovation also entails pursuing of Intellectual Property the people of Jammu Kashmir, thanked the Hon'ble Sh Abhishek Sharma, Deputy Commissioner Samba, energy procurement choices. Bharat chose the interest Rights for the products developed in collaboration with

NIA chargesheets 5...

present.

and Mushtaq Hussain @ Chacha, both Overground workers (OGWs) of the LeT and are residents of Mohra, Gursai, Tehsil Mendhar, District Poonch. The duo was The redevelopment project will upgrade façade,12 arrested during the course of the investigations by the

"It was found during investigations that they had provided logistical support to the terrorists on the directions of Abu Qatal. Along with a juvenile, who was also apprehended for aiding and abetting the perpetrators, they had provided food, shelter, and other types of logistics support to the terrorists for approximately three months following the attack in Dhangri. They had at the JK Academy of Art, Culture, and Languages. also attempted to conceal evidence by destroying the ment of DNA based vaccine by integrating with the His substantial contributions to the literary domain mobile phone used for clandestine communication with the Pakistan-based LeT commanders. The statement added that Nisar had also received consignment of arms, ammunition and cash sent by the Pakistan based handlers for the terrorists. "Investigations have revealed that Nisar had come in contact with Abu Qatal during the latter's stay in India. He had remained in touch with Abu Qatal even after the latter's return to Pakistan." It added that the two arrested adult accused and the Pak-based handlers have been charged under UA(P) Act and various sections of IPC. "The final report against the apprehended juvenile will be submitted to the Juvenile Justice Board Rajouri in due course."-(KNO)

pressure," he further said. (Agencies)

Dr Jitendra addresses...

The Union Minister of State (Independent Charge) Science & Technology, MoS PMO, Personnel, Public grievances, Atomic Energy and Space, Dr. Jitendra Singh said "Attending Annual conference of Physicians is like a Homecoming and is very close to his heart." He further added that due to his long working schedule he hardly gets time to connect to his fraternity but APICON compensates it by giving an opportunity to reconnect.

While addressing the gathering Dr. Jitendra Singh said, due to Prime Minister Narendra Modi's vision, Emphasising India's success on indigenous develop- the COAS said. private sector and carrying out World's Largest Covid moting the defence industrial sector, he added.

Prime Minister Shri Narendra Modi for new railway experts, HoDs, faculty members and students were of its domestic consumers while resisting international the industry and highlighted that 66 IPRs have been filed by the Indian Army to date, of which 13 patents, 05 copyrights and 05 design registrations have been granted.

He, hailing Maharashtra for being one of the major contributors to the nation's economy, industrial growth, exports and FDI attractiveness, adding that the State was the first in India to frame a Defence Manufacturing Policy after private investment was allowed in the defence sector.

Maharashtra has also declared aerospace and defence manufacturing as a thrust sector in the 'Package Scheme of Incentives'. As a result of these efforts, the State has been contributing more than 20% to the country's output in aircrafts, ships and boats and 30% India is becoming a leader in 'Preventive healthcare'. to the national output in weapons and ammunition,

These figures reflect a strategic vision towards pro-The Indian Army, during the expo, displayed its indig-The Minister said "Technology is taking over and enous equipment and systems such as Tank T-90, BMP Artificial Intelligence and machine learning tools can Mk-II, Soltam Gun, Dhanush Howitzer, K-9 Vajra, Pinaka Multi Barrel Rocket Launcher, Sarvatra Bridge System, Schilka Gun and Fly Catcher Radar of Army Air Defence, Tavor, Sig Sauer and M4 Assault Rifles, AK-47, Sniper Rifles and various other weapons and equipment. The Chief of Army Staff also interacted with the participating industries and encouraged them to align their products and services with the future requirements of the Indian Army. He urged all to collectively contribute to the aspirations, goals and objectives of a Rising India, through the resolve and commitment to Atmanirbharta. (Agencies)

FROM THE FRONT PAGE...

PM lays foundation...

infrastructure projects for the UT of J&K. In a tweet, the Lt Governor said:

"Grateful to Hon'ble PM Shri Narendra Modi Ji for the redevelopment of Shri Mata Vaishno Devi Katra Railway Station under Amrit Bharat Station Scheme and a project for overbridge at Vijaypur Railway Station. It involves comprehensive development of Katra Station.

Meter wide FoB connecting all platforms, station build- NIA. ing extension to accommodate better passenger, pilgrim facilities, modern & state of art lifts & escalators connecting FoBs to platforms & modular design for future extension".

PM Modi hails Gojri...

culminated in his retirement as an Editor cum Cultural Officer from the esteemed institution.

Prime Minister Modi's recognition during 'Mann Ki Baat' not only celebrates Manshah's literary accomplishments but also acknowledges his perseverance and resilience.

Furthermore, PM Modi commended a young girl from Ganderbal for her outstanding academic performance, underscoring the significance of education and determination in surmounting challenges-(KNO)

Lt Governor inaugurates...

and cross-sectoral coordination to tackle air pollution, which has turned into a serious health concern for the people.

"Air sustains life. Now the time has come for us to reminding us to learn proper lessons from the wrong plan accordingly & follow admin and traffic police advisteps of the past and work towards a cleaner and greener planet," the Lt Governor said.

Minister Shri Narendra Modi, to address the challenges of Air pollution.

sive public participation and capacity-building measures to ensure sustainable solutions, he said.

"The societies and nations have prospered because of balanced and sustainable development. Many important achievements of the industries, science and technology have also derived their strength from nature. Today, it is time to protect and preserve the nature," he further added.

He directed the Jammu Kashmir Pollution Control Committee and other key stakeholders to assess and review the progress registered under National Clean Air Programme.

The Lt Governor announced Rs 1.5 cr to be allocated by Forest, Ecology and Environment Department for strengthening of Himalayan Aerosol Research Instrumentation centre of Central University of Jammu.

He also assured Indian Institute of Geomagnetism of necessary support by the UT Administration for expansion of research-related activities in J&K.

On the occasion, a Service Level Agreement was School of Business Studies, Central University of Jammu for capacity building and skill courses in Samba District under SANKALP Scheme.

Prof. Sanjeev Jain, Vice Chancellor Central University of Jammu; Sh Dheeraj Gupta, Additional Chief Secre-

J&K braces up...

heavy to very heavy snowfall over few middle & sustain the availability of clean air. Mother Nature is higher reaches, travellers and tourists are advised to sorv

"General public over hilly areas are advised not to The Lt Governor reiterated the resolve of the UT venture in Avalanche prone areas & sloppy areas. They Administration, under the leadership of Hon'ble Prime should follow avalanche warnings & advisories," the advisory reads.

Chances of landslides, mudslides and shooting stones He called for effective monitoring network and inclu-at few places, it reads, adding that farmers are advised to withheld irrigation and other farm operations during 1st week of March-(KNO)

"Uri and Balakot sent...

We have made the defence of the nation much more effective," Jaishankar said.

He added, "On the largest stage when it came to the Indo-Pacific. We held firmly to our decision to establish and take forward the Quad. On the Western Front, the long standing challenge of cross-border terrorism now elicits more befitting responses. Believe me, Uri and Balakot sent their own message."

Further, the EAM said that while 'Bharat' won't shy away from answering questions, it also has the courage to question the questioners.

"Economically, Bharat's answer is in greater Atmanirbharta. Politically, a more authentic and rooted representation that will contest the propaganda which will favour the compliant and discredit it. Bharat will inked between District Skill Committee Samba and never shy away from questions, but equally, Bharat has the courage to question the questioners," he said.

> Jaishankar also highlighted how India stood with its stand of procuring cheaper oil from Russia for its domestic interests countering Western pressure.

"The world now looks more volatile and uncertain, tary Forests, Prof AP Dimri, Director Indian Institute demanding independent and confident thinking from

Vaccination

be used to harness its potential". Going further he also shared an experiment he is conducting in his constituency of 'Mobile Tele-clinic' by collaborating with hospitals in metros where an AI doctor communicates with the patients. Though he highlighted that these technologies pose challenges but they can be converted to opportunities.

According to Dr. Jitendra Singh, affordable healthcare for all is PM Modi's guarantee and his government is taking efforts to ensure it. He shared that the government has announced its decision to vaccinate adolescent school going girls from Human Papilloma Virus (HPV). He also highlighted government's efforts on reduction of Communicable and non-communicable diseases

During his speech the Union Minister said PM Modi has been highly supportive of Digital healthcare and the progress of National Digital health Mission is its testimony. Dr. Jitendra Singh mentioned that as doctors they are human contact with the patient who feels better after speaking to a doctor. Similarly technology has enabled us to redress around 2 lakh grievances making India a guiding light in grievance redressal but to maintain human nature and drawing from happiness index we introduced a human feedback mechanism for satisfaction of the complainant.

Highlighting India Prowess in Technology, the MoS Space stated that despite starting late, India's Chandrayaan 3 was first to reach the South Pole of moon.

Tracing the history of API before India's independence and said it has maintained its legacy and grown over the years, Dr. Jitendra Singh recalled his association with conference and said he had contributed 1 chapter every year in the API text book every year without fail till 2014.

President API Dr. Milind Nadkar and Dr.R.K Singh Dean Indian college of Physicians (ICP) expressed their sincere gratitude to Dr.Jitendra Singh for his august presence and guiding the new fellows for the healthy future of India.

Indian Army focusing...

Gen Pande also mentioned about the Indian Army's in house Ideas and Innovation initiative and informed the gathering about two innovations and the technology transferred to industry for mass production, namely to a prolonged illness," Nayab wrote in an Instagram VIDYUT RAKSHAK - an Internet of Things (IoT) based post. generator protection system and a bio medical device. He said that the Indian Army's endeavour to promote

3 workers found...

labourers in Gantwal Kalori area were found dead under mysterious circumstances. He said that the cause of death was not immediately known, while bodies have been sent for post-mortem and other legal formalities.

The official said tha police have started investigation to find out the actual cause of their death-(KNO)

SJVN green energy...

"Wholly owned subsidiary SJVN Green Energy Limited (SGEL) has signed the Power Usage Agreement (PUA) with Jammu & Kashmir Power Corporation Limited (JKPCL) at Jammu on 23.02.2024 for 300 MW Solar Power Capacity," SJVN said in the filing to BSE. (Agencies)

Police take action...

has been initiated as per law," it said, without giving any further details.

The police also advised social media users to refrain from responding to these fake profiles.

"Any financial loss or other issues should be reported to the nearest police station or cyber cell in the respective districts," it said.

Earlier on January 2, police had flagged a fake social media account impersonating the ADGP and urged people not to interact with it. (Agencies)

Ghazal singer Pankaj...

Padmashri Pankaj Udhas on 26th February 2024 due

Dr Piyush Singla holds public darbar at GHSS Forelain, Barnoti

JI NEWS SERVICE KATHUA, FEBRUARY 26

Secretary School Educa- of the public. tion, Dr. Piyush Singla, today presided over a Development Council, issues and concerns of the outreach programme. people.

district administration, the Secretary listened to the grievances and demands

Chairman District mega public darbar at Colonel Mahan Singh Government Higher Sec- (Retired) along with other of Barnoti block in Kathua various local delegations dation of school infrastructo assess and address the participated in the public ture, shortage of staff,

The participants pre-Accompanied by sented their development lege for the area, filling up Deputy Commissioner issues seeking interven- of vacant posts in schools Kathua, Rakesh Minhas, tion of the Secretary in and colleges. Director School Edu- timely redressal of the Mahajan, CPO, Ranjit riorating roads, irregular redressing public issues



ondary School, Forelain PRI representatives and health institutions, upgra- difficulties of common establishment of Kendriya Vidyalaya and Degree Col-

DDC Chairman apprecisenior officers from the improvement in public aimed at minimising the resolution.

masses. He also put forth the demand of taking up more roads of hilly and isolated areas of Kathua besides augmenting such as model schools drinking water availability through handpumps.

Dr. Singla assured the cation, Ashok Kumar same. Among the preva- ated the public darbars as attendees that all their Sharma, ADDC, Ankur lent grievances were dete- a great initiative towards issues would be addressed on merit basis, with imme-Thakur, Heads of various power supply, inadequate at their doorsteps exem- diate instructions issued Departments and other healthcare facilities, plifying good governance to the officials for timely

DC Kupwara chairs Lok Sabha

Regarding the issue of shortage of school staff, Dr Singla assured that an extensive rationalisation drive for school teachers will be held in coming months so as to meet the teacher availability in schools.

tives of School Education Department, Dr Piyush Singla said measures

and smart classrooms are being taken up to upgrade the school infrastructure in line with modern teaching-learning practices. He said the department is also holding DPCs to give timely promotions to the eligible.

KVIB Reasi organises district level awareness programme at CFC Pouni Bharkh

JINDRAH IMAGES JAMMU. FEBRUARY 27. 2024 TUESDAY



Jammu & Kashmir KVIB ment ventures. Reasi organized District Level Awareness Protion Programme (PMEGP) & Jammu & Kashmir Rural Bharkh to aware general Employment Generation process. public about the benefits Programme (PMEGP) of the twin schemes.

Halqa Saloon, Suraj Par- gramme (JKREGP). The Kothian, Balbinder Singh kash was the chief guest.

sion, Field Officer J&K Rs 50 lakh in manufac- Panch Panchayat Halqa KVIB Reasi, Ajay Kumar turing sector and Rs 20 Kalad, Ashok Kumar enjoined upon the bud- lakh under Service sector Panch Panchyat Halqa ding entrepreneurs to to beneficiaries having Pouni and general public harvest the opportunities qualification of 8th pass of the area.

being provided by the to establish their selfgovernment schemes by employment generating establishing self employ- units.

The District Officer fur-The camp was attend-

and J&K Rural Employ- ed by Neelam Rani (Sar-Ex-Sarpanch Panchayat ment Generation Pro- panch Panchayat Halqa twin schemes provide Naib Sarpanch Panchyat Speaking on the occa- financial assistance up to Halqa Pouni, Babu Ram

Lok Sabha Polls 2024 J&K Election office holds training programme for enforcement agencies



JI NEWS SERVICE JAMMU, FEBRUARY 26

monitoring mechanism of Jammu and Kashmir and in preparation for the chan Bhawan, Jammu.

enforcement agencies cial activities, including of the Union Territory hawala transactions. including the Police, Army, and BSF.

ed the session and called for better coordination among the agencies for

To further strengthen ensuring free and inducethe Election expenditure ment free elections in J&K. Specifically targeting potential threats, the CEO tasked the BSF and upcoming Lok Sabha elec- other intelligence agentions, a comprehensive cies with combating narone day training program cotics smuggling along was organized for officers the international border of various enforcement and thwarting the circuagencies today at Nirva- lation of counterfeit currency. Additionally, a call The program was to action was extended attended by officers of to curtail illicit finan-

The Excise Department was tasked with enforc-The officers presented ing stringent regulations a brief overview of the on liquor stocking and major actions undertaken distribution, with a man-



JI NEWS SERVICE KUPWARA, FEBRUARY 26

The Deputy Commissioner/District Election Officer Kupwara, Ayushi Sudan Mondav convened a meetguidelines of ECI. ing at the Meeting Hall of DC Office Complex, here to conduct special camps to review the preparations in every assembly confor upcoming Lok Sabha stituency for enrolment Elections-2024.

At the outset, the DC and rope in PWD associa-Kupwara held a detailed tions for identification of all 6 assembly segments of Kupwara District. with regard to continuous aligning them with the updation of electoral rolls, national ratio. contingency plan for all

points.

Ayushi emphasized She also directed to upon the AROs and Nodal identify the green polling Officers to understand stations for plantation of their responsibilities and eco-friendly plant saplings and stressed for deployput in place all the necessary arrangements as per ment of requisite number of polling staff for each The DC directed AROs polling station.

While reviewing the contingency plan, DC directed concerned to of left out PWD voters, prepare a contingency plan of air sorties for snow bound areas of Karnah, discussion with the Assis- left out PWD voters. She Keran, Machil, Jumgund, tant Returning Officers stressed upon the con- Budnumbal and Kamkadi (AROs) and Nodal Officers cerned officers to get the (incase of snowfall and and illustrated various electoral rolls continuous- closure of passes during important aspects of the ly updated from BLOs by the election time) and polling stations close to LOC which are prone to to ensure an improved EP shelling. ARTO Kupwara During the meeting, (Electorate Population) was directed to revise the the DC held deliberations ratio and gender ratio, transport plan for elections and CEO Kupwara

Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah, today visited Government Medical College (GMC), Anantnag and Rehmat Aalam Hospital, MCH to assess the healthcare services being extended to the ailing there.

JI NEWS SERVICE

available to the patients in these healthcare institutes. He also interacted



with the patients and doctors to commit them intendents of GMC and their attendants seeking towards enhancing the its Associated Hospitals,

The Secretary conduct-

ed round of the hospital

visiting the patient wards,

election preparedness meeting

Referring to the initia-**JI NEWS SERVICE** REASI, FEBRUARY 26

Secretary visits GMC Anantnag;

assesses healthcare services,

The District Officer ther elaborated in detail KVIB Reasi, Ashwani the schemes of KVIB. gramme on Prime Minis- Kumar informed that in The officer informed the ter Employment Genera- subsidized and techni- budding entrepreneurs cal environment new about the procedure to ventures of manufactur- be adopted to apply for Employment Generation ing, service and trading financial assistance under Programme (JKREGP) sectors can be opened PMEGP, JKREGP and other Schemes at CFC Pouni under Prime Minister's modalities required in the

by their departments in date to eradicate illicit the past two general elec- alcohol production. Contions with a roadmap of currently, directions were action for Lok Sabha Elec- also issued to extended ment and were asked monitoring

tions, 2024. The partici- vigilance to prevent the pants were briefed about misuse of cash transporall the important aspects tation during before and of expenditure manage- during Election Period. Chief Electoral Officer, to bolster surveillance in his closing address, by establishing control apprised the officers of

rooms at district level for various election related 24*7 scrutiny and effective aspects highlighting the need for better vigilance Chief Electoral Officer, and enhanced surveil-

Jammu and Kashmir, Pan- lance for peaceful and durang K Pole, inaugurat- incident free elections.

Rajinder Digra assumes Additional charge as DIO Doda

JI NEWS SERVICE

DODA, FEBRUARY 26

Rajinder Kumar Digra today assumed the Additional charge as District Information Officer Doda.

The staff members of the District Information Centre Doda warmly welcomed him. After the assumption of charge, the DIO conducted an intro-

meeting with the employees, reviewing the overall the publicity of governefit of the people.

persons in the district. the media fraternity.

The purpose of the sesductory cum interactive sion was to discuss the role of the media in promoting transparency. He functioning of the depart- highlighted the imporment. He received brief- tance of the media in ings on different sections disseminating this inforof the department and mation to the public and urged officials to work col- creating awareness about laboratively, focusing on government activities.

The media persons, in ment welfare schemes turn, shared their feedand programs for the ben- back with the District Information Officer (DIO) He also held an inter- in Doda. The DIO assured active session with media every possible support to

Parliamentary Election conducting door-to-door also identify alternative process ensuring smooth surveys, and focusing on polling stations for those and peaceful elections in adding more voters.

The BLOs were directed

Ayushi further high-6 assembly segments, vul- lighted the importance nerability mapping, status of ensuring that youth, of control rooms at all AC women, senior citizens level, AC wise SVEEP Plan, (especially those aged establishment of AROs 80 plus), persons with office, physical inspection disabilities (PwDs), and of polling stations, inspec- other vulnerable sections ARTO, other Officers and tion of strong rooms, dis- of society are not left out persal, receiving centres during the exercise.

and earmarking of check-The DC directed the While reviewing the cal verification of each on EVM and election status of control rooms, IT and every polling station/ related aspects which was cells, and offices of AROs, location to ensure the conducted by GM, DIC/ DC directed the concerned availability of all assured National Level Master Officers to establish the minimum facilities, so as Trainer, Sameer Jan, and control rooms; IT Cells to ensure that no voter or ACR Kupwara/State Level

was directed to monitor SVEEP activities.

ed by ADDC, Kupwara, Gulzar Ahmad Bhat; GM DIC, ACR, ACD, ACP, DY. DEO, SDM Karnah, SDM Lolab, CEO Kupwara, officials from the District Election Office.

Later a training/orienofficers to conduct physi- tation session was held at AC level and maintain poll staff faces any kind of Master Trainer, Irfan difficulty during elections. Bahadur.

feedback on status of the quality of medical services Executive Engineers of medical services being in the hospital. He called all wings and other conprovided to them.

Deputy Commissioner, sionals to conduct through S F Hamid and Director rounds in the hospital for during the meeting, Dr. Health Services, Kash- efficient management of Abid called upon them to mir, Dr. Mushtaq Ahmad patients. Rather besides other senior officers accompanied the Secretary.

Secretary assessed the lab, radiation oncology the administration of GMC current state of health- lab and other related infra- and Associated Hospitals care infrastructure and services at GMC Anantnag, facility systematically. focusing on patient care, infrastructure, medical equipment and overall operational efficiency of the hospital.

Interacting with the eral major development doctors and other staff, projects being executed Dr. Abid Rasheed exhort- there. ed upon them to ensure that their medical facilities a detailed meeting with tal which is pre-requisite meet the highest standards Principal GMC, CMO, to meet the expectations and we are able to provide Chief Engineer, PWD, of the people. He asked effective healthcare ser- Head of Department of the Principal GMC to focus vices to the community. different departments on innovative research in He emphasized upon the of GMC, Medical Super- the institute.

upon the medical profes- cerned officers.

Addressing the officers work with zeal and zest so that the GMC Anantnag emerges as best performing health institution During the visit, the emergency wards, MRI across J&K. He called upon structure to assess each to maintain an absolute cohesion and team work

Later, the Secretary also among all agencies as well chaired a meeting with the as medical professionals administration of GMC so that improved medical and Associated Hospitals care facilities are provided to review progress on sev- to the public.

The Secretary emphasized upon all to maintain punctuality and sincere The Secretary also held work culture in the hospi-

Meeting was attend-

Awareness programme on post-harvest management under HADP organised at Arhama Shopian

JI NEWS SERVICE

SHOPIAN, FEBRUARY 26 Continuing the outreach programme, the Horticulture Planning & Marketing department Shopian today organized an awareness programme on various post-harvest management schemes/ with special focus on strengthening of Agriculture Marketing under Holistic Agriculture Arhama, Shopian.

Huge gathering of grow-



Development Programme ers and other individuals cer Shopian presented a (HADP) at Fruit Mandi participated in the said detailed overview of the awareness programme. schemes being implement-Area Marketing Offi- ed in the district under



HADP. The DNO PMFME Packaging scheme of the to come forward and reap scheme and GMI made a department. detailed presentation of

the PMFME scheme. made aware about other during the day-long proschemes like PMFME and gramme. Support for Grading and

Registration of participants on DAKSH Kisan Marketing Officer, Shop-The participants were portal was also held ian along with his field The audience was urged the programme.

the benefits of the scheme. Among others, Area staff, representatives of line departments attended





EDITORIAL

J&K hydroelectric potential economy driven

he hydro-power potential of Jammu and Kashmir 20,000 MW out of which about 16,697 MW has been identified. This comprises 11,283 MW in Chenab basin, 3084 MW in Jhelum basin, 500 MW in Ravi Basin and 1608 MW in Indus basin. In Kishtwar district alone, 4,780 MW hydel power potential has been identified. Of the identified power potential, nearly 1211.96 MW has been identified in the State Sector from 21 power projects, 2009 MW in the Central Sector from seven projects and 42.5 MW in the private sector from four projects. Politics and corruption at various levels have contributed in delaying the completion of several power projects in Jammu and Kashmir. The Union Territory with huge hydro potential is in the category of energy deficient state and has to rely on power purchases from the Northern Region Grid to meet its requirements, courtesy of the failure of successive regimes to exploit the untapped hydropower potential. The execution of two major hydroelectric projects (HEP)--Ratle and Kwar having a total installed capacity of 1,390 megawatts (MW)--on the Chenab river in Kishtwar district appears to be moving at a snail's pace, notwithstanding Prime Minister Narendra Modi had laid the foundation stone of these projects over a year ago now. The region is endowed with numerous rivers and highaltitude areas, making it suitable for the development of hydropower projects. The exploitation of this potential, however, has been limited due to various reasons, including geopolitical issues, environmental concerns, and challenges in project implementation. Several rivers, including the Chenab, Jhelum, and Indus, flow through the region, offering abundant water resources that can be harnessed for hydropower generation. The mountainous terrain and the availability of high-head sites further enhance the hydropower potential in the region. There was a need to overcome challenges that have hindered the development of hydropower projects in J&K but little was done on the ground to construct power projects. Some Geopolitical issues need to be addressed. The region has been a subject of political disputes between India and Pakistan, affecting the implementation of large-scale infrastructure projects, including hydropower, Besides, there are environmental concerns as well. The construction of dams and reservoirs for hydropower projects can have environmental impacts, including changes in river ecosystems, displacement of local communities, and potential seismic risks in the seismically active region. As far as project implementation challenges are concerned, building infrastructure in the mountainous terrain poses logistical challenges, and the harsh weather conditions in winter can make construction and maintenance difficult. Despite these challenges, the government claimed that efforts have been made to tap into the hydropower potential of J&K. The government has initiated various projects to harness the rivers for electricity generation. It's essential to balance the economic benefits of hydropower development with environmental and social considerations. The development of hydropower in J&K could contribute to the region's energy security and economic growth while addressing the broader energy needs of the country. Balancing these factors requires careful planning, environmental impact assessments, and stakeholder consultations to ensure sustainable and responsible development.

Continued marginality of social justice politics

HARISH S WANKHEDE cultural hegemony.

toral battle.

has not materialised.

eral elections.

ers

While the BJP has cultihe grand opening vated a new image as the ceremony of Ayodparty of the socially marhya's Ram Temple ginalised communities, particularly the Extremeserves as a strong platform ly Backward Class (EBC), for the BJP to reintroduce itself as the party of the through engaging with their religious-cultural Hindu majority. This aims to elevate the party's stat- symbols and token repure as the most influential resentation in certain player in the 2024 elec- spheres of power, the proponents of the caste The opposition has yet census believe it can gal-

to present a robust ideovanise OBCs, especially the logical counter to the jug-EBCs, to articulate their gernaut of cultural politics. political and economic Despite the revelation of rights independently.

the Bihar Caste Survey last Second, the renewed year, the anticipated reviv- call for caste census and al of social justice politics social justice is seen as legitimising and reassert-National political parties ing the role of parties that in the opposition are yet are often seen as the proto build consensus on the ponents of OBC welfare, caste census or launch a especially the Samaiwadi compelling political action Party (SP) in Uttar Pradesh to make social justice a key and Rashtriya Janata Dal (RJD) in Bihar. In the recent mobilisation factor. Such ideological assertions on past, these parties had led the values of social jus- a crucial battle against the tice could have helped BJP's assertion but lost a the opposition rebuild an substantive support base alternative political narra- among the Dalit-Bahujan tive for the upcoming gen- groups in the last decade.

These parties are play-Instead, it is the com- ing a peripheral role in munal cultural narrative national politics, and of the Hindutva forces hence it is needed to that has occupied the most rebuild their political image as serious and dominant space in the current political discourse, committed organisations relegating the opposition towards the OBCs. A growas insignificant noise-making demand for the caste census and effective social The issue of the caste justice policy arrange-

census and the call to ments from these parenumerate the Other ties could have won back Backward Class (OBC) had the Dalit-Bahujan groups salient political objectives. that have deserted them First, OBC-centric political and joined the right-wing demands are expected to bandwagon. awaken a new conscious-Third, it was also

ness among them, foster- expected that a compre- Instead, it was the right- nance (judiciary, cabinet NGOs, cultural artists, and ing a critical outlook on hensive survey of the wing political campaign ministers, top positions other groups that work the fallacies of Hindutva's socio-economic backward- over the Ram Temple that in bureaucracy, etc.), the with marginalised commu-

would demonstrate that a large section is surviving in precarious conditions and that the profits of economic liberalisation, the State's welfare policies, and other important benefits of development have not reached the Dalit-Bahujan mass. Especially within the OBCs, it is evident (as demonstrated in the Bihar Caste Survey) that there is a significant group that can be identified as the EBCs that has remained distant from the benefits of economic development and

governmental policies. These economic crises can be demonstrated in the caste survey, producing new claims for the empowerment of the EBCs and other marginalised groups, thus initiating a new political discourse.

has been done by the opposition over the abovementioned possibilities.

ness of the population gathered unprecedented opposition has not primomentum and disturbed oritised challenging these the nascent emergence of lopsided power arrangesocial justice politics over the caste census demand. The opposition lacks the cohesive strategic initiatives, the groundwork required to build an assertive political movement, and an impressive, committed leadership that can provide social justice with a higher podium in participation from civil the national political deliberations

For example, the oppoeven criticisms of social sition has failed to build a justice politics within the widespread national politi-Left-liberal intellectual cal struggle or mobilise circles, and often they fail over social backwardness to understand the politiand economic underde- cal ethics behind such a Dalit-Adivasi and the OBC velopment. Despite the crucial state-laden policy consistent exclusion of the framework. Importantly, OBCs, Scheduled Castes, the Dalit-Bahujan middle majoritarian power of the and Tribes from accessing class has shown no interest the powerful class assets in demanding a compre-(like big industries, media hensive caste census on Ironically, not much houses, business corporates, etc.) and being alienated from holding influ- between social activ- battle against right-wing ential positions in gover-

their forums. The networking needed ists, political influencers,

nities, which is crucial to amplify the issue of caste census and social justice, is absent.

Lastly, there is a need for political education to highlight the merits of the caste census in addressing caste fragmentation, conflicts, and cultural antagonisms between Dalit-Bahujan groups. The political class lacks the will to bring effective social reforms into this sphere. The absence of fraternal cohesion between the Dalits and the OBCs disallows the promotion of a picture of oppressed people's unity even at the political front. Though mainstream national parties like the Congress, RJD, SP, and others have demonstrated their support for the demand for a caste census, there is no sign of a substantive intervention in the social sphere to build a collective Dalit-Bahujan Further, the social aspiration.

Though the issue of the caste census is crafted prudently to challenge the BJP, it has the potential to bring crucial social and economic reforms. A new ideological assertion on the values of social justice can produce an impressive fraternity between the groups against the established ruling elites. The oppressed can find a concrete shape if the current leadership in the opposition provides social justice with a higher mantle in the dominance.

(The writer teaches at the **Centre for Political Studies**, JNU)

Balancing Work and Well-being

SHAINY SHARMA

professional devotion beginning of the digital job description. and personal well-being era (use of cell phones),

it's a solution to establish self to the responsibili- job align with the com- skill set and career. 'n today's cutthroat boundaries and ensure ties explicitly tied to your pensation they receive. and challenging work that employees are nei- compensation while

employees to go beyond older generation worked expectations of two-way importantly, prevent ture. There will be a cul- to take care of yourself to being complacent or neglecting work responsibilities instead, the generation believes in recognising the importance of self-care, setting boundaries and preserving energy for long-term productivity and well-being.

employees who believe means dedicating your- effort they devote to their roles that align with their within the organisation

Employers on the other notion. Moreover, studies reveal hand, who tend to implelandscape, finding the ther overworked nor avoiding the trap of over- that employees who prac- ment this notion will fact that success in any right balance between under-utilized. Since the extending beyond your tice this approach achieve benefit as, it will enhance field grows out of learna healthier work-life bal- employee well-being, ing how to build skills, Today, younger work- ance, preserve their increase job satisfac- how to ask for help and can be challenging. The Gen Z was expected to ers have an egalitar- energy levels, protect tion, improve productiv- how to build capacity in modern work culture be available 24x7 in their ian mindset- a penchant themselves from poten- ity and most importantly ways that don't even exist. often encourages its workplace whereas the for social activism and tial exploitation and most strengthen the work cul- The act of wage is a way

ments. Often, the opposi-

tion failed to launch effec-

tive mobilisation over the

agenda of land reforms,

justice against caste atroci-

ties, and the fulfilment of

justice movement lacks

significant support and

society groups. There

are apprehensions and

reservation policies.

are already away from this

There is no denying the

their potential, leading to according to their job tim- feedback. They work on a burnout. Today many ture of transparency, fair- be stress-free. Remember, exploitation, anxiety and ings. Millennials are tech- simple theory - what is a employees are taking the ness and respect within one needs to normalise burnout. savvy and cannot stay

The internet, social away from their gadgets. media, Gen Z and millen-Acting your wage is a nials with time have gone philosophy that revolves crazy about the term around performing only quiet quitting all over and those tasks and duties now a new trend which is for which an employee is considered to be a 'loud' contracted and compenquiet quitting' is buzzing sated and not for taking everywhere- the notion of additional responsibilities Acting Your Wage. It has without proper recogniemerged as a call from tion or compensation. an individual's worth and

It is about recognising

tion and instead actively ment programmes that seeking opportunities for will offer them opportunithe fed-up workers and In layman's language, it ensuring that the time and advancement or higher ties to grow and advance

job worth? It is not about initiative to clarify their the organization. Organ- doing the bare minimum job roles with their seniors isations who are already at work. An individual so that a clear understand- provide clear and compre- signs up for a job. If the ing of what is expected is hensive job descriptions employers are not paying ensured and ambiguity is to employees, outline extra to do extra tasks, prevented. Also, employ- their roles and responsiees are now practising the bilities, acknowledge and art of politely saying 'no' reward them for their plinary line 'act your age' to additional tasks that fall contributions, and invest outside their job descrip- in training and develop-

strictly don't do them. It's time to throw the disciand turn it to 'act your wage'

> (The author is a senior educator, views are personal)

The impact of amendments to criminal codes on national policing

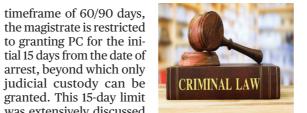
PRAKHAR BAJPAI

custody means they are or as a whole. held in a central jail.

gets 24 hours to investi-

the magistrate is restricted Darliament has passed to granting PC for the ini-three criminal codes, tial 15 days from the date of among which the arrest, beyond which only Bharatiya Nagarik Surak- judicial custody can be sha Sanhita (BNSS) seeks granted. This 15-day limit to amend the Code of was extensively discussed Criminal Procedure, 1973 in the Anupam Kulkarni (CrPC). There is one pro- v. CBI case, where the vision in BNSS that seeks Supreme Court ruled that to increase the number of an accused cannot be held days within which police in PC beyond 15 days from custody (PC) can be the date of arrest and PC sought. When someone is in total can be for a maxiin police custody, it means mum of 15 days, which they are held by the police means that PC could be in a lockup at the station. granted by the magistrate On the other hand, judicial in parts for the first 15 days

The investigating agency Understanding the new law According to Section gate if they are not able 187 of the BNSS, the PC to complete the investiga- can be granted within the tion within that bracket, first 40 days (for less serithey must get permission ous offences) or 60 days from the magistrate, who (for more serious offences) can grant custody of the after the accused is arrestaccused for up to 60/90 ed. The change implies days, depending on the that the prescribed 15-day seriousness of the crime. period of custody can



periods of custody sought over 40 days for offences punishable up to 10 years or 60 days for other offences. This represents a departure from the current practice under Section 167 of the CrPC, where PC can only be obtained within the initial 15 days. Consequently, concerns have been raised regarding the Government's rationale behind this change, particularly considering the act's aim to prioritise a people-centric criminal justice system. However,

further arguments necessitate the examination of two significant cases. Judgements that led to a

and conspiracy. Despite also questioned its judge-The CBI argued that they to reviewed by a larger

couldn't interrogate him bench. properly during this time. However, Vikas's lawyers is not allowed. Nonethenoted that every accused person must respect the investigation and court justice would not be toler-

Second, in the case of Senthil Balaji v. The State, the Supreme Court decid-

where the CBI wanted tion, which can last either Therefore, Section 187 of more time to question 60 or 90 days as against the BNSS aims to defini-Vikas Mishra, who was the general rule of grant- tively resolve the existing accused of corruption ing PC in first 15 days, it confusion and prevent being in custody for seven ment of Anupam Kulkar- regarding the timeline days, he was hospitalised ni and further, said that within which PC can be and later released on bail. this interpretation needs sought and sets the limit

judgements passed last cited the court's ruling year we can conclude that exploited as the maximum that said PC beyond 15 there is a growing inclina- number of days for which days from the arrest date tion towards favouring the PC can be granted is the investigating agency. less, the court granted Despite the accused can be granted in parts custody to the police and attempting to avoid initial in 40/60 days and also PC in the first case due favours investigating to medical reasons, it's essential to recognise that reasonable time for custoproceedings and went on the accused might exploit to mention that these ways the 15-day bar by taking is crucial for uncovering of hindering the pursuit of the excuse of loopholes the truth as denying the on grounds of a medical emergency.

case sets a precedent keeping the investigation to disrupted the legal proed that the maximum 15 process at the heart of the cess. days PC period can be criminal justice system paradox: First, in the case split into shorter periods which poses a potential However, within this now be split into shorter of Vikas Mishra v. CBI, over the entire investiga- series of inconsistencies.

future inconsistencies of 40/60 days.

It seeks to find a middle By analysing the two path where the civil liberties of the accused are not still 15 days which now agencies by granting a dial interrogation, which investigating agency the opportunity for further However, the second interrogation gives an advantage to the accused

(The writer is a law student;

views expressed are personal)

ated.

HEALTH

SHOULD YOU INCLUDE KETONE DRINKS IN YOUR KETO DIET?

PARUL DUBE

he Keto diet or ketogenic diet is a low to zero-carb diet. This diet consists of foods which do not contain carbs Therefore, one can say that it consists of good fat and protein. Following this diet is quite popular nowadays. Also, this is because it triggers a unique mechanism of drastically reducing carbohydrate intake and replacing it with fat.

This reduction of carbs takes you into a ketosis metabolic state. When ketosis occurs, your body burns fat more efficiently as energy. In this process, the fat turns into ketones in the liver, which the body uses for energy supply

A ketogenic diet also causes a reduction in insulin spikes or rising blood sugar levels. Especially fitness enthusiasts and physique competitors follow this diet to get rid of extra fat. Apart from weight loss, a ketogenic diet has other benefits also against chronic diseases like diabetes and cancer.

It is a metabolic state characterised by increased levels of ally goes through ketosis following ketone bodies in the body tissues. It is pathological and occurs due to a condition like diabetes or an ble, and keeping yourself in ketosis extremely low intake of carbohydrates. Apart from burning fat, ketosis can reduce hunger. Ketosis takes place after one reduces the carb intake to less than 50 grams daily and usually starts after 3 to boost ketone production, resulting 4 davs.

The Science Behind Keto Diet

To understand science and working behind a keto diet, especially for fat loss, we need to understand it with an example. Imagine your body as a machine. It needs fuel to work. Fuel means food which is broken down into glucose to produce energy

first to produce energy because duced in your body. As a result, one they are easy to break down into does not need to maintain a strict simpler forms(glucose) to have keto diet to stay in ketosis perenpower. But what if you are not get- nially. ting carbs as fuel for your body Machines might stop working, but Are Ketones Drinks Regulated? the human body doesn't.

human body, which is in the form claims. Till now, ketone drinks of fat. The body breaks down fat are not industry regulated. Howwhen there is insufficient energy ever, the substances used in ketone or food in your stomach to carry drinks are approved by FDA and on tasks. A backup fuel is ketones, considered safe. which your liver creates from your fat, putting your body into ketosis.

According to research, following a keto diet over a low-fat diet This study also found that ketone may help you lose 2kg more fat over one year. However, the study also ing blood sugar levels and triglycsays that weight loss may peak in eride concentrations. In addition, the initial five months. Still, later ketone drinks lower blood potason, there is not much difference sium levels. in results for a person on keto or a low-fat diet.



diet cannot follow such options and ketone drinks come into play.

Ketone drinks are supplements that contain exogenous ketones. These drinks are also a shortcut to achieving ketosis. Your body usua low carb high-fat diet.

But fluctuation is always possiis challenging. Ketone drinks help to regulate your keto diet performance and make you stay on track. In addition, as it contains ketones, consuming a ketone drink will in proper ketosis.

Note

Ketone drinks and supplements like ketone esters or salts are known as exogenous ketones. They are artificial and produced outside of your body. Ketone drink brands claim that they put your body into ketosis and boost the fat-burning process. It is also contended that Generally, the body uses carbs these drinks are like ketones pro-

Ketone drink benefits are There is stored fuel in the customer testimonials or brand

> According to some studies, exogenous ketone drinks are an effective way to achieve ketosis. drinks are also beneficial in lower-According to the Dietary Supple-

> ment Health and Education Act of

also present in the blood of neonates and pregnant women. In the market, you will find mainly two types of ketones-

Ketone esters are the most potent ketone supplements. Ketone ester keeps your body in ketosis for longer. The cost of ketone esterscontaining drinks is relatively an odious taste. You might need a highly flavoured drink to lower the nasty taste to fix it.

Ketone salts are another type used in drinks. Ketone drink manufacturers add electrolytes, potassium and calcium to such beverages to keep you hydrated and boost their nutritional content during SKD is 70 your ketogenesis.

Potassium in these drinks regulates your healthy body fluids and avoids losing vitamins and minerals from blood. Ketone salt drink helps put your body in ketosis but yet it is not as powerful and lasting as ketone ester drinks.

Side Effects of Ketone Drinks It is better to talk to your nutri-

eters before supplementing yourself with ketone drinks. Please pay special attention to your body's electrolyte levels. There are specific well-known

adverse effects: Increased bowel movement-

ketone drinks can lead to tummy upset and an increased bowel movement. Low blood sugar levels- can lead to hypoglycaemia or low blood

sugar levels. As a result, you may feel low on energy. It is hazardous the diet. MCT is found in coconut result, it helps you stay in ketoif you have diabetes and can clash with existing medications.

High Sodium- Ketone drinks

in the blood. Their activity is with dietary interventions is enhanced if one is fasting or due always better. It would help if you to prolonged exercise. They are approached supplementation with and 20g of protein. caution.

Types of Keto Diet

There are several ways in which you can bring ketosis into your body. There are various keto diet types which help you to stay in ketosis. As the end goal of all of these diets is the same, they share high. This ketone supplement has most of the common properties. Specifically, all are low in carbs and high in fat. However, different keto diets work differently, and the effect is different.

Standard Ketogenic Diet (SKD): This is a very low-carb, high-fat diet with moderate protein. According to studies, Macro composition in

75% fat, $20\%\,protein$ and $5\text{--}10\%\,$ carbs. In terms of quantity, a standard ketogenic diet would contain 20-50g carbs and 40-60g protein, and there is no limit for fat. Also, this is not always a specific quantity for everyone. It's a general parameter. You should constantly monitor your macros in terms of percent-

Very Low Carb Ketogenic Diet tionist and evaluate your param- (VLCKD): It is much similar to a standard ketogenic diet. Still, the only additional restriction is on carbs. In a very low carb, ketogenic diet, carbs are set nearly to zero per cent. However, VLCKD can be a standard ketogenic diet with 0-3% of carbs in the diet. This diet follows to achieve ketosis at the earliest.

MCT Ketogenic diet: This diet follows the outline of the standard ketogenic diet. Still, it also follows the use of medium-chain triglycerides to provide much fat content to to the ketones in your body. As a oil and also in MCT emulsions. sis for longer. However, there are MCT helps treat epilepsy. MCT divided opinions on the long-term works so that a person can still be effects of such drinks. Therefore,

Ideal Keto Diet Foods

One might need to stay on a very low carb or restricted diet to stay in ketosis. For example, some people can achieve ketosis by consuming 20g of carbs daily. But always try to restrict as much as possible to achieve ketosis at the earliest.

When you follow a keto diet, try to stick around the following foods.

Eggs: Eggs are a great source of both protein and fats. Eggs are also rich in vitamin D and zinc. According to a USDA study, 100g raw eggs contain about 143Kcal 12.3g protein and 9.5g fat. Also, have minimal carbs of 0.7g.

Poultry: Chicken and turkey are rich in protein and iron. Do not contain any carbs in it. These are also useful for the week before your physique competition.

Fatty fish: Fish like salmon, herring, and mackerel are high in fat. A 100g salmon contains 13g of fat

Meat: Beef, organ, and pork are good fat sources and a decent amount of protein. A 100g of pork contains 14g of fat and 0g of carbs.

Full Fat Dairy: Dairy products are already low in fat. However, following full-fat dairy products may give your overall diet a good fat content. You can consume unsweetened yoghurt, butter and cream.

Nut Butter: No sugar added peanut butter is a great choice. Peanut butter is unsaturated healthy fat which you can combine with a keto diet. Almond and cashew butter can also get used, but it's pretty expensive and gives similar results to peanut butter.

Non-starchy vegetables: If we talk about potatoes, they are full of starch and known to be 100% carbohydrates. It would help if you relied on such veggies, which are very low in carbs. Some soft carb veggies include tomatoes, broccoli, mushrooms, peppers and green leaves like spinach.

Conclusion

The Keto diet is the most popular diet among people who are overweight. However, health professionals have diverse opinions on the efficacy of different types of the keto diet.

However, research on the keto diet claims that it aids in weight loss faster than any other calorie deficit or low-carb diet. In addition, ketone drinks are popular among keto diet followers as they contain ketones prepared outside the body. Brands claim that ketones in ketone drinks are much similar

6 HIGH PROTEIN BREAKFAST RECIPES TO KEEP YOU GOING ALL DAY

Egg and Veggie Breakfast Bowl

Preparation Time: 15 minutes Serving: 1

Inaredients

Egg, medium: 1 Spinach, thinly sliced: 4 tbsp

- Mushrooms, chopped: 2
- Onion, diced: 1
- Cherry tomato, sliced: 1

Mozzarella cheese, shredded: 2 tbsp (Optional) Salt: To taste

- Black pepper: ¹/₂ tsp
- Method Apply cooking spray or oil to a cup.
- Beat the egg, spinach, onions, and mushrooms with a fork until smooth.
- Beat in the salt and black pepper for a minute.
- Microwave for 30 seconds, stir, and re-microwave for 30 to 45 seconds more, or until the egg
- is almost set. Add the cheese and tomatoes to the top and

serve right away.

Spinach Pancakes with Walnuts and Oats

Preparation Time: 15 minutes

- Serving: 2 Ingredients
- Oat flakes: 100 gm
- Milk: 125 ml
- Vanilla extract: 1 tsp
- Spinach: 100 gm (chopped) Egg: 1
- Yoghurt: 3 tbsp
- Walnuts: 40 gm
- Honey: 1 tbsp
- Cinnamon powder: 1 tsp

Method

- Blend the oats into a flour consistency, then mix in mild, honey, add egg, spinach, yoghurt, vanilla extract, and cinnamon powder to make a smooth batter.
- Allow the pancake batter to rest for 10 minutes for even better consistency.
- Heat a skillet over medium-low heat. If necessary, use oil/butter; otherwise, omit.

Scoop about 1/4 cup of the spinach pancake batter into the centre of the pan, spread evenly and cook for 2-3 minutes per side.

When finished, pile on a plate with walnuts and other toppings (of your choice), and enjoy!

Blueberry, Banana and Chia Seeds Protein Smoothie

Preparation Time: 5 minutes

Serving: 1 Ingredients

- Banana: 1 Blueberry: 50 gm
- Skim milk: ³/₄th cup
- Greek Yoghurt: ¹/₂ cup
- Water: ³/₄th cup
- Chia seeds: 3 tbsp Method
- Combine all ingredients in a blender.
- Blend for 30 seconds or until smooth. As needed, add more milk to achieve the desired consistency. Serve immediately with some chia seeds on top.

Smoked Salmon Sandwich

keto diet, ketones replace glucose they are freely available. as the dominant fuel for your body. However, following a ketogenic conditions like diabetes, PCOD etc., diet is not that easy. Shifting glu- is not ascertained. But vet, people cose to ketones may take days or believe in results experienced by weeks, and sustaining it is equally consumers, and feedback is a way challenging. Even a tiny amount to trust ketone drinks for their of extra carbs or too much protein health benefits. may prevent the body from ketosis

Ketone Drinks with Keto Diet

Professional athletes and fitness enthusiasts who practice intense workouts often look for ways to boost their energy and performance. They might look for energy drinks, supplements or energy abundant ketone body. bars. At such times one on a keto

However, its effect on health

Types of Ketones and Drinks

Mainly there are two types of ketones. According to the NCBI study, two main ketone bodies are acetoacetate and 3-beta-hydroxybutyrate. There is a third one, also known as acetone and the least

Ketones are always present

ketones. But when you switch to a do not need approval; therefore, lead to high blood pressure in some protein or fat in his diet. cases. Therefore, one must avoid them in case of a confirmed hyper-

> tension diagnosis. of starch and carbs in the diet, the body tends to get dehydrated during ketosis. Such drinks aggra-

vate dehydration.

Note

A keto diet was devised to support certain medical conditions. utilised much more efficiently better to assess your health conregimen like this. Even if keto is muscles. suitable, achieving the outcomes

Our body regularly makes 1994, ketone supplements or drinks are usually high in sodium. It can in ketosis if he takes some extra

Targeted Ketogenic Diet: This is a standard keto diet, but carbs are consumed during workouts Dehydration- Due to the lack or around workout times. The reason is that your body needs quick energy while working out, so having carbs just before activities will give you instant energy. This excess you will burn out during your workout session. It will not disturb ketosis much as carbs are Therefore, it is essential to know if during workouts. Also, taking a at all it works for you. It is always small number of carbs just after workouts does not affect ketosis as ditions and then get onto a strict it gets stored as glycogen in your

it may be advisable to take the diet route. One must follow a Keto diet with some basic macro rules.

For example, a standard keto diet has 70-75% fat, 20% protein and 5-10% carbs. However, it would be best if you tried to minimise the carbs as much as possible. Achieving ketosis is the main objective of a ketogenic diet. Depending on your health and body response, it may take 3-4 days or a week.

Preparation Time: 10 minutes Serving: 2

Ingredients

Smoked salmon: 100 gm Whole grain wheat bread, toasted: 4 slices Red onion, thinly sliced: 1/2 Mixed baby greens: 2 cups Tomato, sliced: 1 Salt and black pepper to taste

Method

Spread chutney on each slice of toast Top with onion, greens, and a slice or two of tomato on each piece.

Season the tomato with salt and pepper.

Finish by draping smoked salmon slices over the tomatoes and topping on the remaining toasted bread slices.

The Pros and Cons of a Vegetarian Diet

ADITI SHENAI

egetarianism is the practice of eating foods that are obtained from plants and completely abstaining from meat products. A vegetarian diet can be a completely balanced diet associated with high fibre consumption. It also contains Vitamin C. E. folic acid. unsaturated fat, magnesium, and numerous phytochemicals. Vegetarian foods not only facilitate healthy living but aid in the protection of our environment as well.

The research found that eating vegetarian food such as whole grains, legumes, vegetables, nuts, and fruits and avoiding the consumption of meat and high-fat animal meals can help lower blood pressure levels. It also prevents obesity and reduces the chance of developing other chronic health conditions. However, becoming vegetarian will also result in potential nutritional deficiencies if you do not plan your meals properly.

Types of Vegetarian Diets

of a vegetarian diet is to eliminate the part of the meat in your diet Flexitarian Diet one step at a time and move you towards the plant-based one.

below

Lacto-Ovo Vegetarian Diet

diet doesn't involve any forms of meat and fish. Still, it allows eggs

Lacto Vegetarian Diet

A Lacto Vegetarian Diet from the list.

doesn't allow all meat, fish, and dairy products

Pescetarian Diet

Pescetarian Diet is another is lt? There are different types of simple way to ease into veganism vegetarian diets consumed based by eliminating only meat from

on how strictly people adhere to the list but would still eat eggs, 1.5 billion vegetarians worldthis lifestyle. The core objective fish, and dairy products.

Another way to move to the vegetarian diet plan is through Let's take a look at the dif- flexitarian diets, where you can ferent types of vegetarian diets reduce the intake of meat, fish, dairy products, and eggs. Here vou work towards not eliminat-

The Lacto-Ovo Vegetarian reducing them. For example, an individual who follows this diet would consume fish once a week. and other dairy products such as while the other days are focused on plant-based foods. This type of diet is not strictly a vegetarian

involves only dairy products, including cheese and milk, cutting out all meat, fish, and eggs

Ovo Vegetarian Diet

kinds of animal products, includ-An Ovo Vegetarian diet ing dairy, meat, eggs, and fish includes eggs on the menu but and the food sources associated with animals, including honey or animal enzymes

Vegan Diet

According to the Nutritional Statistics data, there are around

wide. Even though the health benefits of the vegetarian diet are well-documented by various researchers, we can't deny the presence of downsides. To clarify, we have chalked up the pros and cons of a vegetarian diet that will help you ensure it's the right fit

ing them at a go but gradually **Pros of a Vegetarian Diet**

for vou.

Vegetarian diets are one of Positive Ethical Impact on Environthe most effective and healthiest on the planet. People choose to follow a vegetarian diet for various reasons, and we have disdiet but is one that leads up to it. cussed some of its benefits below.

Aids in Weight Loss

Vegan Diet has included only Obesity is one of the prevailplant-based foods, cutting out ing health concerns in society. every animal-based product. It The primary benefit of being a vegetarian is that it aids in means you avoid consuming all weight loss effectively. Consuming beans, fruits, and regular fibre-rich vegetables will help a healthy colon by increasing the good bacteria count. As a result. it will promote lower body mass Vegetarian Diet: How Beneficial index (BMI) and reduce the risk of developing obesity.

Following a vegetarian diet reduces the chances of developing chronic health conditions, **Cons of a Vegetarian Diet** including type 2 diabetes, heart diseases, blood cholesterol level, blood pressure, kidney stones,

certain types of cancer, and more. In addition, a study shows that vegetarians had a 24% lower mortality rate when compared with meat-eaters.

ment Vegetarianism has become an ethical choice among people and a sustainable lifestyle choice for those who have growing concerns

to a vegetarian diet enables the individual to impact the environment and the life of animals

Fewer Grocery Costs

switching to a vegetarian diet will save your health and wallet Lower the Risk of Chronic Disease by significantly reducing the bill

some of the detriments of a veg etarian diet. Lack of Certain Nutrients Generally, a vegetarian diet lacks some critical nutrients, especially protein, which is abun-

dant in meat. As a result, this will also result in a decreased calcium intake. However, it can be replaced by adding certain food items into your diet, including beans and tofu that are rich in protein.

> The vegetarian diet also lacks Vitamin B12, which is only abundant in animal-based food products. Therefore, people who replace the vitamin source by taking a B-12 supplement.

Limited Food Choices

One of the vegetarian diet's significant concerns is the limited choice of food sources. Com

pared with a non-vegetarian diet, becoming vegetarian is not a convenient option, and you will Eating plant-based foods have a hard time in restaurants indeed sounds and works healthy. or canteens. Nonetheless, there However, you should also expect has been a significant rise in the some drawbacks while following market for plant-based alternathis diet. Here we have comprised tives in the past few years.

Difficult to Adapt to a New Lifestyle

Switching to a new diet and lifestyle is difficult, especially if you consume meat. In addition, the process might affect the individual's mental health and increase the risk of anxiety, mental disorders, and depres-

Note

Create a healthy plate that perfectly balances all the nutrients. Do not rely on starchy carbs since the high-carb diet can increase your chance of developing type 2 diabetes. Due to limited options, follow a vegetarian diet need to many vegetarians tend to overdo the white rice, pasta or bread part while compromising on fibre and protein intake. It would help if you had healthy fats in limited quantities to complete your nutritional requirements.

Things to Remember while Adopting a Vegetarian Diet

A single diet combination never fits all, and no ideal one exists. The choice solely depends on various factors, including age, fitness levels, overall health, and dietary preferences. Nonetheless, if you are sure to do it the best way possible, keep the following points in mind.

Replace meat sources with lentils, beans and soy products to ensure no protein deficiencies occur.

If you are a regular meat-eater, who wants to swap to vegan, ease yourself into a flexitarian system

Choose an official date to start your plan and stick to it. Be lenient to your body and mind.

If you want to keep preventing nutritional deficiency, you need to obtain greater knowledge about food.

Lastly, before taking the plunge, carefully select promising food sources to get your body the nutrient nourishment it needs.

Add nuts, legumes, low-fat dairy, vegetables and fruits to get the best out of your meals.

about animal cruelty. Adapting

positively.

Besides the health and convenience benefits, a vegetarian diet also aids in financial advantage. When compared with meat products, vegetarian food sources are relatively affordable. Hence,



Manjit Singh expresses concern over Police - Public - Business meet held at Nowshera poor health, educational infrastructure

JI NEWS SERVICE JAMMU, FEB 26

Expressing concern over constant ignorance of public issues, the Apni Party Provincial President, Jammu and Former Minister, S. Manjit Singh has criticized the authorities for poor infrastructure in hospitals and educational institutions of Jammu and Kashmir.

The Former Minister was addressing a meeting Constituency in District institutions. Iammu.

with the public.

and educational institu- attention. tions has not improved, but continuous complaints motive of improving the

Manjit Singh, while seek- City Project in Jammu's Jammu and Kashmir for its here at ward number 21 ing attention of the Govt municipal limits. Hence, in Shastri Nagar of Bahu towards the important the project has been all the regions. He also said that the off, he added.

The meeting was orga- condition of roads, and nized by Vice President of basic amenities within the roads are jam packed the Party's Women Wing, municipal limits of Jammu with no parking slots and and Incharge Bahu Con- has also not improved the businessmen suffer stituency, Neelam Gupta. even as the Smart City because of unplanned Singh said that the bureau- mented and accordingly, Jammu Municipal Corpocratic administration has certain city centers were ration. failed to take initiative to developed with streetprovide better infrastruc- lights, wall paintings, that if the Apni Party ture in Jammu and Kash- hanging gardens, and will form the next Govt, mir's institutions that deal renovating the streets of it would work as per the Jammu's Gandhi Nagar expectation of the people,

However, the basic tural development.

equitable development in

grounded before it takes He said that the city the old age pension up In his speech, S. Manjit Project has been imple-development by the ment of cash assistance He however assured besides, the Party is com-

"The condition of health and other areas of public and Jammu would get its

come regarding shortage amenities in all the areas lighted the policy and their recruitment in Govt Choudhary, Advocate of staff, equipment, and equally has not been agenda of the Party that jobs in Jammu and Kash- Chetan Parabaker, and specialized doctors," said achieved under the Smart would be implemented in mir. However, the Govt others.

He said that the Party is committed to enhance to Rs 5000, four cooking gas cylinders to each poor family per year under Ujjawala scheme, enhanceto poor girls for their marriage up to Rs 1 lakhs, mitted protect the land, jobs, and resources for the

local population. He said that unemployment has become one of Dalbir Singh, District Gendue share in infrastruc- the major issues of the eral Secretary, Deepak Meanwhile, he high- overaged while waiting for trict President, Shivam

has failed to advertise all the vacant posts and hold fair selection process in all the Govt departments, he added, expressing anguish over the failure of the authorities to hold recruitment process in a regular manner.

issues have increased for the last several years, and therefore, it has become important to hold assembly elections in Jammu and Kashmir jointly with the parliamentary elections so that the people

choice. Prominent among those who were present and spoke on the occasion include SC Wing President I&K, Bodh Raj Bhagat, ST Wing J&K President, Saleem Alam, Secretary, Sheetal Sharma, Provincial Secretary, Shikha Bhardwaj, Senior District Vice President, Jammu Urban, Vaibhav Mattoo, Minority Wing District President,

educated youth who have Bradu, Youth Wing's Dis-

NOWSHERA, FEB 26 Rajouri Police met with Public/Business Establishment adjacent to and on National Highway 144-A from Thalka to Sunderbani in which large number of shopkeepers, Business He demanded that the establishment, Petrol

JI NEWS SERVICE

units were covered. get an elected Govt of their

human lives.



both indoor and outdoor advised to ensure the 24x7 Pumps, houses and other and give remote access so working of CCTV Cameras that we can monitor from in their respective shops Additional SP Nowshera our smart phones, tablets as well as houses. Addl Mohd Rafi Giri interacted or other means of use. SP Nowshera reminded and talked with all the CCTV cameras installed people about duties of stakeholders under opera- in our premises or offices, every citizen of the countion 3rd Eye for the instal- act as deterrent to crimi- try towards working for lation of CCTV cameras at nals & whoever has illegal ensuring unity, integrity their houses/units which intentions in mind. It also and sovereignty of the can help Police to track can control harassment & nation and that in this anti social/anti national sexual harassment at the regard people must come elements and accused workplace on real-time forward to cooperate in involved in hit & run basis. In Sub-Division the pursuit of good of the accident cases to ensure Nowshera CCTV cameras society and country. At security & safety of Public have helped in tracking last public was assured property and precious number of theft, accident of full cooperation from and other cases.Finally, Police in their day-to-day The installation of CCTV all the shopkeepers locat- issues. They were also camera is very important ed on NHW/towns were requested to share any for each business estab- requested to install 3rd type of information in case lishment/petrol pump/ Eye (CCTV Cameras) in of any infiltration/ input houses and other units for their respective business regarding movement of 24x7 security and peace of establishments/shops/ ANEs or anti-social elemind. These are installed houses. They were also ments etc.

DPS Junior, Kathua cultivates Young Minds through Vegetable Activity for LKG Students

Farooq, **Omar convey** condolences over passing away of Shaheena Begum **JI NEWS SERVICE**

JAMMU, FEB 26

National Conference President Dr Farooq Abdullah and Vice President Mr Omar Abdullah expressed grief over the passing away of Mrs Shaheena Begum wife of Abdul Qayoom Baghwan District President Doda Rural (Bhaderwah) JKNC and Abdul Aziz Pacho

Solutions to Global problems lies in Bhartiya Gyan Parampara: Prof. Saluja

JI NEWS SERVICE NEW DELHI, FEB 26

Indian Knowledge System. The two-day International Prof RK Mittal in his Conference on "Resur- address emphasized that gent Bharat on the Global the Jobless growth can be session, Prof M. Jagadesh Canvas" concluded here at altered with constant Tech- Kumar, Chairman, Univer-Dr. Ambedkar Internation- nological updation and al Centre, New Delhi. Prof Panch Koshiye education his keynote address empha-Chand Kiran Saluja, Emi- for holistic development sized the pivotal role of nent Scholar and Academi- in the present dynamic era cian was the chief Guest, which will lead youth from while prof R.K Mittal VC job seeker to job creator. Choudhary Bansi Lal Univer-

Prof Nagawat focused sity, Bhiwani and Prof Ashok that World has recognized

really has incorporated the ing papers that dwelled global canvas. Reflecting Bharat's resurgence.

Early, in the plenary sity Grants Commission in knowledge, technology, and values in laying the foundation for Viksit Bharat, inspiring attendees with his visionary insights. Prof Brij K Nagawat, VC Delhi Skill the Indian Contribution in Maharaj from University of the global stage. and Entrepreneurship Uni- the field of technology and Kwazulu-Natal, South Africa

target of Viksit Bharat which and researchers, present- to shine brightly on the into multifaceted aspects of on the conference, organizers expressed gratitude to all participants for their enthusiastic engagement

and contributions, which enriched the discourse and propelled the vision of a resurgent Bharat forward. The event served as a platform for fostering collaboration, exchange of ideas, and forging alliances aimed at driving Bharat's progress on

Prof. J P Singhal, National versity, Delhi were the guest further High end research delivered lecture focusing President of ABRSM in his of Honour. Whereas, con- in the high quality products on Vasudhaiv Kutumbkam address highlighted on the ference was presided over and services provided by as an instrument of Global Samagra Vikas and also by Prof JP Singhal, National Indians can establish them leadership echoing the highlighted the organizain the Indian culture and of education across Bharat. Valedictory function was Forest and Climate Change, universities, colleges, and Speakers also answered sonalities including, Guntha Laxman, Deputy Organising Secretary, ABRSM, Shivana-As the curtains draw on nd Secretary ABRSM, and ence. The valedictory function was coordinated byProf vote of thanks.



JI NEWS SERVICE KATHUA, FEB 26

Mrs. Shivani Sharma. The eating habits."

knowledge and presen- such activities in early

tation skills. The class childhood education, facilitators, expressed, "It saying, "These activi-Delhi Public School Junior, was delightful to see the ties play a pivotal role Kathua recently organized enthusiasm and curiosity in holistic development a vibrant and educational of our young learners as by promoting sensory vegetable activity for its they explored the world of exploration, vocabulary LKG students, led by the vegetables. Such activities development, and fosdedicated class facilita- not only make learning tering a positive attitude tors Mrs. Shobhna Puri, fun but also lay a strong toward healthy eating." Mrs. Roshika Jasrotia, and foundation for healthy The event concluded with a heartfelt appreciation Principal Mr. Vivek from the School Incharge, young minds about the Arora commended the Mrs. Monika Singh for the importance of vegetables efforts of the teachers and enthusiastic participation in their diet and daily lives. students, stating, "Activi- of students, the dedica-The students, dressed ties like these are instru- tion of teachers, and the in colorful costumes rep- mental in broadening the support of parents, highresenting vegetables such horizons of our students lighting the collaborative as carrots, tomatoes, and nurturing a deeper efforts in providing a nurpumpkin, brinjal, peas understanding of the turing learning environetc. captivated the audi- world around them. We ment. Delhi Public School ence with their enthu- are proud of our LKG stu- Junior, Kathua remains siastic performances. dents and their facilitators committed to providing They spoke confidently for their active "Participa- innovative and holistic learning experiences that Mrs. Monika Singh, the enrich the lives of its stutheir assigned vegetables, School Incharge, empha- dents and prepare them showcasing both their sized the significance of for a bright future.

District Vice President Ramban father- in- law of Mrs Gulshan Parveen DDC Khari and conveyed condolences to the bereaved families.

In their messages, Dr Farooq Abdullah and Mr Omar Abdullah prayed for peace to the departed souls and expressed solidarity with other members of the families.

In the condolence message, General Secretary Haji Ali Mohammed Sagar, Dr Sheikh Mustafa Kamaal, Ajav Kumar Sadhotra Additional General Secretaries, Rattan Lal Gupta Provincial President Jammu Province, Sheikh **Bashir Ahmed Provincial** Secretary, Khalid Najeev Suharwardhy former minister and Vice President Jammu Province, Sajjad Ahmad Kichloo former minister and Zonal President Chenab Valley, Qazi Jalal Ud Din Ex-MLA, Dr. Chaman Lal Bhagat Ex-MLA, Mehboob Iqbal Senior leader, Sajjad Shaheen District President Ramban, Tanveer Ahmed Kichloo District President Kishtwar, Zaffarullah Rather District President Doda, Pyare Lal Sharma, Abid Magrey Vice President District Ramban, Arif Mir District Secretary Ramban, Ved Prakash Gupta District Secretary Doda, Abdul Hafiq Butt District Secretary Doda Rural (Bhaderwah) have also expressed grief and prayed for peace to the departed souls.

ference was inaugurated by world. Bhupendra Yadav, Union

Labour and employment on schools, attended the con-25th of February, 2024.

Prof. Chand Kiran Saluja and sharing insights on in his address said that the the "Resurgence of Bharat the International Confer- Prof Virender Bhardwaj Solution to various issues on the Global canvas with ence on Resurgent Bharat Convenor of the conferthe true way to achieve the minds, with academicians future for Bharat, poised

President ABRSM. The con- to be best of class in the value pattern enshrined tional initiatives in the field Hundreds of participants also shared commonalities Minister of Environment, from various esteemed in India and South Africa. also graced by eminent per-

> querries raised by the acaference igniting discussions demicians.

confronted by the world lies resounding success, leav- on Global Canvas, the spirit in the ancient Indian Civili- ing a profound impact on of optimism and determization and Bhartiya Gyan attendees and participants nation pervades, igniting a Rakesh Pandey. Prof. Manoj Parampara. The National alike. The conference wit- collective resolve to chart Sinha Co-Convenor of the Education Policy-2020 is nessed a convergence of a bold and prosperous conference presented the

activity aimed to educate

efits and characteristics of

about the nutritional ben- tion and creativity."

Apri Party criticizes authorities for neglecting Nai Basti area in Nagrota

JI NEWS SERVICE NAGROTA, FEB 26

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

The demand was raised suffering of the people in in a meeting that was Nai Basti. organized by ward presi-

Jammu East Constituency supply even as a drinkby Ramesh Chander. During this meeting, constructed," he said,

the local people includ- expressing shock over ing women participated the poor response from and they claimed that the the authorities towards Nai Basti has been ignored the constant suffering of regarding development, the people. drinking water supply or basic amenities.

people, Provincial Presi- is in shabby condition and Chand, Tarun Kumar, dent of Trade Union of the requires immediate repair Apni Party, Raj Sharma work by the authorities.



He also demanded authorities for turning unscheduled power cuts. blind eyes towards the Meanwhile, he demanded Govt accommodation for the econom-"The authorities have ically poor families in Nai dent of ward number 4 in not provided tap water Basti. Those who spoke on the occasion include Vijay ing water tank has been Mangotra, Sheikh Latief, Sohail Khajuria, Archana Koul, Sanjay Kumar and others.

Those who were present on the occasion include Manish Kumar, He further said that Sunny Kumar, Sunil the condition of the Chand, Parveen Kumar, While addressing the approach road in Nai Basti Jogdish Kumar, Balbir Shallu Devi, Poonam, Dulla and others.

My Chhota School, Hiranagar celebrates Annual Day

JI NEWS SERVICE JAMMU, FEB 26

My Chhota School Hiranagar celebrated its annual day function today. The programme commenced with the welcome of the guests followed by the lighting of the Ceremonial lamp by the Chief Guest Mr. Sudesh Kumar Ji, BJP Mandal Pardhan Hiranagar, Guest of Honour Mr. Bharti Sharma, BJP spokesperson and Retd. BDO Mr. Ramdayal ji accompanied by the Principal and other eminent dignitaries.

At the onset Chairman Mr. Ganesh Kumar Sharma, a well renowned nationally and internationally awarded sculptor welcomed the chief guest who were present in the performances. function.



The cultural program arranged various stalls like and gave their good feedby presenting bouquet. others. Parents were also the stage for few words. He also welcomed all the invited on the stage for He praised the manage-

School has also congratulated and wishes management.

the school for more success. He along with other dignitaries presented medals and certificates to the students for their performance during the whole vear.

beautiful Α Cake cutting ceremony also held in the premises of the school. A large number of parents along with their kids are present

The program concluda wonderful event. He lunch organized by the

parents and other guests various games and dance ment for organizing such ed with mouth watering

began with the Saraswati food stall, fun and memory back about the school. Vandana by the students. games for parents and They informed that all the The students of all the kids. Everyone enjoyed staff members are very classes participated in and praised this section hard working and handle various items like dance, of the event very much. their kids with love and fancy dress competition, Then the chief guest Mr. care. The vote of thanks is yoga, bhangra and many Sudesh Ji was invited on presented by Director Dr. Nancy Khajuria.

Youth participation in elections essential Aptech Int'l Preschool shines bright for nation's development: Ashok Koul

JI NEWS SERVICE JAMMU, FEB 26

Bharatiya Janata Party (BJP), Jammu & Kashmir, led by its state general secretary (organization) Ashok Koul, held a meeting of the Election Management Department at party headquarters, Trikuta Nagar, Jammu.

Adv. Vibodh Gupta, state general secretary and former MLC and department Incharge Parduman meeting, in which all the Department were present. process in the later stage.

addressing the meeting, focused on the youth as work with dedication and



Singh also addressed the tion of votes, hence the activists must approach on the ground level. party activists have to do and prompt the new voters and conveners and co- voter lists, and categorize development and strengthconvenors of the Election it to facilitate the voting ening of the nation. Adv Vibodh Gupta Ashok Koul, while He asked that the PM has asked the party activists to

asked the party activists the first-time voter in the responsibility. He insisted associated with the election nation's election process. that the party workers centrate on the new poll- tion of youth in the elec- with the minute details of ing booths. He said that the tion process as essential the tasks linked to the elecnew polling stations have for nation's development tion management before been added with the addi- and insisted that the party they venture out in the field

Parduman Singh shared BLA-1 of Jammu division extensive work on the new to vote for BJP to ensure the the development of the works done by the election management teams with the senior leadership. He asked the team members that now they should concentrate on their work in the field. He asked them to management to fully con- He termed the participa- must acquaint themselves conduct similar meetings at the district and the mandal levels to push the groundlevel activist into the election mode.

JI NEWS SERVICE JAMMU, FEB 26

Gracing the occasion as the esteemed chief guest was none other than Kavinder Gupta former Deputy Chief Minister J&K Accompanying with

Vinay Gupta Seh Parbhari Jammu North, Sayam Pandoh Renowned You-Tuber

and Special guests, Amit Sharma Secretary BJP District Jammu South & vice President J&k Sports Taekwondo Association, Dr. Anita Sharma, advisor of Sports Academy Association of India, In this Also Esteemed presence of Shakti Dutta vice President, Rachit Khosla Gen. Sec Gandhi Nagar and other Promi-

nents The chief guest felicitated by the principal, Manpreet Grover. Demonstration by

the students led by Anil

cal Director J&K Sports Rathore, Black Belt, 2nd Taekwondo Association Dan South Korea, who and President J&K Sports has trained children for Speed Ball Association national, International and General Secretary and common wealth J&K Sports Taekwondo Games.

Nanda, Chief Techni- Association and Ronika

Ravinder Sharma pays rich tributes to Acharya Nand **Kumar Vaid**

JI NEWS SERVICE JAMMU, FEB 26

Former MLC & Senior Vice President of J K Congress Incharge Media Mr. Ravinder Sharma has paid rich tributes to Acharya Nand Kumar Vaid, a great socialist leader & prominent political personality of Sunderbani, on his 110 th birthday today.

Recalling the great contributions of Acharya Nand Kumar Vaid ji, in the political and social arena of the Jammu & Kashmir, Mr. Sharma termed him a fearless voice of poor, downtrodden & oppressed and a crusader against injustice and corruption in the society.

He was a great secular leader who remained in active politics for over fifty years and lost several assembly elections with a very narrow margin of few hundred votes once by fifty one votes.

Truecaller Launches AI-Enabled Call Recording in India with Transcription and Call Summary

For Android:

JI NEWS SERVICE JAMMU FEBRUARY 26

Truecaller, the lead- transcription of the ing global platform for entire phone call, verifying contacts and along with an AI-genblocking unwanted com- erated call summary. munications, announced the launch of AI-Powered Call Recording in India, making a call, open for iOS and Android plat- the Truecaller app, forms. The new addition go to the Search tab provides users with the and tap 'Record a ability to record incoming call'. This will call the and outgoing calls directly recording line, which within the Truecaller app, is a special number offering a convenient and provided by Truecallefficient way to capture er. The call screen will and manage important then provide the option to conversations.

By leveraging cutting-

feature marks a significant leap forward, allowing for a detailed

For iPhone: After answering or

security. merge the calls. A push notification will includes a dedicated

edge Artificial Intelligence alert you when the record- recording button that technology, Truecaller ing is ready. Previously can start or stop recordempowers users to fully recorded calls can also be ing with just one tap. On engage in their live conver- accessed within Truecall- other dialers, users will sation without the need to er. On iPhone, all recorded have a 'floating' button to and Chief Product Officer be concerned about taking calls are stored locally on initiate or end recording. of Truecaller stated, "We detailed notes, thereby the device, ensuring com- Once the call ends, a push are constantly innovating improving productivity plete control. Additionally, notification will alert users cutting-edge solutions that The service was previously during calls. The integra- users have the option to when the recording and enhance communication. launched in the US, and tion of AI into the newly create a backup on iCloud, transcription are ready. As we continue to push additional markets and launched call recording providing an extra layer of Users can easily listen to these boundaries, we are languages will follow.



recordings, rename them, The Truecaller dialer or seamlessly share them with other apps.

Speaking about the launch of the call recording feature, Rishit Jhunjhunwala, Managing Director

thrilled to announce our AI-enabled Call Recording solution, which has always been a highly requested user feature. We want to give our customers greater control and purposes."

delete unwanted ones, Recording solution will be available as a part of the brand's Premium plan, starting at INR 75 per month or INR 529 per year. While the feature is being rolled out across iOS and Android, it currently supports transcriptions only in English and Hindi.

School Leaders and Principal Summit -2024: Globalisation of Higher Education

JI NEWS SERVICE JAMMU, FEB 26

with Annual Sports Extravaganza

In a significant stride towards fostering educational excellence and global perspectives, the "Jammu Edu Leaders Conclave 2024: Globalization of Higher Education" took place on Sunday.

Organized by Educatorsindia Sponsored by MIT World Peace University - Pune, Pimpri Chinchwad University, Pune and ICFAI University

The event witnessed guished personalities

Prof. Dr. Ganesh Kakannificance of globalization's implementing the New Aima and Madam Suchita PUBLIC PUBLIC PUBLIC



Dr. Razit Sharma to grace the reputed institutions of the stage for this symbolic Jammu & Pathankot such lighting ceremony.

A key feature of the event was the active School Jammu ,KC Intera convergence of distin- participation of several national School ,Sham-School Edu-leaders sans rock International School from the education sector. whose support, time, Dinanagar, Modern Sandwisdom & contribution eepni School, TCInternadikar emphasized the sig- Our endeavor would not tional School, Jodhamal have blossomed into the Public School, St. Xaviers impact on education, success it became. These Convent School Kathua, highlighting the crucial included Ms Pooja Gupta, Army Public School All role educators play in Vice Principal Learning Branches, Jammu Sanskrishaping the future. The Temple, whose experi- ti School, Jammu, Model conclave aimed to unrav- ence & insights served as Academy, Delhi Public el these complexities and a guiding light throughout School Nagbani Jammu, discuss the roadmap for the event. Madam Rohini J & K POLICE PULCE

as- Delhi Public School ,The Shri Ram Universal

flexibility in managing their conversations, and it is also a very valuable tool for both personal and professional Truecaller's AI powered Call

GoI will release a postage stamp on occasion of Centenary Year of AIRF



JI NEWS SERVICE NEW DELHI, FEB 26

A postage stamp will be and Information Technol- leadership of AIRF which guish.

ogy (IT), Government of was successfully led by India, Ashwini Vaishnaw our great leaders of AIRF. from Karnail Singh Railway In the year 1974, a massive Stadium, Basant Road, New indefinite strike of railway issued by the Govern- Delhi which is a proud and employees was also led by ment of India on 27 Febru- historic moment for AIRF. AIRF, which shook the then ary 2024 on the occasion Briefly discussing the his- Prime Minister of the counof the centenary year of tory of AIRF, he said that try, Indira Gandhi. While All India Railway Men's this 100 years history of All the history of All India Federation (AIRF). While India Railwaymen's Federa- Railwaymen's Federation is addressing the press con- tion (AIRF) has been full of full of struggles, its achieveference, General Secretary struggles. Great leaders like ments are also no less. of All India Railway Men's Late Rai Saheb Chandrika Ban on retrenchment of Federation (AIRF), Shiva Prasad, Mukand Lal Sarkar railway employees, salary Gopal Mishra said that it N. M. Joshi, V. V. Giri, I. redetermination, Dearis a matter of great pride B. Great leaders like Mr. ness Allowance, Bonus, for us that AIRF is celebrat- George Fernandes, Priya Promotions etc. are some ing its "centenary year". All Gupta, J. P. Chabe, Umrao of the facilities which are India Railwaymen's Federa- Mal Purohit, Rakhal Das the result of the struggle tion (AIRF) was established Gupta have successfully of All India Railwaymen's on 24 April 1924 and this led AIRF while holding the Federation (AIRF). On 24th Federation is completing post of President and Gen- April 2024, we are concludits 100 years on 24 April eral Secretary and scari- ing our "Centenary Year" 2024. General Secretary fied his entire life for the and handing over the torch Shiva Gopal Mishra fur- demands and problems of struggle which has been ther said that on the occa- of the employees. On the handed over by our leadsion of this glorious and strength of these great lead- ers, struggling workers and historic moment, on 27th ers, today we are becoming sacrificed comrades to the February 2024, the Post- witnesses of this histori- present leaders and workage stamp will be released cal moment. The historic ers of All India Railwayby the the Minister of Rail- strikes of 1960, 1968 and men's Federation (AIRF)., ways, Communications 1974 took place under the We will never let it extin**DOE, GDCW Kathua organizes** informative lecture on "Holistic Development"



JI NEWS SERVICI JAMMU, FEB 26

Department of Education, Government Degree College for Women Kathua ,in importance of co-curric- Education.

ular activities as they are part and parcel of holistic development. She urged the students to actively participate in these activities for their holistic develcollaboration with IQAC, opment.Student of semesorganized an enlighten- ter 6th Miss Naina also ing and informative lec- shared her views related ture on "Holistic develop- to the topic.The lecture ment" Dr. Jyoti Verma, a was organised under the distinguished speaker, esteemed patronage of Dr. addressed the students, Inderjeet kour, Incharge shedding light on different Principal of the college. aspects of personality. She The event was supervised also discussed about the by Dr Rachna Devi, HOD

"Globalization and its systems.

rated on the importance children of whose school Jagjit S Bhamra who are of higher education for presented a delightful per- committed to advancing students, emphasizing its formance and Ms Aashu excellence in the educarole in personal and pro- Sharma for anchoring the tion sector through innofessional development, whole event with grace vative approaches. underscoring its signifi- and efficiency. cance within the evolving educational landscape.

Dr. KCS Mehta, Pramod emony. The distinguished award ceremony, marking Sir, Rajesh Rathore Sir elites from the education a remarkable celebration grace the and Today's sector were bestowed of collaborative efforts speaker - Prof. (Dr.) upon the Prestigious and shared visions for Rajeev Bhardwaj, Prof. awards & accolades. These the future of globalized Dr. Ganesh Kakandikar, Edu-leaders were from all higher education.

Education Policy, focusing Gupta whose instrumen- Ol, vir savarkar hr sec on diversified and choice- tal role in fostering collab- school, Decent Public based education systems. oration among educators School, Ludhiana, Learn-Dr. Rajeev Bhardwaj and thought leaders was ing Temple High School, contributed to the insight- deeply appreciated.Mr. Delhi Public School ful discussions, focusing Girish Kumar, Mr Neeraj Rajbagh Kathua, Dav Colon the pivotal topics of Mohan Puri, Mrs Anu- legiate School, Tiny Scholpama Sinha, Ms. Puneet ars Sr. Sec School Kathua impacts." These discus- Kaur and Mr. Sanjeev among others. sions delved into the mul- Pradhan whose insights tifaceted effects of glo- contributed greatly to by Mr. Sunil Prajapati, balization on education the event's success. Mr Director of EducatorsIn-Dr. Razit Sharma elabo- Learning Temple, the Verma, Fazil Ahmad,

The event was graced Naresh Kumar Chairman dia, and Mr. Pravendra

The conclave culmi-The event proceeded nated in an enjoyable with the felicitation cer- afternoon banquet and

Indian Army organizes Basic Computer Course in Akhnoor

JI NEWS SERVICE

AKHNOOR, FEBR 26

Indian Army organised necessary to navigate in certified by GOI under a three months basic today's digital world. course on computer lack access to computer their confidence. education. The aim of

the course was to pro- course, each participant vide the girls with the received a certificate in skills and knowledge basic computer course,

Over the course of SHA ABHIYAN (RSSA) literacy for underprivi- the program, the girls which recognizes their leged girls of border learned about computer hard work and dedicavillages i.e. Milan Di hardware and software, tion. The certificate Khui, Samwan, Rajwal internet browsing, email will also help them in of Akhnoor sector. This communication, and their future endeavors, course was conducted Microsoft office. They whether that be in furin Government High also had hands-on expe- ther education or in the School Milan Di Khui rience using computers, job market. The proand was designed spe- which helped to cement gram empowered these cifically for girls who their learning and build girls and provided them

RASHTRIYA SARV SHIKwith the tools to break

At the end of the the cycle of poverty.



Sana Chouhan Makeup Academy organizes **Certificate distribution ceremony**

JI NEWS SERVICE JAMMU, FEB 26

First of its kind, "Sana Chouhan Makeup Academy" in J&K on Monday organized certificate distribution ceremony at its Four A Resort Birpur Jammu. To mark the occasion, a makeup competition was organized where pass outs were to show their skills in makeup of brides. On this occasion, nearly 60 students shared their experiences. So far more than 300 students have already completed makeup course from Academy and doing very can do all types of makeup with any of these languages departments, such as col-



ing here that so far more course still it was an eye courses are conducted permany new tricks. A fresh- includes various tests orative discipline. With er sharing her experience which need to be cleared in this program, students at the Academy said that order to get the certificate learn technical as well as she joined her course as a of completion. This course creative aspects of makeup fresher, now she has good is taught in English / Hindi and hair styling, and learn knowledge of makeup. She so anyone comfortable to work with different launching their own

now. It deserves mention- will be able to follow easily. Adding further she said than 300 students have that the Fashion & Celebbeen trained from Sana rity Makeup program well and earning livelihood Chouhan Makeup Acad- helps students explore the with dignity and honour emy till date with utmost transformative nature of and now have become satisfaction and are doing makeup and its aesthetic self-reliant. One of the pass brilliant in their respective significance. Packed with outs said that she has suc- careers.. Speaking on the modules that are both thecessfully learnt best things occasion, Sana Chouhan oretical and practical in in makeup after complet- said her Makeup Acad- nature, the program helps ing her course. Another emy provides the best in students grow into makeup speaking on the occasion Makeup and hair courses artists capable of matching said that she already had for anyone wishing to learn times, trends, style, movegood knowledge about professional makeup or ments and themes, with makeup before joining personal grooming. All excellent craftsmanship. She said Makeup artistry opener for her, she learnt sonally by her. The course is an intricate and collab-

laborating with artists, photographers, designers, stylists, directors and actors. They also benefit from opportunities to work independently, build their portfolio and gain clientele for a flourishing career. Sana stated that the pro-

gram is designed to teach students the fundamentals of the craft and expose them to ample opportunities to put their knowledge and technical know-how to practise.Students in the course learn essential skills such as sanitization practices, diverse makeup techniques, hairstyling, makeup kit assembly, and crafting thematic makeup for film, media, special effects, and special occasions. They seamlessly blend this expertise with photography and portfolio building, preparing them for their first steps into the professional world upon completing the course. They go on to find many opportunities including roles as makeup artists for beauty and bridal clients, fashion shows and film shoots, modelling agencies, celebrities, performing artists, retail brands, beauty bloggers, or even salons, added Sana.

Omar Abdullah takes indirect jibe at Mufti Mohammad Sayeed, points out his role in KP exodus

JI NEWS SERVICE SRINAGAR, FEB 26

Omar Abdullah Monday Minister when Kashmiri indirectly criticized PDP Pandits started leaving founder Mufti Muham- Kashmir. These are incon- tion of Article 370, Omar mad Sayeed.

Mufti was India's Home further explained that night of August 4, 2019. He Minister when the exodus Kashmiri Pandits did not described the complete of Kashmiri Pandits from leave Kashmir because of communication blackout Kashmir began.

miri Pandits started leav- dits. He highlighted that

ing Kashmir after January more Kashmiri Pandits 1990, by which time my want to leave Kashmir Amid speculations of father (Dr. Farooq Abdul- today than they did five bonhomie between the lah) had already left office. or ten years ago. Addition-PDP and the National Jagmohan was the gover- ally, he pointed out that Conference ahead of the nor, Mufti Mohammad more Kashmiri Pandits forthcoming Lok Sabha Sayeed was the Home were killed under targetpolls, NC Vice President Minister of India, and ed killings under the curand former Chief Minister VP Singh was the Prime rent government than the previous one. Regarding the revoca-

venient facts, but they are revealed that he had no He stated that the late facts," Omar asserted. He idea about it until the late Article 370. "If they had in the entire valley, with

Routine load shedding cripples normal life across valley: PDP

UNI SRINAGAR, FEB 26

Peoples Democratic Party (PDP) on Monday said that despite the government's claims of "improved and adequate" power supply in Jammu and Kashmir, "routine load shedding" across the valley has crippled normal life which has "adversely affected" business, education and patient care.

In a statement, PDP General Secretary Ghulam Nabi Lone Hanjura said that the Kashmir Power Distribution Corporation Limited (KPDCL) despite having a huge tariff hike for consumers with routine revenue collections has totally failed to provide adequate supply to consumers.

Army organizes Free Medical Camp in Magam

JI NEWS SERVICE HANDWARA, FEB 26

A Medical Camp was organized by Department of Ayush, Kupwara in collaboration with Army Camp Magam at Boys Higher Secondary School, Magam, as a unique gesture to alleviate hardships of local populace from remote areas of North Kashmir's Kupwara district.

Magam Army Camp of Indian Army and Department of Ayush came together to conduct a medical camp for local people of Magam Block and surrounding areas children. which was inaugurated Dr Ayub. The camp was orga-

nized at Boys Higher Secondary School, Magam wherein 03 Medical Officers, 01 Gynaecologist, life style diseases.

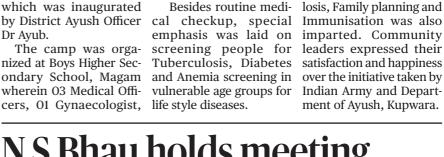
N S Bhau holds meeting

JI NEWS SERVICE JAMMU, FEB 26

> In a recent gathering, Narinder Singh Bhau, a prominent and respected figure renowned for his unwavering commitment to public service in the region, spearheaded a significant meeting. The discussion revolved

around the decision by Prime Minister Modi to suspend the much-anticipated 'Mann Ki Baat' sessions for the next three months in light of the upcoming Lok Sabha elections in 2024.

Bhau, who serves as the distinguished Chief of the All India Bhau Rajput Sabha and holds a key position as a State Executive Member of the BJP, led the discussions alongside members from various esteemed organizations. The meeting was marked by the presence of notable personalities



Manhas, Harshwardhan ing their efforts with the Sharma, Balbir Bhau, and others, who all joined in paying homage to the decision made by Prime that the participants, Minister Modi regarding the 'Mann Ki Baat' Mr. Bhau, are dedicated sessions. The collective

standing towards the sion in the context of the ing served as a testament tive approach taken by Bhau as they prepared Rakesh Bhau, Kewal the significance of align- tions in 2024.



Besides medical consul-02 Pharmacist, 02 Yoga tations from the Medical Instructors and O1 Nursing Assistant from Depart-Officers and check-ups, ment of Ayush, Kupwara medicines were also provided to the people, free worked tirelessly to provide medical support to of cost. Advise and aware-226 patients including 120 ness drive on Herbal medicines, personal hygiene, AIDS, Tubercumales, 80 females and 26 losis, Family planning and satisfaction and happiness ment of Ayush, Kupwara.

larger national agenda.

As the deliberations

concluded, it was evident

under the guidance of

to leveraging their exper-

port the vision set forth

by Prime Minister Modi

for the upcoming elec-

toral season. The gather-

planning within the team

led by Narinder Singh

term, India will be the world's 3rd largest economy: **Rohiin Chandan** JI NEWS SERVICE JAMMU, FEB 26

PM Modi's 3rd

Bharatiya Janata Party (BJP) District Secretary Jammu South, Rohiin Chandan stated that under Prime Minister Modi's leadership, the government has strongly emphasized creating a framework to help the impoverished escape poverty and ensure their advancement is longlasting since 2014. He said at the same time, initiatives have been taken to build a growth-friendly environment that enables those in poverty to rise to the middle class while accommodating their evolving goals. Consequently, the middle class in India has grown into a driving force behind the country's progress, Rohiin said.

Rohiin Chandan highlights India has improved its world ranking from the 10th largest economy in 2014 to the 5th largest in 2024. He said that this rise happened under the "umbrella" of PM Modi's leadership and due to its fighting corruption, the stopping of leakages in the transfer of government benefits, and the creation of a strong economy and spending of public money for the welfare of the poor.

Rohiin emphasized that under the banner of the Modi-led government, years have seen India become an "economic powerhouse". It is poised to become the "thirdlargest economy" very soon. He educates that is an outstanding achievement; this period has recorded the best growth in India's economic history. Rohiin elaborates that PM Modi's leadership is outstanding and the nation is now officially a Top 5 economy on track to become a Top 3 economy by the end of 2027. Rohiin said hopefully this year it will emerge as the 4 largest economies and during PM Modi's 3rd term, India will be the "world's 3rd largest economy', marching on to become the "No.1 economy" by 2047.

sentiment shared during tise and influence to supthe meeting encapsulated respect and underimportance of this deciforthcoming Lok Sabha to the unity and strategic elections. The attendees appreciated the proac-Mr. Bhau and his team to navigate the political in addressing this pivotal landscape in the lead-up like Sham Singh Bhau, topic and acknowledged to the Lok Sabha elec-

already left office.

Omar made these state-

JI NEWS SERVICE

JAMMU, FEB 26

According to the news left because of Article 370, mobile internet, mobile agency, speaking at the then on August 5, 2019, connectivity, and even IOI Summit 3.0 in New they would have come landline phones being Delhi, Omar clarified that back. Kashmiri Pandits shut down. Omar recounthis father, Dr. Farooq left because the sense of ed his interaction with Abdullah, had no role in security was snatched then Jammu and Kashmir the exodus of Kashmiri away from them. They Governor Satya Pal Malik, Pandits. He emphasized won't come back unless who initially denied any that by the time they left that sense of security is move to remove special Kashmir, his father had returned to them," Omar status. "Now, of course, emphasized. he claims that he had no

SSH Youth Wing protests against Bishnah MC

over poor condition of market road

Omar criticized the idea, but I would take that ments during an inter- present dispensation, with as much a pinch of view with veteran journal-stating that it has not salt as I would have taken ist Vir Sangvi, "If you look restored the sense of his earlier assurances," at the chronology, Kash- security to Kashmiri Pan- Omar said.

He said that the business community too has raised concerns over the potential losses due to continued power cuts, which has adversely effected their business activities.

"Concerned department on one hand claims that it had reduced power thefts and increased revenue and improved infrastructure but on the other hand increased power curtailments which has affected not only business fraternity but students who are preparing for exams these days, while as patient care mostly those who are on ventilators too has been effected at large,"Lone said.

Hanjura said that it is totally insensitiveness on part of the government that most of the city areas of Srinagar even were kept in complete darkness during the Shab- e- Barat (night of salvation) which was observed across the Kashmir valley last night.

"We can imagine what the remote and rural areas would be facing due to unscheduled and long power cuts while as during Namaz times city areas like Bemina, Lal Chowk and Downtown areas too were reeling under complete darkness," he alleged.

Loneurged the LG administration to ensure regular and adequate power supply during the upcoming holy month of Ramazan particularly at Sehri and Iftar times.

Office of the Divisional Commissioner, Jammu (Rail Head Complex, Jammu)

Union Territory of Jammu and Kashmir

(0191-2478991, 2478999, Fax-2478997, e-mail: div

Subject: Tentative seniority list of Jr. Assistants of Revenue Department (Divisional Cadre) Jammu Division as it stood on 01.01.2024.

NOTIFICATION NO. DIVCOMJMU(ESTT) 06 OF 2024 DATED: 21.02.2024

A tentative seniority list of Jr. Assistants of Revenue Department (Divisional Cadre) Jammu Division as it stood on 01.01.2024, forming annexure -"A" to this notification is hereby circulated among all the Jr. Assistants of Divisional Cadre Jammu Division for their information. The position assigned in the seniority list is subject to outcome of writ petition, if any, pending in any competent court

Any Jr. Assistant aggrieved with the position, qualification, date of birth & category assigned to him or to any of his colleague in the tentative list, may submit objections, if any, with documentary proof to this office within 15 days from the date of issuance of said notice

The date(s) of birth and category recorded in the list shall not be taken as authentic but shall be subject to verification with Service Book / Matriculation / DOB / Category certificate issued by the concerned / competent authority

Issued with the approval of competent authority

No. 101/553/Snty/Jr. Asstt/24/6144-52 Dated.21.02.2024

(Angrej Singh) JKAS, Asstt. Commissioner (Central), With Divisional Commissioner, Jammu

Annexure - "A"

TENTATIVE SENIORITY LIST OF JR. ASSISTANTS OF REVENUE DEPARTMENT (DIVISIONAL CADRE) AS IT STOOD ON 01.01.2024

S. No.	Name of official	Office where working at present	Date of Birth	Date of entry into Govt. service	Date of appointment / promotion as Jr. Asstt.	Qualifi- cation	Whether SATC passed	Category
1.	Chhankar Singh	Relief Organization Jammu	05.06.1974	10.01.1997	04.01.2013	10+2	No	RBA
2.	Smt. Surinder Kour	Div.Com office	12.06.1980	25.02.2002	04.01.2013	10+2	No	OM
3.	Pagbir Saini	Div.Com. office	10.03.1980	18.06.2014	18.06.2014	10+2	No	OM
4.	Uttam Singh	SDM office Gandoh	09.02.1990	20.10.2011	13.02.2015	B.A.	No	RBA
5.	Om Parkash	Div.Com. office Jammu	26.07.1976	27.09.1995	03.03.2021	Matric	No	SC

Note: The date of birth shown above will not be taken as authentic and shall be reckoned by reference to the Service Book / Matriculation Certificate

> (Angrej Singh) JKAS, Asstt. Commissioner (Central) With Divisional Commissioner Jammi

DIP/J-15451/23 Date: 26-2-24

condition of the road from the town's main market Tara Chowk to Mata Ka Mandir. Speaking on the occasion, Ganesh Chaudlast several years due to which shopkeepers, passproblems. Ganesh Choudthe shops due to which nent among those present



hary said that the road of the shopkeepers face seri- on the occasion include the main market has been ous losses. The valuable District President Rajkuin a bad condition for the goods get spoiled and the mar Gupta, Samba District shopkeepers have to suffer President Nek Ram, Badi loss. Ganesh Choudhary Brahmana President Saners-by and people coming said that the Municipality jeev Kumar, Arnia Vice for shopping are facing should start development President Bharat Bhushan, work in the market in col-President Vikas Kumar, hary said that when it rains, laboration with the local Yespal, Rahul Kumar, water accumulates in the shopkeepers. Along with Mohanlal, Shankar Singh, potholes in the road due to this, he warned the Munici- Suman Devi, Neelam Devi, which people fall and get pality that if the problem is Tripta Devi, Asha Devi, injured. He said that due not resolved within a few Sunita Devi, Reena Devi, to lack of proper drain- days, Shiv Sena Hindustan Sheela Devi, Geeta Devi, age system in the market, will gherao the Bishnah Pinky Devi and Sonia rain water enters inside Municipality office. Promi- Chaudhary.

GCW Udhampur organised field visit

to Village Organisation, Ballian

ABVP SKUAST-Jammu Unit Opposes Imposition of Contract Mess Rules

JI NEWS SERVICE JAMMU, FEB 26

JI NEWS SERVICE

Raman Bhalla, the Work-

a "leading role" in tackling

JAMMU, FEB 26

ABVP Jammu Agricultural tance of eliminating com-University adamantly pulsory minimum dietary opposed the mandatory restrictions. enforcement of the Con-

semester-based arrangement. Additionally, they underscored the impor-

Gourav Singh Presitract Mess policy across dent of ABVP SKUASTall university hostels. The Jammu Unit, in a resolute organization articulated statement, highlighted profound apprehensions the glaring exploitation vacate the hostels if they student body. regarding various facets of students and the sup- disagreed with the conof the contract mess, pression of their voices by notably emphasizing the the administration, par- This callous recommendanecessity for flexibility in ticularly condemning the tion, according to the prespayment by advocating for suggestion made by the ident, epitomizes a dismis-

Congress has history of protecting

interests of J&K people: Bhalla



In a show of unwavering tract mess regulations. determination, the ABVP Jammu Agricultural Unit issued a stern ultimatum to the university adminisa monthly billing system Dean of Student Welfare sive attitude towards the tration, urging immediate meaningful engagement, ongoing dispute over the as opposed to the current for dissenting students to legitimate concerns of the attention to the rightful the ABVP SKUAST-Jammu contract mess regulations.

university.

Abvp Unit president

JKNC Udhampur dissolves District Body, announces

demands of the students. Unit implored the admin-Failure to address these istration to reconsider its concerns, the president stance on the contract cautioned, would inevi- mess policy, ensuring tably precipitate a mass that the interests and strike, disrupting the well-being of the student normal functioning of the community remain paramount.

ABVP Jammu Agriculreiterated the fundamental tural Unit stands firm in principle that universities its resolve to safeguard should prioritize the wel- the rights and interests of fare and concerns of their the students, vowing to students above all else. pursue all necessary ave-Emphasizing the need for nues to ensure a fair and constructive dialogue and equitable resolution to the

JI NEWS SERVICE UDHAMPUR, FEB 26 this unit engaged in fruit

Council in collaboration with Department of Commerce, Government College for Women, Udhampur organised a field visit Manager, Dudu Basof students of B.Com Sem antgarh and Block Pro-IV to a Village Organ- gramme Manager, Tikri, isation, Ballian, block Udhampur here today. The activity was con- ing and functioning of

Mahajan, Principal of the college.

Students visited a self- vated to see the efforts group to start and run IIC, GCW Udhampur.

Singh, Block Programme Udhampur apprised the students about the funding startups. The students were moti-

Interactive session on "Job Awareness" organized at GCW Parade



JAMMU, FEB 26

cess story and many inspi-Training & Placement Cell rational incidents which organized an Interactive enlightened the students. Session on the theme "Job Mr. Dinesh Choudhary Awareness" under the had a detailed interactive patronage of the worthy session with the students Principal of the College wherein he highlighted Dr. S.P. Saraswat. The the areas of personalresource persons for the ity which need to be occasion were Prof. D.S. improved. He also provid-

and vegetable processing and provided livelihood Institution's Innovation opportunities to 12 SHG members. Mr. Naresh Kumar Mathur and Mr. Kirpal

ducted under the able 'Prayas' and shared valuguidance of Prof. Anjali able information regard-

help group unit known put by the SHG members as 'Prayas' having a and raised several queries total of 12 SHG mem- regarding their functionbers. The Department of ing which were addressed Rural Development and to their satisfaction. The Panchayati Raj Institu- students were accompations under the scheme nied by the faculty mem-UMEED under the Jammu bers-Prof. Neha Gupta and Kashmir Rural Liveli- (Convener); Prof. Pardeep hoods Mission (JKRLM) Singh and Dr. Sarabjeet facilitated this self-help Kour Sudan, members of



JI NEWS SERVICE

Manhas, Director, Place- ed detailed information

ing President of Jammu and Kashmir Pradesh Congress Committee (JKPCC), on Monday asserted that Congress has always taken

the challenges posed before ing people into problems". the country, saying the party "very well knows how to discharge its role of sacrificing everything for the country". "aggrieved" people of the pro-oppressed policies for Bahu constituency, Bhalla their upliftment. He assured said, "Today, the situation of J&K has become adverse farmers, and marginalized owing to the anti-people communities.

policies of the government. Spiralling inflation, poverty, malnutrition, crime and challenges before the democrat- tional and political rights of ic values, Constitution and J&K residents. He criticized Constitutional institutions, can only be tackled by Con- the restoration of statehood gress. For this, everybody and holding assembly elechas to play an active role." tions in the UT.

Urging the Congress workfaced by the people, he said, and the people. Stand with region. them, share their pain, and rid of the pain." He also said



and nepotism, Bhalla reiterated Congress's dedication to support for refugees, poor

Taking a dig at the BJP, he accused the ruling party of undermining the constituthe government for delaying

The JKPCC leader emphaers to understand the pain sized the need for unity among people in Jammu and "The history of the Congress the valley to safeguard their has been to reduce the pain rights and interests. He urged of every section of the coun- the initiation of a movement try. This is our present as to demand the restoration of well as the future. Hence, statehood and the reversal our priority is the country of hostile laws affecting the

Assuring Congress's their affiliations. He urged work hard to help them get commitment to protecting party leaders and workers Jammu and Kashmir's interthat the BJP governments at ests, Bhalla emphasized the activities and outreach prothe Centre and in J&K have party's efforts for peace and grams to stay connected with "committed the sin of push- prosperity in the region. the masses.

He urged public support to Addressing concerns ensure the effective impleabout job opportunities mentation of Congress's people-friendly agenda. He underscored the

Interacting with the implementing pro-poor and importance of upcoming assembly elections and called upon the people of Jammu to reject divisive forces. He highlighted the urgency for elections, signalling growing political alienation in the region.

Regarding job opportunities, Bhalla criticized the preference for outsiders in developmental projects, pledging to prioritize locals for employment. He called for public support to elect Congress candidates to address the region's issues

effectively. Raman reiterated Congress's vision for the economic empowerment of Jammu and Kashmir's people, promising impartial development and prosperity for all citizens, regardless of to strengthen their political Serving society is our tradition: Raina



JI NEWS SERVICE UDHAMPUR, FEB 26

Sunil Verma, District President of J&K National Conference, today announced the dissolution of the District Body with immediate effect.

This decision was made during a meeting held in Udhampur, wherein Sunil Verma also pro- President, Rattan Lal vided updates regarding Sharma as the Vice Presithe formation of all Block Committees in the district a retired teacher, as the and preparations for the Block Secretary. upcoming Lok Sabha polls.

in Udhampur District. In halqa, and ward commit-

will be formed based on tain discipline and contribthe consent and recom- ute towards strengthening Block Presidents, keeping

was appointed as the Block dent, and Krishan Das,

Sunil Verma informed Presidents to prepare for the attendees that the the upcoming polls and new district committee all party members to main- YNC Udhampur).

mendations of the new the J&K National Conference under the guidance of Dr. Farooq Abdullah, Omar Abdullah Sahab, and the party as a whole.

Block Committees have promptly constitute their Leader), Sajad Ahmed already been constituted respective panchayat, (District President YNC the following weeks, a tees. He also appealed to Kumar (District Secretary

Block. Bishan Das Sharma Channa Ram Sethi, Sh.

Amar Nath (Block President Jib Thathi), Capt. Rattan Singh (Block President Majalta), Manmohan Verma (Block President Tikri), Bishan Das (Block City Udhampur), Akash

Verma (Senior Youth

in mind the forthcoming Lok Sabha elections. Subsequently, Sunil Verma also announced the for-The Block Committee was constituted in presmation of the new Block Committee of Pancheri ence of Ch. Abdul Rashid,

Sunil Verma urged the President Udhampur), Om During the meeting, newly appointed Block Parkash (Block President

Udhampur), and Sudesh

Congress will provide respite to J&K people with its victory: Sanjeev Sharma



JI NEWS SERVICE SAMBA, FEB 26

Congress Distt Samba Presthat his party will provide achieved after re-organ-Sanjeev urged the party the very foundation of

at samba constituency tamount to dismantling Centre." workers to feel strong and the democracy." Sanjeev fight of Congress Party work harder to defeat the Sharma termed the Con- against BJP's open loot, fake narratives, being built gress a hope for all Indi- misleading and vendetta by the BJP, to mislead the ans, "which had ensured politics shall continue,

public and hide failures a tremendous develop- till it (BJP) is wiped out. on all fronts. Reacting to ment of the country in all People want change, the current socio-political respects and is struggling which is set to happen in and security situation in to ensure equitable jus- the country for the bet-J&K, sanjeev said, "There tice to every section of the terment of the public,

mir due to the denial of has given sacrifices for the democratic rights to them nation, which could not to dis-empower them be replaced by anything, politically and economical- at the same time. Sanjeev ident Sanjeev Sharma said ly. What the people of J&K took a jibe on the BJP for "disempowering people respite to people of Jammu isation of the full-fledged economically and benefitand Kashmir with its vic- state? The downgrading of ting its corporate friends tory and by defeating the J&K into two UTs was an at the cost of Country's designs and wrong poli- unfortunate move done by economy, which has sufcies of BJP. While adress- the BJP to rule J&K directly fered severe setbacks since ing a public geathering from the Centre . This tan- it (BJP) assumed power at

"The uncompromising is restlessness among the people living in the coun- besides inclusive develop-public in Jammu and Kash- try. "He said Congress ment of India,"he added.



JI NEWS SERVICI JAMMU, FEB 26

In an impressive, largely attended function at party headquarters, organized by Neelam Langeh, BJP SC Morcha president & former MLA, the party celebrating the Prakash Utsav of the great saint.

The function comof lamp and laying wreaths at the portrait of Guru Ravi Dass by BJP State President Ravinder Raina, & former minister, Dr. tion for the betterment General Secretary (organization) Ashok Koul, General Secretary & former minister, Dr. Devinder Kumar Manyal, General Secretary & former MLC Vibodh Gupta, SC Morcha president & former MLA Neelam Langeh, Morcha

gathering on this occa- able citizens. sion, said that India, the

and noble traditions. On gap between the public this land, many spiritual and the God and Guru and religious saints were Ravi Dass contributed a born and Guru Ravi Dass, lot in this regard in the one such among them, social service. He said earned the most respect- that this great saint had

of Guru Ji is full of inspiration and discipline.

teachings of Guru Ravi Dass to get united to socio-economic status. defeat the social evils and

Bharat, has been known & former MLA Neelam and the proceedings were as a land of rich culture, Langeh said that a 'Guru' conducted by Morcha heritage, religious values works as a bridge to fill the Vice-President B.R. Rao.

able and revered place in become an institution in the society of his times. himself by his inclination He said that Guru Ravi towards spiritualism and leaders highlighted vari- Dass was born in a poor zeal to end the caste-based ous aspects of the life of family and faced poverty, social practice and build Guru Ravi Dass, while atrocities, and insults but an all-embracing society. did not deviate from his He said that the BJP SC path of bhakti and came Morcha too is following to be known as Sant Shiro- the path of Guru Ravi Dass menced with the lighting mani. He said that the life and working towards creating social equality. He asked the Morcha activ-

BJP General Secretary ists to work in coordina-Devinder Kumar Manyal, and welfare of the comsaid that the community munity by making them has the responsibility to aware of the good works preach the message and of the Modi government, which have changed their

The gathering was excel to lead a respect- also addressed by former able and dignified life. He MLAs Kuldeep Kumar, general secretary Adrash stressed on educating the Dr. Krishan Lal and Prof. Jathiar and other leaders. children in the families Gharu Ram, former VC Ravinder Raina, while and motivate them to earn Balbir Ram Rattan read addressing the massive education to be respect- a welcome note, Morcha Seh Prabhari Jeet Angral SC Morcha president presented a vote of thanks

ment Cell, Cluster Uni- about various schemes versity of Jammu and Mr. for jobs provided by the Dinesh Choudhary, Direc- government and how stutor of Kartavya Academy. dents can apply and pre-

with a brief introduc- About 70 students were tion to Job opportunities present during the event. available for students in

The program started pare to take the benefit.

dents decide their careers

smartly. He shared his suc-

The programme was various sectors. Prof. D.S. coordinated by mem-Manhas motivated the stu- bers of the Training and dents toward career plan- Placement Cell (Ms. Sonia ning and how placement Bahu, Ms. Sukhvinder cells play a significant Kaur, Dr. Renu Bala and role in helping the stu- Prof. Pooja Devi)

ADGP Jammu adhere new rank to Sg. Constables



JI NEWS SERVICE JAMMU, FEB 26

Singh, Dinoj Kumar and Narinder Sukha. Anand Jain, IPS congrat-

Additional Director Gen- ulated the officers for their eral of Police, Jammu elevation and stressed the Zone, Jammu, Shri. Anand officers to work with zeal Jain, IPS decorated four and zest in future also. constables who have been elevated by pining cers who were present new rank in a simple func- on the occasion are Shri. tion held in Zonal Police Vishal Manhas, JKPS S.O to Headquarters Jammu this ADGP Jammu , Sh. Janardmorning. The Constables han Singh Slathia Dy.SP who were decorated as (S) Private Secy. to ADGP Sg. Constables rank are Jammu Zone were also ; Sanjay Kumar, Kabul present on the occasion.

The other Police offi-



Dr Rashmi Singh convenes public outreach programme

JI NEWS SERVICE GANDERBAL, FEBRUARY 26

Commissioner Secretary, demands so that remedial Hospitality & Protocol, measures are initiated Dr. Rashmi Singh, today accordingly. convened a public darbar here at Manasbal as part pora highlighted their of government's ambitious concerns including conpublic outreach cum griev-struction of a new building

Shyambir; SSP, Sandeep besides establishment of Gupta, Additional District a youth hostel and a cold Development Commis- store. sioner, Mushtaq Ahmad member Wakura and other district officers.

and delegations compristatives, who presented a vices in the area. memorandum encompass-

Senior officers of civil administration recorded the public grievances and

The people from Safaances redressal program. for Government Middle The event was attended School Safapora, upgraby Deputy Commissioner, dation of PHC Safapora

The social activists member Safapora, DDC ration store at New Colony UT. He also demanded ments. Gulabagh, unscheduled rehabilitation of stone power cuts, avenues for quarry workers Safapora, The programme wit- self-employment and land bus service from Sumbal nessed overwhelming allotment for Industries at to Batamaloo and sought response from the public Kohistan Colony Safapora. her intervention for timely

Meanwhile, delegation resolution of the genuine ing social workers, PRI from Tulmulla demanded issues raised by various and community represen- Fire and Emergency Ser- delegations.

DDC member, Safapo- ances and demands, the



Simnani, CEO SDA, CEO highlighted issues related implementation of 3-tier ority after consultation thanked them for their being offered by them. She WMDA, ACR, CPO, DDC to Lar Canal, additional panchayat system in the with concerned depart- constructive suggestions

> Regarding unscheduled power cuts, the DC informed that the issue schemes ensuring more earliest.

Dr. Rashmi Singh appre-In response to the grieving a broad spectrum of ra, apprised the Commis- Deputy Commissioner She appreciated the ini- understand grassroots-lev- teed under the constitudevelopmental and infra- sioner Secretary of various assured the Commissioner tiatives of various depart- el issues and ensure imme- tion, especially for those structural issues concern- development initiatives in Secretary that the raised ments like NRLM, Fisher- diate relief to the people facing violence within the ing their respective areas. block Safapora since the issues would be given pri- ies department, Sheep where ever possible.

and Animal She urged upon stake-Husbandry, holder departments to Health, etc. check the feasibility of the and lauded the demands raised so that success stories these could be incorposhared by vari- rated in development plan ous beneficia- under norms. On the occasion, variries especially

youth who ous departments had remain com- installed stalls to showmitted to their case their products and schemes. local art.

The Commissioner

While interacting with Secretary visited and the locals, the inspected took the stalls Commission- and enquired about the

such schemes.

er Secretary services and schemes evinced keen interest local and urged upon them to products especially made spread awareness about by Women Entrepreneurs the beneficiary oriented of various SHGs. Meanwhile, District would be resolved at the people get benefit from Legal Services Authority

raised awareness about Dr Rashmi Singh Domestic Violence on the ciated the district admin- emphasized the signifi- occasion. Assistant LADC istration for registering cance of such public dar- provided information saturation under various bars, stating that they about effective protection public welfare schemes. serve as a vital platform to of women's rights guaranfamily.

Mission Vatsalya organizes Capacity **Building Programme at Kupwara**

NEWS



JI NEWS SERVICE KUPWARA, FEBRUARY 26

ity building programme tion of child rights. on Juvenile Justice (Care and Protection of Chil- gramme, various speakdren) Act 2015, POCSO ers highlighted the cru-Act 2012, Adoption Reg- cial role and responsiulations, and child rights bilities of stakeholders

wara, Irfan Sultan Pand- these Acts and encouritpori was chief guest on the occasion.

tion Officer Kupwara, the importance of the Hidaitullah Mir; Assis- programme and gave tant Labour Commis- a detailed description sioner, Arshid Ahmad; of working mechanism DDC Member Drug- regarding Child Welfare mulla, Advocate Amina Committee, DCPU and Majeed, Chairperson JJB at the district level tee Kupwara, Ab Rashid sions were held on the Malik; Members CWC, rescue and rehabilita-Member Juvenile Justice tion process for various Board Kupwara, Dis- categories of vulnerabilitrict Child Protection ties such as child labour, DLSA Kupwara, Angan- child and runaway child, wadi workers, Prosecu- as per JJ Act 2015. tion Wing JJB Kupwara, Labour department, Assistant Labour Com-Asha Workers, Teachers missioner Kupwara from education depart- Arshid Ahmad and ments, PRIs, ULBs and Resource person Syed social welfare officials mujtaba highlighted attended the pro- various issues related gramme.

Speaking on the occa- tificates of participation sion, Chairman DDC and mementos were also appreciated the con- distributed to acknowlcerned officers and Insti- edge the active involvetutes for their concerted ment of the participants efforts in child care pro- in the programme.

issued directions to the

concerned authorities to

demand within the short-

public issues, the Com-

missioner Secretary

emphasized the combined

machinery in ensuring

of development works.

stakeholder departments

to adopt meticulous plan-

ning, which is crucial for

Mandeep Kaur, while

for adopting a public

departments to educate

the public about their

development projects.

est possible time.

Principal Secretary Culture convenes mega public darbar at Sarthal Kishtwar

JI NEWS SERVICE KISHTWAR, FEBRUARY 26

Principal Secretary Culture, Suresh Kumar from adjoining areas Gupta, today convened of Sarthal, Ghan, a mega public darbar at Karool thronged the Sarthal area of Kishtwar public darbar and and listened to grievances projected their issues and demands of people and demands, ranging besides inaugurating audi- from upgradation of tion for 'Kishtwar Idol' local infrastructure and season 2.0, a grand singing streamlining of public competition at Higher Sec- service deliverance ondary School, Sarthal. mechanism.

The Principal Secretary of their respective areas.

Devansh Yadav, ACD, Phu-ture. lail Singh, CPO Kishtwar,

BDO Trigam, Executive Engineers PWD and Jal Shakti besides others.

Scores of locals

Other highlighted active session with the tation of Sarthal block on primary objective is to examined and addressed public representatives priority, employment in ensure that the grievances expeditiously in consultafrom various panchayats Ratle HEP and upgrada- of people are redressed at tion with the concerned of Sarthal area who put tion of public infrastruc- their door step besides authorities. Principal forth their demands and ture including roads and every individual reaps the grievances concerning bridges. The public also benefit of all welfare and welfare and development voiced their aspirations developmental schemes. of the district administra-The event was partici- HSS Sarthal and NT-PHC actively engage with the of grievances of people pated by Deputy Com- Sarthal by ensuring ade- district administration on phone for an assured

Addressing the gath- the district. Shahnawaz Bali and other ering, the Principal Secdistrict and sectoral offi-retary underscored the lution of public issues, the the Holistic Agriculture the an singing audition also threw light on scholcers including CEO, CMO, paramount importance Principal Secretary stated Development Programme at HSS Sarthal for local arship schemes meant for DSWO, DPO, Tehsildar, of holding these public that concerns raised (HADP), the Principal singers of Sarthal under ST students.



Secretary appreciated the "Hello Kishtwar " initiative effective development of emphasis on coverage of eligible beneficiaries. poor people residing in

hi-tech farming and allied sector prac-

awareness about the welcommon masses for optimum outcome.

Meanwhile, the Princi-

Assuring prompt reso- far flung areas. Reviewing tary also inaugurated Health Department. He

Secretary emphasised the Kishtwar Idol season upon the masses and 2 launched by the disfarmers to benefit trict administration. He from schemes offer- announced that the wining heavily subsidized ners of Kishtwar Idol credit-linked options. Season 1 and season 2 will He encouraged the be felicitated at UT level farmers to leverage by the Jammu & Kashmir HADP schemes for Academy of Art, Culture and Languages (JKAACL). Earlier, the Deputy tices to enhance their Commissioner shared income manifold. He positive updates including also impressed upon transparency in employthe public represen- ment of land losers in tatives and district the Hydropower Project had an exclusive inter- concerns included delimi- darbars, stating that its during the event would be officers to disseminate (HEPP) and the approved RR plan for the Ratle HEP, fare schemes among the fostering infrastructure development including roads dedicated for the Sarthal area. He pal Secretary inspected announced that 200 mtrs the departmental stalls of damaged WSS Agral for improved facilities in He asked the public to tion envisaging recording and interacted with the will be repaired soon and officers and officials and updated that the meaenquired the status of ben- sures for rationalisation missioner Kishtwar, Dr quate staff and infrastruc- and contribute towards time bound redressal with efit being extended to the of staff in NTPC Sarthal will be done promptly The Principal Secre- in consultation with the

He emphasized the need for proper implementa-District Child Protection tion of different legisla-Unit, Mission Vatsalya tions of the Government Kupwara today organ- including Juvenile Justice ised training cum capac- Act to ensure the protec-

tection in the district.

During the proat Town Hall Kupwara. in ensuring the effec-Chairman DDC Kup- tive implementation of aged active participation. Chairperson CWC District Child Protec- Kupwara explained Child Welfare Commit- and detailed discus-Unit officials, PLVs from child begging, missing

> DDC Aamina Majeed, to child rights. The cer-

Div Com Kashmir discusses developmental issues of Rakh-I-Arth Housing Colony Bemina

JI NEWS SERVICE

SRINAGAR, FEBRUARY 26

The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting of Officers, here to discuss developmental issues of Rakh-I Arth Housing Colony Bemina Srinagar.

Among others the meeting was attended by Commissioner SMC/ V.C SDA, Dr Owais Ahmad; Vice Chairman, Bashir Ahmad; Secretary LCMA, Gulzar Ahmad; Director School Education Kashmir, Tasaduq Hussain; Chief Engineer (D) KPDCL, Sandeep Seth; ADC Srinagar; Jt. Commissioner SMC; Senior Manager, JK Housing Board; Ex. Engineer LCMA and AEE PHE; A.E WSMP PHE.

Deputy Commissioner meeting virtually.

At the outset, the concerned officers briefed the Div Com about the undertaken in the said Sukhnag water supply colony which includes scheme, and to further water supply, electricity, roads, sanitation etc.

The meeting was



Budgam attended the building stands complet- the electricity shall be ed and the same shall be augmented as DPR reapmade functional from this praisal has also been submitted. To ensure proper session.

It was also given out sanitation in the area, developmental projects that the area is fed from the Div Com directed the SMC to issue a tender for Solid Waste Management. school, hospital, parks, augment it, the water The Div Com took strong supply shall be improved note of encroachments in through tube wells. the area and directed the

Regarding electric- concerned to remove the informed that the school ity, it was informed that same forthwith

Public Outreach programme: Mandeep Kaur addresses public issues, concerns at Sanasar

JI NEWS SERVICE

RAMBAN, FEBRUARY 26

Commissioner Secretary, Housing and Urban Development Department, Mandeep Kaur, today convened an extensive public outreach programme to assess and address the public issues and concerns at Sanasar.

The outreach programme, organized by the district administration under the supervision of Deputy Commissioner Ramban, Baseer-Ul-Haq Chaudhary, aimed to facilitate locals to highlight their issues and seek solution.

The event was attended by District Development Council Chairperson, Dr. Shamshad Shan along with DDC mem- directly to understand bers, Director Housing their needs and aspiraand Urban Development tions. Through these Department, CEO PDA, Public Darbars, residents ACR, ACD, GM DIC, CEO, CMO, CAO, CHO, CAHO, DSHO, Cluster Head J&K Bank and other district officers, prominent citizens besides general public.

The Commissioner Secretary said that these istration and the people public darbars are being we serve," stated the Comorganized across the missioner Secretary. Union Territory under the directions of Lieu- Secretary emphasized



at gathering direct feedback, issues and aspirations from the grassroots level besides addressing the issues of local populace at their doorsteps. He added that these initiatives underscore the commitment of UT administration towards inclusive and need based development.

The Secretary highlighted the significance of engaging with the public

are encouraged to highlight their concerns and provide valuable insights into the development priorities of their communities, he added. "It is imperative for us to bridge the gap between the admin-

The Commissioner era.

tenant Governor, aimed that identified genuine demands will be integrated into various UT and centrally sponsored schemes, ensuring a holistic approach towards addressing the needs of the population. These role of public representainitiatives align with the tives and administrative government's vision of participatory governance effective implementation and citizen-centric development, where the voices She called upon the of the people are not only heard but also acted upon, he maintained.

PRIs led by Dr. Sham- enhanced execution of shad Shan highlighted various issues of public interests including upgrading interacting with officers of of road from Patnitop to line departments, called Sanasar, effective implementation of JJM projects, friendly approach in augmentation of Health resolving issues of public and Education infrastruc- importance by making ture, opening of Bank optimum use of existing branches and ATMs, Cable resources. She also vis-Car for farming activities, ited and inspected the execution of Gondola stalls set up by various project at Sanasar etcet-

Surgical Camp inaugurated at **GMC Rajouri** the concerns raised by the DDC Chairperson, the **Commissioner Secretary**

JI NEWS SERVICE

7- day Mega

RAJOURI, FEBRUARY 26

open bank branch and The Department of Health and Medical Education UT ATM in the area besides ensuring quality healthof J&K, in collaboration care facilities in the area. with Rotary International on Monday organised a 7 She directed the authorities to take appropriate day mega Surgical Camp action on every public being held in twin districts of Rajouri and Poonch of Pirpanjal region. Responding to the

A Team of Surgical specialists from different parts of Country performed 26 Major surgeries at Associated Hospital GMC Rajouri.

The camp has been organised under the patronage of LG Sh Manoj Sinha and guidance of Secretary H&ME Dr. Syed Abid Rasheed Shah and under the supervision of Deputy Commissioner Rajouri Om Prakash Bhagat.

In his welcome address, Dr. Syed Abid Rasheed Shah, expressed his gratitude to the team. He said the initiative will help local patients to get the surgical treatment which was pending due to some reasons. He also thanked ROTARY international for taking the initiative for coming to Rajouri and Poonch and giving their volunteer services.

While responding to schemes and services.

PRINTED, EDITED, PUBLISHED & OWNED BY SHAMBU NATH SHARMA, MANAGING EDITOR: ARTEEV SHARMA MOB.: 9419391611, PRINTED AT: JANSAMPARK PRINTING PRESS, BYE PASS, SIDHRA, JAMMU AND PUBLISHED FROM: JANSAMPARK PRINTING PRESS BYE PASS SIDHRA, JAMMU | MOBILE NO. 9419104223, 09419138284, PHONE NO. 0191-2539712 EMAIL: - JINDRAHIMAGES123@GMAIL.COM