

Terrorist hideout busted in Bandipora

JI NEWS SERVICE SRINAGAR, FEB 27

Security forces on Tuesday busted a militant hideout in Jammu and Kashmir's Bandipora district, police said.

The Indian Army, police and the Central Reserve Police Force (CRPF) conducted a joint operation based on a specific input and busted a terrorist hideout in the orchards of the Ayathmullah general area in north Kashmir's Bandipora district, a police official said.

A UBGL/grenade launcher, seven UBGL grenades, 95 rounds of ammunition and a bag were seized from the hideout, the official said.

Most wanted highway robber in police net in Rajouri JI NEWS SERVICE JAMMU, FEB 27

Police on Tuesday nabbed a notorious and most wanted highway robber in Thanamandi area of Rajouri district in Jammu and Kashmir.

Police said that the arrested person was wanted in as many as 11 criminal cases registered in various Police Stations of District Rajouri, Jammu and Samba.

The apprehended accused has been identified as Basharat Mehmood alias Bisha, resident of Nerojal Thanamandi area of District Rajouri.

Notably, arrested accused person is prime accused in a series of high-profile highway robberies, theft, assault, attempt to murder and rape charges and has baffled investigators for months. Multiple arrest warrants were issued by different Courts clearly manifesting the severity and complexity of the criminal activities that he has perpetrated, said the spokesman. This infamous gang was committing robberies on Highway and in parking areas of Districts Jammu, Samba and Rajouri, he said adding, "this arrest is expected to bring relief to the affected public and serve as testament to the commitment of law enforcement agencies in pursuing the justice." (Agencies)

Opposition convinced of loss in 2024 LS polls, thus abuses me: PM Modi

AGENCIES THIRUVANANTHAPURAM,

FEB 27

Prime Minister Narendra Modi claimed on Tuesday that the opposition, convinced it won't win the upcoming Lok Sabha polls, resorts to abusing him as it allegedly lacks a roadmap for the nation's progress.

Modi, speaking at the conclusion ceremony of the BJP state unit's padayatra at the Central Stadi- the last 10 years, Kerala people to bless the saffron opment like other BJPparty with seats in double ruled states. digits in the 2024 LS polls.

He further said the BJP antee to make all pos- as well as eradicate povnever sees a state from the sible efforts to realise the erty and corruption from perspective of vote-bank. dreams and expectations the country.

Modi claimed that over of the people of Kerala. The PM said it was um here, urged Kerala's has benefited from devel- 'Modiyude guarantee' (Modi's guarantee) to make India the third larg-He said it was his guarest economy in the world

PM Modi worked towards ending linguistic inferiority complex from children's minds: Shah

AGENCIES GANDHINAGAR, FEB 27

Union Home Minister Amit Shah on Tuesday praised Prime Minister Narendra Modi, saying he worked towards ending the linguistic inferiority complex from the minds of children and instilling a sense of pride among people for their language, culture, country and reli-

gion. He said PM Modi also made the world listen to him give speeches in Hindi on global platforms, including G20. Addressing a gathering

after inaugurating a medical college run by Shree Swaminarayan Vishwamangal Gurukul at Kalol in his Lok Sabha constituency of Gandhinagar, in their mother tongues. Shah said that in the last In a short time, students

Chief Secretary, Atal

Dulloo today adminis-

tered oath of office to

AGENCIES

JAMMU, FEB 27



towards ending the lin-

plex from the minds of

children," he said.

one decade of the Modi who wish to study medigovernment, improve- cal science in Gujarat can ment to medical services become a world-class

took place at a fast pace doctor. PM Modi worked in the country. There is no doubt that guistic inferiority com-Modi will become the prime minister for anoth-

er five years, he said. "For the first time, the leaders from India, who Modi government made arrangements for students to study medical abroad. and engineering courses has made the entire

HM extends ban on Jamaat-E-Islami-J&K for five more years

AGENCIES NEW DELHI, FEB 27

The Ministry of Home Affairs (MHA) on Tuesday extended the ban on Jamaat-e-Islami (Jammu and Kashmir) for five more years.

The extension of ban reiterates government's commitment to zero tolerance policy against terrorism and crackdown on separatist forces in the Kashmir Valley.

Shah said he has seen Home Minister Amit Shah, taking to X, said that government has talked about patriotism, banned the outfit for five speak in fluent English more years and asserted "Today, Narendrabhai that anyone threatening the security of nation CONTINUED ON → PAGE 4

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Project Sampark | BRO personnel clear snow in Doda, Kishtwar

AGENCIES JAMMU, FEB 27

With an aim to ensure connectivity and safety of the residents, the Border Road Organisation (BRO) under Project Sampark carried out snow clearance operation in Doda and Kishtwar districts of Jammu and

Kashmir. A Defence spokesman

BRO sprung into action by snowfall along with raindeploying all the machin- fall in recent times. This sage to the commuters.

Doda and Kishtwar area and creates high risks to



said Project Sampark of have witnessed a heavy road commuters.

"Advanced machinaries and equipment have been eries, resources and man- has resulted in many far deployed to clear any power to undertake the flung villages being cut off avalanche and landslides critical task of snow clear- due to snow accumulation occuring in the Kishtwar ance and provide safe pas- and Avalanches, which region. Timely snow clearcauses heavy landslides ance and road

CONTINUED ON » PAGE 4

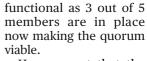
ent.



CS administers oath to Rajesh Sharma as JKWRRA member

the working of the Author- barrage. He asked them

to further explore possi-The Chief Secretary bilities of bringing more took this occasion to ask land under crop produc- the rates for use of water, the I&FC Department tion by devising requisite and all other relevant matto further expand their irrigation schemes under ters. command area under dif-NABARD etc. ferent irrigation schemes



He gave out that the Authority has an essential duty of regulating water resources in the UT. He said that its mandate includes ensuring judicious, equitable and sustainable management, allocation and utilization of these resources, fixing

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Pertinent to mention On the occasion the here that Sharma, an

CONTINUED ON → PAGE 4

It further noted that the

former Custodian General, J&K, Rajesh Sharma as the member of Jammu & Kashmir Water Resources Regulatory Authority (JKWRRA) here. On the occasion the ity.

ACS, Jal Shakti; Member, IKWRRA; Secretary, Jal Shakti; Chief Engineers of the Department besides other officers were pres-

Dulloo complimented here in the UT. He also ACS, Jal Shakti Depart- erstwhile IAS officer has Sharma for assuming his sensitized them about ment, Shaleen Kabra served in higher adminischarge and asked him the preparedness of the informed the gathering tration and management

for using his expertise in UT to receive the waters that the regulatory author- roles in J&K bringing innovations into from the Shahpur Kandi ity has now become fully

Man posing as Raj Bhavan official arrested

JI NEWS SERVICE

JAMMU, FEB 27

A man has been arrested for allegedly posing as a Government official posted with the Raj Bhavan in Jammu, the crime branch on Tuesday said.

The impersonator identified as Firdous Ahmad Wagay, a resident of Waskora village of Central Kashmir's Ganderbal, was arrested by a team of the Cyber Crime Investigation Centre for Excellence (CICE), the

CONTINUED ON >> PAGE 4

NHM releases ranking of public health facilities on JK e Sahaj for January

JI NEWS SERVICE SRINAGAR, FEB 27

National Health Mission, Jammu and Kashmir, today released ranking of Public Health facilities on Hospital Management Information System (JK e Sahaj) for the month of January 2024.

Government L D Hospital Rajouri.



ical College, Jammu. The In the category of bottom five in this catego-Associated Hospitals of ry included Super Special-Government Medical Col- ity Hospital Jammu, GMC leges, the first rank has Handwara, Government been clinched by Chest Medical College, Baram-

Disease Hospital, Jammu ulla, Government Dental followed by Psychiatric College, Srinagar and Gov-Disease Hospital Jammu, ernment Medical College, Hospital Sarwal, Jammu, Helpline for outbound

Srinagar, Kashmir Nursing In the category of and CHC Pakherpora, Home Srinagar, Govt Med- District Hospitals, DH Budgam. The bottom five

this category included DH and DH Reasi.

In the category of Comhas been bagged by CHC Charie-Sharief Budgam, integration with Rapid followed by CHC Banihal, AH Gagwal, Samba

Shopian, secured the in this category include first rank followed by ed CHC Thanamandi, DH Ganderbal, Govern- Rajouri, Rajeev Gandhi ment Hospital, Gandhi Hospital, Jammu, CHC Nagar, Jammu, ASYM DH Langate, Kupwara, CHC Budgam and DH JLNM Sri- Zachaldara Kupwaraand nagar. The bottom five in CHC DH Pora Kulgam.

IK e-sahaj (Electronic Ramban, DH Bandipora, System for Automation DH Kulgam, DH Samba of Hospital Administration in J&K) initiative was

formally launched on 4th munity Health Centres November 2022 as part (CHCs), the first rank of Jashn-e-Sehat, by the Lt Governor, J&K having Assessment System (RAS), Ramban, Government 104 Centralised Health calling and RCH portal of MoHFW, Government

CONTINUED ON >> PAGE 4

Freight train runs Driverless for 75 Km in J&K: Probe suggests driver, station master at Fault

AGENCIES

NEW DELHI, FEB 27

A preliminary probe into the incident of the driver- master of Kathua. less running of a freight

way officials, has recorded

formations along LoC in Jammu

the turn of events which tion master carried out point to dereliction of an inspection which was duties on the part of the video recorded and found that the wagons' handdriver and the station brakes were not in applied

Exclusively accessed by position. train for about 70 km from PTI, the report said the

applied and take other The report added that, measures to ensure that it CONTINUED ON >> PAGE 4

Kathua (Jammu) to Ucchi loco pilot in his statement station master of Kathua, Bassi Station (Punjab) in submitted that besides who was on duty, did not Jammu Tawi-Pathankot stabilising the engine stabilise the train properly section has suggested that and three wagons of the from 6:05 am to 7:10 am. both the driver as well as train by applying hand Railway officials said that

signed by five senior rail- that it couldn't move.

Army commander reviews preparedness of

incident and described Bassi the concerned sta-

CAA rules to be issued before model code of conduct comes into effect: Sources

Hindus, Sikhs, Jains, Bud-

AGENCIES

NEW DELHI, FEB 27 The rules for the imple- fortnight. mentation of the contenfast-tracking citizenship sources privy to the devel-

to undocumented non- opment said. Muslim migrants from Pakistan, Bangladesh and the CAA are issued, the Afghanistan are likely to Modi government will be issued before the Model start granting Indian citi-Code of Conduct for the zenship to persecuted 2024 Lok Sabha elections non-Muslim migrants comes into effect.

The Model Code of Con- dhists, Parsis and Chrisduct (MCC) gets enforced tians - from Bangladesh,

immediately after election Pakistan and Afghanistan schedule is announced, who had come to India till which is likely in next December 31, 2014.

The CAA was passed in The rules for the CAA is December 2019 and it got tious Citizenship Amend- likely to be issued before president's assent subsement Act, 2019 (CAA) for the MCC comes into effect, quently. However, the law could not be implemented so far as rules are a must When the rules for for its implementation.

> There were massive protests in some parts of the country after the CAA was passed by Parliament. Over a hundred people lost their lives during the protests or police action. CONTINUED ON >> PAGE 4

AGENCIES JAMMU, FEB 27

Army's northern commander Lt Gen M V Suchindra Kumar on Tuesday visited Jammubased White Knight Corps headquarters and reviewed preparedness of the formation deployed along the Line of Control (LoC) in the region.

Lt Gen Kumar assumed the charge as General Officer Commanding-in-Chief of Udhampur-based northern command on



February 19 and immediately visited Srinagarbased Chinar Corps besides several forward areas along the LoC in the valley.

In a post on X, the northern command said Lt Gen Kumar visited the White Knight corps to review operational preparedness.

"The Army Commander reviewed the state of preparedness of the formations deployed along the Line of Control," the army said.

the station master failed to brakes, he also placed two as per norms, the station fulfil their responsibilities. wooden wedges before master has to check if The joint probe report, the wheels of the loco so the brakes are properly the statements of various however, when the train would not move. Accordpersons involved in the was stopped at Ucchi ing to the report, it



BMW Motorrad India kickstarts 2024 edition of BMW Motorrad Safari

JI NEWS SERVICE JAMMU, FEB 27

BMW Motorrad com- motorcycling community mences its most awaited with shared bonds and riding experience - BMW memories." Motorrad Safari in India. Conceptualised exclusive- is enhancing the BMW ly for BMW riders, BMW riding experience with Motorrad Safari offers the over 72 expeditions in ultimate riding experienc- 2024 through BMW Motor- and riding styles of BMW guidance at every turn. es across the world.

gettable moments, narratives, and voyages for all participants, enriching the

BMW Motorrad India

rad Safaris and Weekend riders, making each jour-VikramPawah, Presi- Escapes. These exclusive ney unique. dent, BMW Group India, safaris and riding experisaid, "Motorcycling tran- ences will be organized embodies the essence their leisure, encouraging scends mere travel, offer- through BMW's extensive of touring, spanning an them to fully embrace and ing a distinct pathway dealer network spread to explore personal pas- across India, offering an journey that begins and sions, uncover untouched unparalleled opportunity concludes at a singular tered en route. Beyond terrains, and embrace for riders of BMW Motor- locale. This meticulously unparalleled freedom. rad motorcycles to embark curated expedition navi-BMW Motorrad unlocks on adventurous journeys. gates through pre-select- community atmosphere, and natural elements of approximate distance an expansive universe of The locations for these ed scenic trails, offering facilitating connections experiences, tailored to safaris have been carefully participants a harmonisuit every rider's needs. selected to include some BMW Motorrad Safari aims of the most scenic desti- tions, entertainment, and to unveil novel adven- nations around the globe culinary delights. Detailed tures, empowering riders as well as within India, route maps are dissemi- table memories. to fully leverage the capa- ensuring a visually stun- nated beforehand, ensurbilities of their BMW bikes. ning backdrop for every ing riders are well-pre-The joy of riding is mag- ride. Each safari promises pared for the adventure nified when shared; thus, to be a tailor-made riding that lies ahead, with BMW BMW Motorrad Safari is experience, catering to Motorrad marshals leading designed to forge unfor- the diverse preferences the way, providing expert



The event is designed with flexibility in mind, allow-

BMW Motorrad Safari ing riders to traverse at immersive 5 to 7-day absorb the stunning landscapes and vistas encounthe ride, BMW Motorrad Safari fosters a vibrant among participants who ous blend of accommodashare a common passion, thereby creating lasting friendships and unforget-

BMW Motorrad Safari -2024

South Africa adventure you to the heart of the back to Barcelona.

begins in the dynamic city mystical kingdom, where Tsitsikamma. Witness explore the unique allure

of Oudtshoorn, and touch the southernmost tip of Africa at Cape Agulhas. The journey circles back along the picturesque coast of Hermanus, return- France, navigating through ing to Cape Town. This some of the most captivatexpedition offers a deep ing landscapes the world dive into the rich cultural South Africa, promising an of 1350 kilometers, this unforgettable exploration expedition begins in the of its diverse landscapes. BMW Motorrad Safari -Bhutan, 19-25 April 2024

Embark on a captivat- the historic towns of La The series will kick-start ing 7-day journey through SeuD'Urgell and Cardona, with the following Safaris. the enchanting landscapes ventures into the spiritual of Bhutan, beginning and heart of Lourdes, explores South Africa, 17-26 March concluding in Siliguri. the medieval charm of The immersive tour takes

of Cape Town, sweeping the serene capital city of you away to the majes- Thimpu, the picturesque tic Cape Point, through town of Paro, and the histhe lush vineyards of the toric valley of Punakha Cape Winelands, and into await your exploration. the heart of the enchant- Highlighting the advening forests of Knysna and ture is a visit to the iconic Tiger's Nest, a sacred monthe majestic beauty of astery perched of a cliff, the Addo Elephant Park, promising breathtaking views.

BMW Motorrad Safari -Spain & France, 27 May to 03 June 2024

This safari unites the splendor of Spain and has to offer. Covering an vibrant city of Barcelona, takes you along the stunning Costa Brava, through Ainsa, and finally circles

DMO Kathua lodges FIR against offender for illegal mining

NEWS



JI NEWS SERVICE KATHUA, FEBRUARY 27

District Mineral Officer Kathua Rajinder Singh has lodged an FIR against people and taking immean offender for illegally diate cognizance of the excavating and transport- complaint, instructions ing minerals from land at were issued to DMO for Janglote.

The FIR has been lodged under different the offender was making IPC, MMDR Act and other sale of mineral from the provisions of the law. The land by using JCB and accused has been imme- tractor trollies in violadiately arrested by police tion of rules of Geology and further investigation and Mining department.

also filed before Deputy Commissioner Dr Rakesh Minhas by some local taking strict action.

Earlier, a complaint was

is going on.

It was informed that

GDC Vijaypur organises Symposium on "Voting Rights"

JI NEWS SERVICE SAMBA, FEBRUARY 27

Department of Political Science, in collaboration with NSS Unit (KHIDMAT) of Government Degree College Vijaypur organised a symposium on the theme, "Vote for Democracy" as part of Voting Awareness Campaign.

rights and procedure for conditions of the comfifty college students parfervour and zeal.



about the importance of young people contribute Prof. (Dr.) Vandana voting in a democracy and to democracy. While it's Gupta, Principal of the explained in detail how to just one of many ways to college guided the event register in the electoral engage in civic life, it is a aimed to increase the rolls through online mode powerful way for young enrolment of the new and also enlightened the people to make their eligible voters and create students about the history voices heard and to have awareness among the stu- of election commission an impact on issues that dents about their voting of India. The terms and affect them. The event was coorenrollment. More than petition were informed dinated by Prof. Anita by Prof. Renuka Kundal, Jamwal and Prof. Renuka

ticipated in the activity Lecturer, Department of Kundal. It was co-cordinatwith great enthusiasm, Political Science. Principal ed by Prof. Mamta Gupta, of the college Dr. (Prof.) Dr. Anoop Bhagat, Prof. The event commenced Vandana Gupta while Ritu Bhagat, Dr. Manoj with the welcome address speaking on the occasion Heer, Dr. Naseem Chowdby Prof. Anita Jamwal, said that voting is a fun- hary (NSS PO), Dr. Priyan-HOD Political Science. damental act of civic par- ka Ganjoo and Dr. Radhika She briefed the students ticipation through which Rasyal.

GDC Ajas organises Voter Education & NHM releases ranking of Awareness programme under SVEEP

JI NEWS SERVICE BANDIPORA, FEBRUARY 27

Government Degree College (GDC) Ajas on Tuesday organized a comprehensive Voter Education and Awareness programme as part of the Systematic Voters' Education and Electoral Participation (SVEEP) campaign at the college auditorium, here

The aim of the program was to educate students about the importance of voting and electoral participation.

The event was attended by students and faculty members.

The program commenced with an inaugural address by the college principal, highlighting the significance of active participation in the electoral nation.

A special lecture was



Ashaq Hussain Parray about the electoral process, emphasizing the doubts regarding the elecrights and responsibilities of voters.

political participation.

Later, an interactive where participants had questions and clarify their toral process.

He highlighted the voting procedures, voter importance of voter identification, electoral registration, casting roll verification, and the process for the growth informed votes, and the significance of free and and development of the role of youth in shaping fair elections were disthe future through active cussed during the programme.

DC Shopian chairs District Level

Public Health facilities on JK e Sahaj for January

JI NEWS SERVICE SRINAGAR, FEBRUARY 27

National Health Mission, the first rank followed by Jammu and Kashmir, today DH Ganderbal, Governreleased ranking of Public ment Hospital, Gandhi Health facilities on Hospi- Nagar, Jammu, ASYM DH tal Management Informa- Budgam and DH JLNM Srition System (JK e Sahaj) nagar. The bottom five in for the month of January this category included DH 2024. In the category of Ramban, DH Bandipora, Associated Hospitals of DH Kulgam, DH Samba and Government Medical Col- DH Reasi. In the category leges, the first rank has of Community Health Cenbeen clinched by Chest tres (CHCs), the first rank Disease Hospital, Jammu has been bagged by CHC followed by Psychiatric Charie-Sharief Budgam, Disease Hospital Jammu, followed by CHC Banihal, Government L D Hospital Ramban, Government Srinagar, Kashmir Nurs- Hospital Sarwal, Jammu, ing Home Srinagar, Govt AH Gagwal, Samba and Medical College, Jammu. CHC Pakherpora, Budgam. The bottom five in this The bottom five in this category included Super category included CHC Speciality Hospital Jammu, Thanamandi, Rajouri, GMC Handwara, Govern- Rajeev Gandhi Hospital, ment Medical College, Jammu, CHC Langate, Baramulla, Government Kupwara, CHC Zachaldara Dental College, Srinagar Kupwaraand CHC DH Pora and Government Medical Kulgam.

College, Rajouri. In the category of District Hospitals, DH Shopian, secured

delivered by College

Education Nodal officer, session was conducted sharing valuable insights the opportunity to ask

Various topics such as

DC assesses power supply scenario on outskirts of Kishtwar Town post charging of 132 KV Ramban-Khellani Line

JI NEWS SERVICE

KISHTWAR, FEBRUARY 27

Deputy Commissioner (DC), Dr. Devansh Yadav today led a comprehensive inspection to evaluate the power supply scenario on the outskirts of Kishtwar town after recent infrastructure upgrades -(Successful Charging) of the 132 KV Ramban-Khellani-Kishtwar line upto Khellani.

Accompanied by DIO Kishtwar, Dr. Kuldeep Kumar, AEE PDD, Sudheer Sharma, and other officials from the Power **Development Department** (PDD), the DC embarked on a thorough examination of power supply to assess the adequacy and reliability of the distribution network.

tion here that earlier the functional up to Khellani Twin districts of Doda by PGCIL & JKPTCL on and Kishtwar were rely- January 31, 2024, after a ing on the 132KV DPS line hiatus of over 17 years. constructed in 1987 for Khellani-Kishtwar line District Kishtwar. faced various challenges, commissioning.



ary support from the UT urban areas of Kishtwar administration, the line are now receiving more Pertinent to men- was successfully made than 20 hours of power supply, while rural areas benefit from 18 hours. During the ground

assessment of the impact,

This significant develop- DC Kishtwar directly power supply. Initiated ment bolsters substantial engaged with local resiin 2007, the construction improvements in power dents of the outskirt of the 132KV DC Ramban- supply for the residents of areas like Sarkoot, Hatta,

As a result of a remark- har areas by door-to-door leading to delays and non- able increase from the visits, holding discus-However, with persis- MW to a total of 45 MW for experiences and content efforts and budget- the district Kishtwar, the cerns regarding the power

supply

DC Kishtwar inquired with the locals about the power supply and he was apprised that power received as of now is 18-20 hours per day rather than the previous 10-12 hours per day, as a result of the concurrent availability of an additional 10-12MW to the district through the 132KV Dul Hasti line.

The visit by the DC to the outskirts of Kishtwar town marks a significant milestone in ensuring the improving power supply infrastructure and enhanced quality of life for residents.

The successful charging of the 132KV Ramban-Khellani-Kishtwar line has brought immense relief to District Kishtwar, marking a pivotal moment in addressing longstanding power challenges. Gratitude resonates across the community towards PGCIL, JKPTCL, and the UT administration, especially Hon'ble Lieutenant Governor Shri Manoj Sinha.

Poochal, Kundali, Cher-Urban and rural areas alike are experiencing significant enhancements, previous allocation of 33 sions to understand their bringing joy and convenience to households, students, and residents



members and others.

counter drugs

JI NEWS SERVICE SHOPIAN, FEBRUARY 27

The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb who is also the chairman of District Level Committee (DLC)

at Mini-Secretariat, here.

During the meeting, threadbare discussion was held on various issues related to incidence of drug addiction, areas of concern and hotspots of drug use besides cultivation of illicit poppy and bung in the district.

The DC sought details from the concerned departments about the measures taken to control the drug menace and cultivation of illicit poppy and cannabis in the district.

He stressed on intensified crack downs on the drug peddlers along with Assistant Drug Controller officers were present.

to ensure installation of rigorous awareness/ sensitization camps and inspec- CCTV in all Pharmaceutition drives in a coordinat- cal stores.

During the meeting, DC exhorted upon the SDM, such as Police, Medical, Zainapora and Tehsildars for organising mass awareness drives on drug abuse The DC impressed upon in their respective areas the stakeholder departwith active participation ments to work with syn- of the Police department. ergy to combat drug abuse He further directed SDM, in the district by playing Zainapora to keep a high an active role in anti-drug vigil in such areas which are vulnerable to drug trafmeasures. He directed the concerned officers to plan ficking.

a sensitization programme The meeting also about drug addiction with discussed the role of Social Welfare, Educaparticipation of all the concerned stakeholders, tion, Health, Youth Serincluding school princivices and Sports for drug pals, students, civil society demand reduction strategies, rehabilitation and Assistant Drug Controlmental health counseling ler apprised the meeting etc.

that 95% medical whole-Senior Superintensale/retail shops so far dent of Police, Shopian, have installed CCTV cam-Tanushree; ACR, Shopian, eras for proper surveil-Shakoor Ahmed Dar, SDM lance of sale of over the Zainapora, Tehsildars, CMO Shopian and other The DC directed the concerned Civil and Police

Shabnam Kamili chairs Public Darbar at Panchayat Dori, Block Kharah Balli

JI NEWS SERVICE

JAMMU, FEBRUARY 27

Secretary ARI & Trainings, Shabnam Kamili today chaired a Public Darbar in Panchavat Dori, Block Kharah Balli, to address local concerns.

The meeting was also attended by the DDC Member and other public representatives besides local citizens

Among various issues, the need for improved educational facilities and infrastructure were prominently raised during the meetings. The importance of enhanced staff and facilities at the local Primary Health Centre were also raised. Reliable and sufficient drinking water supply remained another priority of the public.

Addressing water supply concerns, the Secretary highlighted the ongoing works under Jal Jeevan Mission, assuring swift action. It was also informed to the public that the requirement of medical facilities at the PHC have already been noted and being taken up for fulfilment.

In her address, the Secretary highlighted the government's unwavering efforts to improve overall conditions and elevate the status of citizens in the Union Territory. Roads and infrastructure development remain key focus areas, she reiterated.

ed manner between the concerned departments Education and Social Welfare, etc.

under Narco Coordination Centre (NCORD), Shopian today chaired the NCORD Committee meeting with the concerned members

JINDRAH IMAGES JAMMU, FEBRUARY 28, 2024 WEDNESDAY

NEWS

Maha Shivratri festival

Suresh Kumar visits Pandavas site, **Ek Mukhi Shivji Heritage Temple**

JI NEWS SERVICE DODA, FEBRUARY 27

Principal Secretary Culture, Suresh Kumar Gupta, today visited the ancient Pandavas site at Shiva Dal and Ek Mukhi Shiv Mandir to take stock of infrastructure and other requisite facilities available for the visitors at both the destinations

The visit was conducted as preparatory measure for celebration of upcoming Maha Shivratri festival. as thousands of devotees throng these religious spots from various parts of the country.

tary was accompanied sites for the posterity. by President of Ek Mukhi Shiv Mandir Samiti Mohal- expressed assurance that la, Seva Ram Parihar and both these culturally sigother samiti members.

During the visit, the the potential to attract visi-Principal Secretary tors not only from Jammu evinced keen interest in and Kashmir but also from learning more about these across India and the world. ancient sites and stressed He assurd to take all neceslaborative efforts towards infrastructure at these pilpreserving and maintain- grimage sites, which could last year.





The Principal Secre- ing our cultural heritage

of the entire region. nificant heritage sites have tary about various prothe significance of col- sary steps to enhance the the Mata Machail Yatra at

contribute immensely towards boosting economy The Principal Secretary

Seva Ram Parihar briefed Principal Secremotional activities being conducted regularly by the Samiti management, including organization of a 2-day langar sewa during the Pandavas site Shiva Dal

Mission Shakti Boosts Girls: 'Beti Bacho Beti Padho' event encourages equality, education in Jammu

JI NEWS SERVICE JAMMU, FEBRUARY 27

Social Welfare Department on Tuesday arranged a special event under the mission of "Beti Bachao Beti Padhao" here at the Mission Shakti Office in Preet Nagar, aiming to support girls and promote equality.

Inspired by the slogan of the Government of India's initiative, the event focused on "Save the Girl Child, Educate the Girl Child." It emphasized the importance of investing in girls' education to create a fair society.

Under the slogan of Beti Bachao Beti Padhao, the event aimed to stop bias against girls, addressing issues like female feticide, underage marriages and gender prejudices. The goal the overall development of girls



with Additional Deputy Jammu. Commissioner Shishir

Gupta and special guests was to raise awareness and Ishita Rathi (IAS) and Discreate an environment for trict Social Welfare Officer Mamta Rajput.

Other attendees includ-The event had Deputy ed Shagun Manchanda, tional kits, baby essen- a Gender Specialist from Commissioner Jammu, District Mission Coordina- tials, school bags, laptop DHEW Jammu, presenting Sachin Kumar Vaishya, tor Mission Shakti and offi- bags and sewing machines

as the Chief Guest, along cials from DHEW and OSC among beneficiaries.

Deputy Commissioner informative sessions with Sachin Kumar Vaishva Advocate Mamta discussspoke about the "Beti ing legal matters, Dr. Paras Bachao Beti Padhao" cam-Khanna from Shankus Hospaign and also distributed pital sharing health insights essential items like nutri- and Khushboo Kapthe,

women-centric schemes.

DG Rural Sanitation visits **Budgam**, reviews work done under SBM-G, ensuring functionality

JI NEWS SERVICE BUDGAM, FEBRUARY 27

Director General (DG) Rural Sanitation, Anoo Malhotra Tuesday undertook a comprehensive visit to district Budgam to assess the functionality of Swachh Bharat Mission Gramin (SBM-G) assets.

The visit aimed to ensure the effective implementation of sanitation facilities and timely interventions for better results in door-to-door waste collection, collection of user charges, engaging Self Help Group members in different activities, creation of Swachhta Bank and developing of legacy waste sites into revenue generation places and community involvement in different activities.

During her visit, Anoo Malhotra meticulously inspected the sanitation facilities at Panchayat Choon, where she interacted with community members at Common Service Center (CSC), inspected Segregation Shed, Community Compost Pits, Legacy Waste sites and visited Soak Pit constructed at Government Secondary School.

She directed the concerned officers to expedite the functionality of Segregation Shed and Community Compost Pit within two weeks' time emphasizing the importance of clean and hygienic facilities for locals.

Continuing her inspection, Anoo Malhotra visited Panchayat Arigam in Khansaheb Block of the district to interact with community members and to evaluate the functional status of the assets constructed in the panchayat. She stressed the need for proper maintenance and utilization of these plants to maximize their benefits for the community.

Week-long Seminar cum Awareness Management **Programme on Pradhan Mantri** Development Vishwakarma Yojana held at Doda



JI NEWS SERVICE DODA, FEBRUARY 27

A Seminar cum Awareness

Yojana to empower individuals and enhance their livelihoods.

The experts and Programme on the Prad- resource persons shared han Mantri Vishwakarma valuable insights on the Yojana was today organ- scheme, its eligibility criised here under the super- teria, benefits and appli-

Relief Commissioner (M) reviews arrangements for Maha Shivratri Festival

JI NEWS SERVICE JAMMU, FEBRUARY 27

Program on A meeting was held today **Business Marketing** under the chairmanship of Management for **MSMEs culminates** to review the necessary at Baramulla arrangements for Annual Maha Shivratri Festival, falling on 07/08th of March etc.

2024

JI NEWS SERVICE BARAMULLA, FEBRUARY 27

MSME DFO Srinagar under Civil Supplies & Consumer Ministry of Micro, Small, Affairs (FCS&CA), Fisherand Medium Enterprises ies, Floriculture, Horticul-(MSME) in collaboration with the District Industries Jal Shakti, Jammu Munici-Centre (DIC) Baramulla, pal Corporation and reptoday successfully concluded a week-long Management Administration attended Development Program on the meeting. The chair highlighted Business Marketing Manage the importance of Maha

ment. The program aimed to enhance the capacities of Micro, Small, and Medium Guru Ravidas ji was light for people Enterprises (MSMEs) in the region, focusing on the latest marketing strategies, immersed in darkness: Swami with a special emphasis on GeM and Social Media mar Gurdeep Giri ji Mahaaraj keting.

ticularly for the Kashmiri Talab Tillo etc. during the rates in close coordination Pandit community and festival days. requested the District Administration to consti-

tute checking squads to Dr. Arvind Karwani, Relief monitor the quality and and Rehabilitation (M) J&K the rates of the essential commodities like Flowers, Pooja items, Mutton, Fish, Vegetables, Milk products

The Floriculture Depart-The officers from Food ment assured the supply of flowers especially Bael/ Bael leaves and Marigold to all the migrant camps ture, Sheep Husbandry, viz. Jagti, Muthi, Purkhoo and Nagrota and Non Camps areas where Kashresentatives from District miri Pandits have a sizeable population viz Durga Nagar, Roop Nagar, Janipur Colony, Anand Nagar,

The Department of Hor-

ticulture assured supply of good quality walnuts, green vegetables, espemigrant camps and non camps areas during the areas. festival days on approved

rates supply of all quality food items in camps and non

The Jammu Munici-Shivratri Festival, par- Nagar, Muthi, Udhaywala, of mutton at reasonable days

with Jammu Municipal Cor-

The program included

poration. The Department of Fisheries assured supply of adequate quantities of fish cially Nadru, etc in all the in all the migrant camps and prominent non camps

> The participants assured that all the necessary facilitate smooth celebration of Maha Shivratri festival

Chief Engineer, JPDCL

The Department of arrangements will be in FCS&CA assured smooth place well in advance to camp areas.

pal Corporation assured and Chief Engineer, PHE arrangements of cleanli- Department, was requestness in the areas falling ed to ensure uninterruptwithin the municipal limits. ed electricity and water The Sheep Husband- supply in all the migrant ry Department, Jammu camps and non camps Bohri, Gangyal, Subash assured adequate supply areas during the festival

vision of Deputy Commis- cation process during

number of people.

Speaking on pro- sional growth. gramme DC Doda highby the PM Vishwakarma prospects.

sioner Harvinder Singh. the seminar. They also The event, which aimed addressed queries and to educate and enlighten concerns raised by the the local community participants, providing about the benefits of the them with a better under-PM Vishwakarma Yojana, standing of how they can was attended by a large leverage the scheme for their personal and profes-

organizers The lighted the importance of expressed their committhe scheme in promoting ment to supporting and skill development and guiding interested indientrepreneurship among viduals in availing the the youth. He emphasised benefits of the scheme the need for utilizing the to enhance their skills opportunities provided and boost their economic

Poshan Project activities reviewed in Assar

JI NEWS SERVICE

DODA, FEBRUARY 27

In a proactive move towards bolstering welfare schemes, District Programme Officer for Poshan Project Doda, Paramjeet Singh conducted a comprehensive review of ongoing initiatives in Poshan Project Assar, here the other day.

The review meticulously assessed the implementation of Centrally Sponsored Schemes (CSS), with emphasis on the procurement of supplementary nutrition as per decentralized policy. Paramjeet Singh handed over engagement orders to 08 newly appointed Sahayikas (AWHs) within the Poshan project Assar. This step underscores a commitment to bolster the implementation of welfare schemes and ensure their seamless execution at the grassroots level.

In a bid to ensure optimal outcomes, stakeholders including supervisors and Sanginis received on-the-spot directives to diligently execute their roles. Nissar Hussain, the Child Development Project Officer (CDPO) for Assar, reassured the DPO of Assar's unwavering commitment to monitor the performance of all schemes on a daily basis, addressing any potential hindrances promptly.

Saheel Alaqband, Assistant Director MSME GoI, expressed gratitude on the final day, highlighting the program's objective to build the capacity of MSMEs in the region.

Alaqband said, during the week, participants were exposed to expert insights and knowledge from resource persons who are experts in their respective fields. The sessions covered various aspects of marketing, with a particular focus on emerging trends in GeM and Social Media marketing. In addition to marketing strategies, the program also shed light on other crucial areas. A session on Intellectual Property Rights was conducted by the Assistant Director MSME GoI provid-

ing participants with valu-

able information on safe-

guarding their intellectual

assets.

tices.

JI NEWS SERVICE JAMMU, FEB 27

Another insightful session was led by Shahid Abbas, CEO of GIF NIT Srinagar, on the Importance of Design for Manufacturing. Participants (MSMEs) expressed their satisfaction with the program, commending the organizers for providing them with valuable insights and practical knowledge. Many emphasized the need for more frequent programs of this nature to keep MSMEs updated on the latest industry trends and best prac-

Ramgarh (Gurdeep Kumar): Human life has been called the best of all religious texts. This life is found by man to attain God and Satguru is the means of meeting God, this sentence was said by Shri Shri 108 Swami Gurdeep Giri Ji Maharaj Guru Ravi Das Praband- path shown by the Guru. tees took prasad.

hak Committee at Palota, Describing Guru Ravidas Ramgarh, in which Shri as the messiah of equal-Shri 108 Swami Gurdeep ity, Swamiji said that Giri Ji Maharaj made the Guru Ravidas ji brought sangat happy with the the people trapped in prvachan. Sangat also the utter darkness of praised Guru Ravidas false religious pomp and Maharaj ji and worshiped superstition to the light of for the happiness and knowledge. The welfare of peace of the family. The the society and the whole sangat bowed his head at world is possible only by Guru Gaddi and Ravidas following the path shown temple and received the by Guru ji. Former state in satsang organized at blessings of Guru ji by minister Yashpal Kundal Palota, Ramgarh. He said offering prayers. In the also participated in the that since ages, saints religious program, Swami religious program and have fulfilled the purpose Gurdeep Giri Ji Maharaj called upon the sangat to of their life only by getting of Pathankot shed light follow the path shown by knowledge from the Com- on the biography of Guru Guru Ravi Das ji. A Bhanplete Satguru. Satsang Ravidas Ji and called upon dara was also organized at was organized by Shri the sangat to follow the the end in which the devounder CAPEX budget 2023-24

DC Doda reviews progress



JI NEWS SERVICE DODA FEBRUARY 27

Deputy Commissioner highlighting the signifi-(DC) Harvinder Singh cance of efficient impletoday reviewed the mentation to benefit the achievements made district's residents. under Capital Expenditure (Capex) plan for fiscal attended by officials from year 2023-24 in Doda. The various departments, DC emphasized the cru- including CPO Doda, SE cial need for timely proj- PWD Circle Doda, SE ect completion to ensure JPDCL Circle Kishtwar, efficient fund utilization PO ICDS, CEO Doda, DFO and district development. Doda, DFO Bhaderwah, He directed officers to DYSSO Doda, and BDOs expedite ongoing proj- and XEN's of R&B, JPDCL, ects and maintain strict and Jal Shakti departadherence to timelines ment, DC Doda reiterand quality standards. ated his commitment to

importance of close mon- growth. He emphasized itoring and coordination the effective utilization among departments to of resources and timely overcome bottlenecks and completion of projects to ensure seamless project foster development in the

to provide regular updates and promptly address any issues to prevent delays,

The meeting was, The DC stressed the promoting sustainable

progress. He urged officers region.



SMVDU organized a One Day Visit to SKUAST-Jammu

JI NEWS SERVICE JAMMU, FEB 27

A one-day visit as an essential part of the study curriculum was organized by the School of Biotechnology, Shri Mata Vaishno Devi University, Katra for the undergraduate students and Technology, Jammu. knowledge of the recent ited various departments chemistry, School of Plant

Police arrests

drug peddler

in Anantnag;

Contraband

substance

recovered

JI NEWS SERVICE

ANANTNAG, FEB 27

party of Police Station

Bijbehara at a checkpoint

established at Waghama

Bijbehara intercepted

a vehicle (Swift) bear-

ing registration number

JK01X-3736 driven by

pursuing Biotechnology at use of various instruments technology from SMVDU. nity to explore the ongoing also had an opportunity to ed with a comprehensive members of the institutes.

The visit was an outresearch endeavors in the come of the coordinated institute. The students vis- efforts of Prof. Anil Kumar, Dean Faculty of Agriculand labs of the institute ture, Prof. Ravindra Singh of Biotechnology towards including the School of Bio- Sudan, Head, Genetics the overall grooming and technology, School of Bio- and Plant Breeding from development of their stu-Breeding and Genetics, and Bhushan, Assistant Profes- He laid stress on organizing School of Plant Pathology. sor & Coordinator of the more such visits to add to Students were provided educational visit for SoBT the practical and firsthand with valuable insights into with Dr. Ratna Chandra, experience of the students the intricate workings and Head of the School of Bio- at SMVDU.



Sher-e-Kashmir University present in the labs and were The other faculty members of Agricultural Sciences made aware of the research and staff accompanying done in these labs. The the students included Dr. Students had the opportu- students and the faculty Sharada Pottukuchi, Dr. Parvez Singh Slathia, and research and were provid- interact with various faculty Mr. VP Singh. Prof. Pragati Kumar, Hon'ble Vice Chancellor of Shri Mata Vaishno Devi University, expressed satisfaction with the efforts of the faculty of the School

SKUAST, and Dr. Indu dents as able professionals.

GDC Billawar organizes rally on theme "Nothing Like Voting, I Vote For Sure"

JI NEWS SERVICE BILLAWAR, FEB 27

GDC Billawar organized a rally on the theme "Nothing Like Voting, I Vote For Sure" under the banner of Systematic Voter's Education and Electoral Participation (SVEEP) on February 27, 2024, under the mentorship and guidance of Dr. Alka Sharma, Principal GDC Billawar. As we all know,

India is the largest and the slogans by more than 50 most vibrant democracy in the world, where every vote counts. Voting gives for electoral participa-Indian citizens the power to form a government of the people, for the people, ing electoral roll revision and by the people. To and stressing upon parenhance voter's aware- ticipants for maximum ness and voters' turnout, voter registration. The ECI launched SVEEP in rally was meticulously 2009. Since its launch, supervised and managed SVEEP has led to a steady by the SWEEP Commitincrease in voter registration and voter turnout.

The rally was flagged off Manu Sharma and Prof. by Prof. Raj Kiran Sharma Sunita Devi), NCC Officer (Mr. Akshay Sharma), and (Head, Deptt. of Physics). The message of the rally NSS PO (Prof. Bansi Lal)

was conveyed with the and Prof. Kanchan Mala help of the recitation of (member NSS). PM urges people from all walks of life to spread message about

<u>JI NEWS SERVICE</u>

NEW DELHI, FEB 27

The Prime Minister, Shri Narendra Modi has urged people from all walks of life to spread the message about campaign titled 'Mera Pehla Vote Desh Ke Liye' among first time voters.

A Campaign titled 'Mera Pehla Vote Desh Ke Liye' is underway to spread awareness among the first time voters and encourage young voters to right.

On X handle, Union and asked everyone to PehlaVoteDeshKeLiye!"

Rajouri Police nabs a notorious highway robber wanted in multiple cases in Rajouri, Jammu, Samba

JI NEWS SERVICE SUNDERBANI, FEB 27

Police nabbed a notorious highway robber in Thanamandi, wanted in as many as 11 criminal cases registered in various Police Stations of District Rajouri, Jammu and Samba.

The apprehended accused has been identified as Basharat Mehmood @ Bisha, S/O Mohd Kabir, resident of Nerojal Thanamandi area of District Rajouri.

Mentionable that the arrested accused person is prime accused in a series of high-profile highway robberies, theft, assault, attempt to murder and rape charges and has months.

that he has perpetrated. U/S 392 of PS Vijaypur; pursuing the justice.

Noteworthy the 239/2023 U/S 392 IPC of PS said accused is a notorious criminal with

Jhajjar Kotli & 281/2023 US 392/2023 PS Akhnoor.

involvements in FIR This infamous gang was Nos.368,380,430 & 437 committing robberies on baffled investigators for of 2023 U/S 392 IPC of Highway and in parking PS Nagrota; 110/2023 U/S areas of Districts Jammu, Notably multiple arrest 392/323 IPC,4/25 A. Act Samba and Rajouri. This warrants were issued by of PS Gangyal; 88/2023 arrest is expected to bring different Hon'ble Courts U/S 457/392/34 IPC of PS relief to the affected public clearly manifesting the Manjakote; 280 & 317 of and serve as testament to severity and complexity 2023 U/S 392/458/34 IPC the commitment of law of the criminal activities PS Domana; 149/2023 enforcement agencies in

Vikram Rathore leads VDCs/SPOs protest in Thathri demands in future as nied by Provincial Joint Secretary Adil Wani, well. Adv Manmeet Singh and He further said that "In case, the present In his speech, Vikram

Rathore criticized the traditional political parties for their silence towards the issues of the VDCs/SPOs who have been suffering because of less wages. He said that the administration is not responding to the issues of the VDCs/SPOs in a positive manner and have adopted delaying tactics to fulfill their demand for enhancing their wages.

others.

"These VDCs/SPOs work to maintain peace while putting their lives to the risk in these hilly areas of Doda District, forces to establish peace and other parts of Chenab Valley," he said. He however cautioned the authorities for unnecessary delay in accepting the demands and said that if the

matter is delayed, they

roads in support of their

would come on the

Govt has intention to do the work then at first instance withdraw the petition from the Hon'ble Division Bench (High Court) and they should stop to take two stands which they are continuously doing (one argument taken against the VDCs / SPOs in High Court and Secondly, they are taking different stand outside the

court." Vikram Rathore denied the VDG policy to the extent where the salaries of Old VDCs / SPOs decreased from 18000 to 4500. He however welcomed the said policy to the extent where the old VDCs members are taking their monthly salaries @ of Rs 4000 and further requested to increase old VDCs member's salaries also from Rs 4000 to 12000.

India Freedom Run programme Police in Anantnag have arrested a drug peddler and recovered contraband substance from his possession. A Police

JI NEWS SERVICE JAMMU, FEB 27

Manzoor Ahmad Rah son of Abdul Rahman Rah resident of Waghama Bijbehara. During search, Police party recovered 18 Kgs of Poppy Straw and a Mixer Grander from his possession. He has been arrested and the vehicle used in the commission of crime has also been participated in the said



NSS SMVDU organizes week long Fit

event. NSS Programme

coordinator, Dr. Rajiv

Kumar also participated NSS SMVDU organized a in the event and appreweek long "Fit India Free- ciated the efforts of all dom Run 4.0" under the volunteers for organizing aegis of 'Azadi Ka Amrit the event. Vice chancellor Mohotsav'. The motive Prof. Pragati Kumar conof the run was to make gratulated NSS volunteers students aware about the for successfully organizefforts of our freedom ing the event. The entire fighters and to stay fit. The event was successfully event started daily at 7 am coordinated by NSS volin the university ground. unteer Abhishek Kumar More than 100 students Sharma throughout the week.



students and volunteers,

besides urging the people

tion and electoral roll

registration in the ongo-

tee (Dr. Sanjeev Kumar

Sharma, Convenor, Dr.

share it.

Responding to the X post of Union Minister, Prime Minister said:

"Let us make our elecexercise their democratic toral process even more participative. I call upon people from all walks of Minister, Shri Anurag life to spread the message, Thakur shared Mera Pehla in their own style, among Vote Desh Ke Liye anthem first time voters - #Mera-

JI NEWS SERVICE THATHRI (DODA), FEB 27 Apni Party Provincial President, Legal Wing, Jammu, Vikram Rathore led a protest demonstracampaign titled 'Mera Pehla Vote tion of Village Defence Committee (VDCs) in

Desh Ke Liye' among first time voters Thathri town in support of their demands. As per the press release, the protest demonstration was taken out in Thathri area of Doda District by Vikram Rathore amid slogans in support of the VDCs / Special Police Officers (SPOs) who have combat terrorism in the remote and inaccessible area of the Chenab Valley and help the security in the region. The

protest rally passed through the market area of Thathri while the protesters were shouting slogans in favour of their demands. On this occasion, Vikram Rathore was accompa-

FROM THE FRONT PAGE..

PM Modi worked...

seized.

world listen to him addressing in Hindi on global platforms, including G20. He worked to instil pride in the public for their language, culture, country and religion," Shah said.

For the first time, the youth of the country are 2047 when it completes its centenary year of independence, the Union minister said.

"In 2047, the youth sitting here will see how people abroad will line up for Indian visas. This kind of India is being created under the leadership of Modi," he said

From seven All India Institute of Medical Sciences (AIIMS) in 70 years, their number went up to 23 in 10 years of the Modi government, he added.

From 387 medical colleges, the number increased to 706 when the country celebrated 75 years of independence. Also, from 51,000 medical seats, the number rose to 1.07 lakh, Shah said, adding that from 31,000 post-graduate seats, the number rose to 70,000.

The Modi government improved the standard of higher education, revived the syllabi to make it world class and offered the youth a platform to compete globally, he said.

"As a result, lakhs of youth created start-ups and June, 2023. hoisted the Indian flag high in the world. All this happened in the last 10 years," Shah said.

In the last 10 years, the number of institutes of national importance more than doubled from 75 to 165, public universities rose from 316 to 480, technical universities from 90 to 188, and colleges from 38,000 to 53,000, he said. (Agencies)

HM extends ban...

will face ruthless measures.

"The organisation is found continuing its activities against the security, integrity and sovereignty of the nation. The outfit was first declared an 'Unlawful Asso ciation' on 28 February 2019," he said in the post.

The Centre's crackdown on Jamaat comes days after National Investigation Agency (NIA) raided its multiple premises in Kashmir, in connection with terror funding. The raids were conducted in Jammu, Budgam, Kulgam, Anantnag, and Srinagar. Multiple damning documents and digital records were seized in the raids, which reportedly documented involvement of Jamaat in terror activities. (Agencies)

Project Sampark | BRO...

connectivity is ensured to assist the resident popula tion in this adverse climatic condition," he said.

The spokesman added that the BRO has roped in confident that India will be on top of the world in additional resources in the sector to providing 24×7 connectivity and safe passage to the residents and road users

The snow clearance activities was taken even during night time to rescue the tourists and inhabitants stuck in the higher reaches due to snow and landslides, he added.

It has been of utmost importance for BRO to ensure that entire road stretches are kept open to handle any unforeseen situation in a time bound manner, he said.

CS administers oath to...

government holding senior responsibilities.

He had been the Regional Director (Survey & Land Records), Udhampur, Director Handloom Development Department, Secretary Public Service Commission (J&K) and lastly the Custodian General of J&K before superannuation from active government services in

NHM releases ranking...

of India. The hospital ranking has been done on the basis of registration, conversion of EMR (Electronic Medical Record), registration of IPD patients and patient feedback uploaded on the portal of JK e Sahaj for the month of January 2024, on real time basis. The detailed list of facilities has been shared on NHM website.

Freight train runs Driverless...

was a divisional material train (DMT) which is used to carry railway materials for construction and other purposes. It was stationed at Kathua junction with 53 wagons and it had no brake van (guard's coach).

The report said that at 5:20 am, the control room told the station master to tell the driver to take the train to Jammu but the driver refused as the train didn't have any guard's coach as well as a guard.

The control room, as per the report, asked the driver to shut down the train, be relieved of his duties and

take a train to go to Jammu. The driver handed over and Assembly polls in West Bengal. the keys to the station master around 6 am and left for Jammu.

The report suggested that the train remained unmanned from 6 am to 7:10 am before it started moving on its own due to a down gradient.

Experts say that as per the norm the station master is supposed to give in writing to the loco pilot to leave the train unmanned but in this case, as per the report, it was not done. The loco pilot also didn't make any entry in the load stabilizing register or put his sign there, the report said.

According to reports, the Divisional Railway Manager of the Firozpur division, under which the Kathua-Jammu Tavi section comes, has suspended six railway officials based on the preliminary probe and ordered a detailed investigation.

When contacted, Shoban Chaudhari, General Manager, Northern Railway (NR), told PTI, "At the moment Home Affairs for 2021-22, from April 1, 2021 to December I cannot make any statement regarding actions being taken against the officials since further probe is on." According to an official railway communication, the driverless train ran at 70 to 75 km/h, crossed eight to nine stations and covered 75 km before it was stopped Act, 1955 at Ucchi Bassi by putting obstructions such as sand and wooden blocks on the track.

CAA rules to be issued...

The Ministry of Home Affairs has readied a portal for the convenience of the applicants as the entire process will be online.

The applicants will have to declare the year when they entered India without travel documents. No document will be sought from the applicants, an official said.

According to the law, the benefits under the CAA will be given to the undocumented minorities from the three neighbouring countries.

On December 27, Union Home Minister Amit Shah had said that no one can stop the implementation of the CAA as it is the law of the land and accused the West Bengal Chief Minister Mamata Banerjee of misleading people on the issue.

Addressing a party meeting in Kolkata, Shah said it is the BJP's commitment to implement the CAA.

The TMC, led by Mamata Banerjee, has been opposing the CAA since beginning.

The promise of implementing the controversial CAA was a major poll plank of the BJP in the last Lok Sabha

The saffron party's leaders consider it a plausible factor that led to the rise of the BJP in Bengal.

According to the Manual on Parliamentary Work the rules for any legislation should have been framed within six months of presidential assent or seek extension from the Committees on Subordinate Legislation in Lok Sabha and Rajya Sabha.

Since 2020, the home ministry has been taking extension in regular interval from the parliamentary committee for framing the rules.

Meanwhile, in last two years, over district magistrates and home secretaries of nine states have been given powers to grant Indian citizenship to Hindus, Sikhs, Buddhists, Jains, Parsis and Christians coming from Afghanistan, Bangladesh and Pakistan under the Citizenship Act, 1955.

According to the annual report of the Ministry of 31, 2021, a total of 1,414 foreigners belonging to these non-Muslim minority communities from Pakistan, Bangladesh and Afghanistan were given Indian citizenship by registration or naturalization under the Citizenship

The nine states where Indian citizenship by registration or naturalisation is given under the Citizenship Act, 1955 to non-Muslim minorities from Pakistan, Bangladesh and Afghanistan are: Gujarat, Rajasthan, Chhattisgarh, Haryana, Punjab, Madhya Pradesh, Uttar Pradesh, Delhi and Maharashtra.

Interestingly, authorities of none of the districts of Assam and West Bengal, where the issue is politically very sensitive, has been given the powers so far. (Agencies)

Man posing as Raj...

agency said in a statement here.

The agency said the arrest followed the registration of a case under relevant sections of the law in Police Station CICE.

Some incriminating materials, including fake identity cards, seals and other documents used in commission of the crime have also been seized from the possession of the arrested person, the statement said, adding further investigation of the case is in progress.

Wagay was posing as the under secretary posted with the Raj Bhavan to dupe gullible victims, an official said. (Agencies)

Mission Vatsalya Kupwara organizes CBP on JJ NSF pays tribute of 93th Death ACT 2015 at Environmental Hall, Handwara anniversary of Chander Shekhar Azad

JI NEWS SERVICE

KUPWARA, FEBRUARY 27

District Child Protection Unit, Mission Vatsalya Kupwara today organised training cum capacity building programme (CBP) on Juvenile Justice (care and protection) Act 2015, POCSO Act 2012, Adoption Regulations, and child rights at Environmental Hall Handwara.

DDC Rajwar, Mir Suliaman was chief guest on the occasion.

Officer Kupwara, Hidaitulwara, Abdul Rashid Malik; Members CWC Member Iuvenile Iustice Board Kupwara, District child PLVs from DLSA Kupwara, ing widows, orphans and Disable people's trust J&K Asha workers, Teachers the programme.



protection in the district. various categories of vul-He emphasized the need nerabilities such as child District Child Protection for proper implementa- Labour, child begging, tion of different legislalah Mir; Chairperson Child tions of the Government child, as per JJ Act 2015. Welfare Committee Kup- including Juvenile Justice Act to ensure the protec- Ab Rashid Malik, CWC tion of child rights.

protection Unit officials, lighted the crucial role Trust JK, Gh Hassan JPU ICDS workers, prosecu- stakeholders in ensuring Person Advocate Vaseem tion wing JJB Kupwara, the effective implemen- Aslam, PLV Tawseef Raja, Chairperson empower- tation of these Acts and Protection Officer, Gh encouraged active participation.

welfare officials attended gave a detailed description child rights. of working mechanism

concerned officers and detailed discussion were involvement of the partici-

certed efforts in child care rehabilitation process for

missing child and runaway CWC Chairperson Member M.Rafiq Shah, During the programme, Mohammad Shafi Mir various speakers high- Chairperson People's and responsibilities of Handwara, Resource Mohammad Lone, LCPO Amoos Bhat, Mudaseer

Shayista Muzaffar, Qureshi CWC Member, from education depart- Social Worker Kupwara Protection officer Tawseef ment, PRIs, ULBs, JPU explained the importance Maqbool Bhat highlighted HANDWARA and social of the programme and various issues related to

The certificates of par-Speaking on the occa- regarding child welfare ticipation and mementos sion, DDC Rajwar Mir committee, DCPU and JJB were also distributed to Suliaman appreciated the at the district level and acknowledge the active institutions for their con- held on the rescue and pants in the programme.

JI NEWS SERVICE JAMMU, FEB 27

National Secular Forum paid tributes to Saheed Chander Shekhar Azad on his 93th Death Anniversary at University Campus. Amid slogans "Chander Shekhar Azad Zindabad" "Inqulaab Zindabad" 'Bharat Mata ki jai" and garlanded the portraits of the son of soil.

Ankush Abrol Provincial Joint Secretary JKNC was the chief guest while Dr. ment. Vikas Sharma Coordinator Jammu District Urban and Zonal Secretary JKNC, presided over the function and Vikshay Vashist, State Secretary NSF, was the guest of honour.

Speaking on the occasion, Ankush Abrol appreciated the initiative taken by the NSF member to remember the death anniversary of Saheed Chander Shekhar Azad.

Abrol threw light on the life and supreme sacrifices of "Chander Shekhar Azad". He said that the real tributes to the martyrs would be eradicating evils prevailing in the society like drug addiction. He refrain from drugs and intoxicants.

He also said that when arrested and produced J&K on the path of developbefore the magistrate, he ment. Dr Sharma urged the gave his name as 'Azad', his father's name as 'Swatantra' and his residence as for this demand. NC would



'prison'. He was considfamous revolutionaries of the Independence move-

While Speaking Dr. Vikas Sharma also said that ever since BJP took over the reign into its hand, besides the general public, the majority of youth have totally been broken and

gone into a state of desperation due to anti youth policies of the present government. He added that growing unemployment was a matter of great concern as the present regime has miserably failed to

create job opportunities for the youth. He mentioned that

during the Janab Omar Abdullah led NC government, jobs were provided to a large number of youth, eradicate corruption and youth to come together on a single platform to push

Awareness Programme on Financial literacy

leave no stone unturned to ered to be one of the most achieve statehood for J&K. Speaking on the occasion, Vikshay Vashist said that many freedom fighters

laid down their life for the sake of the independence of this country. One of the youngest people to walk to the gallows fighting for India's independence was Azad.

Mohd Umer Farooq President University Unit delivered the welcome address, Aditya Kargotra Working President University Unit, was delivering the vote of thanks.

Among those who were present on the occasion included, Vineet Gupta Chairman University Unit, Atul sharma Sr Vice-President University Unit, Arun singh General Secretary University Ahmed, Rashid hussain, Babar sohil, Aamil Farooq, Abhishek mehra, Suman kumar, Gourav sharma ,Gourav chibber ,Yogesh kumar, Sidharth singh ,Pankaj sharma, Rohit kotwal and others.

DC Shopian presides over **Employment generation**/ skill development meeting



imparting skills that are

relevant in the market and

JI NEWS SERVICE SHOPIAN, FEBRUARY 27

help the person in gainful Asking youth to come employment. forward and seek skills The DC issued instrucfor self-employment to tions for making a robust earn their livelihood, the mechanism to skill those Deputy Commissioner youth identified during (DC) Shopian, Faz Lul the recently held outreach Haseeb today remarked programmes of Back to that the skilling of youth in Village and My Town My relevant trades is the key Pride. He reiterated that to tide over the problem investments worth crores

are coming to UT in next of unemployment. The DC underlined this few years under Single while speaking in a meet- Window System and it ing to discuss the ways would open doors for and means of skilling and thousands of youth to gain capacity building of stakeemployment. The meeting was holders. He impressed upon the officers the skill attended by Chief Plangap in the district as per ning Officer, Shopian; employment potential Assistant Commissioner and expected areas of Development, Shopian;

investment. willingness. He called for cerned.

LDM, CAO, CHO, CAHO, He asked them to AD Fisheries, representaimpart skills to every tives from ITI and Polyyouth as par aptitude and technic and other con-

Lok Sabha Elections 2024 One day workshop held for political parties at Jammu

JI NEWS SERVICE JAMMU, FEBRUARY 27

In preparation for the gurated the session and upcoming Lok Sabha Elec- stressed upon the central tions 2024, one day work- role of political parties in shop for political parties a vibrant democracy like was organized today at India. Nirvachan Bhawan here.

The program was attended by around 40 representatives of major Butt, imparted training political parties of Jammu on several topics includand Kashmir including ing EVM preparedness, members of national and issues pertaining to Model state level political parties Code of Conduct, Election like BJP, Panthers Party Expenditure monitoring, and Apni Party among MCMC and Social Media. others.

Chief Electoral Officer, Jammu and Kashmir, Pandurang K Pole, inau-

National Level Master trainers, Chand Kishore Sharma and Riaz Ahmed

The Chief Electoral Offi-

DCPU-Mission Vatsalya organize CBP at Sumbal Bandipora

JI NEWS SERVICE BANDIPORA, FEBRUARY 27

District Child Protection Unit (DCPU), Mission Vatsalya Bandipora today organised training cum capacity building programme (CBP) on Juvenile Justice (Care and Protection of Children) Act 2015, POCSO Act 2012, Adoption Regulations, and child rights at Dak-Bangloow Sumbal, here.

The program was attended by DDC member Tahir ul Qadri, DDC member Ghulam Nabi Chairperson/ Ambar,



Speakers highlighted

Asmat Quansar, Legal

JI NEWS SERVICE JAMMU, FEBRUARY 27

tance of financial literacy is

country.

about different types of person. The main focus bank accounts and their of the interactive session features that are available was to spread awareness to Recognising the impor- across all banks in the the whole society through the youth of the country.

several other revolutionary steps were taken to push

exhorted the youth to RTI Act was enacted to Unit, Rooh Shah, Ishtyaq

Members from CWC, JJB and DCPU officials, CHL officials, officials from Education Department, ICDS, Health, Labour pation. Department, SJPUs, representatives from DLSA, NGOs, Traders, Transportcerned stakeholders.

lighted the crucial role level. and responsibilities of

Earlier, Gowhar Mah- group work and role playmood Protection Officer ing to make the program NIC delivered the intro- engaging and enriching ers, Civil Society Mem- ductory speech on the for the participants. bers, BLCPCs, VLCPCs, structure of Mission Vatrepresentatives from Vil- salya besides explaining the role of CWC/ JJB/ SJPU lage Level Child Protection the importance of the and other line depart-Committee and other con- programme and gave a ments. detailed description of

During the program, the topic and its working Officer delivered a speech various speakers high- mechanism at the district on Adoption Regulations.

On the occasion, certifi-Detailed discussions cates of participation were stakeholders in ensuring were held on rescue and distributed to acknowlthe effective implemen- rehabilitation opera- edge the active involvetation of these Acts and tions for vulnerable child ment of the participants encouraged active partici- labourers. The facilitators in the programme.

crucial in present day life, discussed case studies 2-day awareness cum inter-

action programme. Principal of the college Dr. Rakesh Kumar Koul was the Chief Guest. He welcomed the J&K Bank officials on the first day and delivered a keynote address on the signifisecurity.

students and staff aware dent as well as the general cerned bank.

Earlier, the formal wel- Students were extremely Government Degree Col- come address was deliv- happy by the enriching lege Marh, in collaboration ered by Dr. Ruchika from experience they had with with J&K Bank, organised the department of English. the bank officials.

> On the second day, the The programme was resource persons from the organised and Coordibank were Rahul Dev and nated by the faculty mem-Deepika who spoke about bers Dr. Ram Daval, Dr. digital banking, how to use Sheetal Devi, Ravi Kumar, online transactions safely Dr. Ruchika Kumari, Dr. using Mpay delight plus Tanu Sharma, Dr. Sheetal app, UPI and QR code. Verma, Anil Sharma.

They also made the stu-On the day of conclucance of banking facilities dents aware about cyber sion i.e. 27th February for economic safety and crime related to banking 2024, the formal vote of and advised them not to thanks was given by Dr. The guest of Honour and share OTP to any unknown Ashu Jolly, Convener Culresource person for the person. They stressed tural Committee. On the programme was Ramesh upon banking from home day of conclusion refresh-Bhat, Branch Manager J&K for the safety and saving ment has also been given Bank, Marh who made the the time in the life of a stu- to the students by the con-

The training covered cer, in his closing address, all important aspects of apprised the representathe election process like tives of various election nomination, qualification related aspects highlightand disqualification of can- ing the need for a closer didature, EVM prepared- liaison between political ness, Election Expenditure parties and administrative Monitoring, Model Code machinery in ensuring of Conduct besides media a free, fair and civil discertification and moni- course both during and toring committees. The after election processes. representatives were also He also emphasized upon apprised of poll day relat- the importance of mained Standard Operating taining good practices and Procedures to be observed transparency to ensure by polling parties as well as peaceful and fair elections the contesting candidates. in the UT.

Horticulture awareness camp held at Banihal

Shamsher, Ritika distribute Vishwakarma Certificates among beneficiaries

JI NEWS SERVICE

JAMMU, FEB 27

Mahant Rameshwar , continue in the business. DDC member Sharda dignitaries present in the their skills," Manhas said, function.

encourage and protect the artisans and craftspeople of the country who are

In an impressive func- unwilling to engage in tion at Akhnoor, former traditional business due Member of Parliament to adversity. He said that Rajya Sabha Shamsher the scheme was aimed at Singh Manhas along inclusiveness. "Artisans with Chief Spokesper- and craftspeople involved son BJP Mahila Morcha in the traditional work J&KUT Ritika Trehan, sometimes feel hesitant to

The PM Vishwakarma bhau & Gaurav Khajuria Scheme encourages them today distributed Vishwa- to stick on to their work. karma Certificates among The scheme also encourbeneficiaries. The pro- ages youngsters to join gramme was organized their traditional trade. It by Gaurav. Proper lunch makes it easier for them to was organized for benefi- finance their business and avail benefits under PM ciaries along with other get training to enhance Vishwakarma.

Vishwakarma Scheme will urged all those eligible to his service to the country. PM Vishwakarma scheme, and promote traditional chains, added Manhas.



noting that capital is the that PM Modi has been ma Scheme is to encourby the Union Government ity of artisanal products, Speaking on the occa- most important require- following the 'Antyodaya' age artisans to grow with with an outlay of Rs 13,000 and integrate artisans into sion, Manhas said that PM ment for any business. He principle while rendering society", he stated. The crore. It aims to preserve domestic and global value

"The PM always thinks of under the Union Ministry the marginalized sections of Micro, Small & Medium Manhas further said of society. PM Vishwakar- Enterprises is fully funded

skills, empower artisans, and contribute to the conservation of India's rich heritage and culture.

PM Vishwakarma will provide artisans with various benefits, including free registration, recognition through certificates and ID cards, skill upgradation, toolkit incentives, collateralfree credit support, concessional interest rates, and incentives for digital transactions and marketing support. The scheme is expected to strengthen

the Guru-Shishya parampara (teacher-student tradition) of traditional skills, enhance the qual-

JI NEWS SERVICE RAMBAN, FEBRUARY 27

The Department of Horti- Program (HADP) and the culture Planning and Mar- Pradhan Mantri Formalizaketing, under the aegis tion of Micro Food Processof Deputy Commissioner ing Enterprises (PMFME) Ramban Baseer-Ul-Haq schemes. These individuals Chaudhary, organized an were encouraged to submit awareness camp at Bani- the necessary documentahal, shedding light on the tion to avail of the benvarious schemes under efits offered under these the Holistic Agriculture schemes. **Development Programme**

(HADP). over by the Deputy Direc- tions aimed at enhancing tor, Horticulture Plan- agricultural practices and ning and Marketing, Ayaz addressing challenges faced Ahmad Natnoo and wit- by farmers. nessed the enthusiastic paropportunities.

significant interest from admiration and interest attendees, with 16 indi- from the attendees.

interest in the Holistic Agriculture development

One of the highlights of the event was the intro-The event was presided duction of innovative solu-

Saptkrishi Scientific, ticipation of former PRIs, a represented by CEO Nikky large contingent of farmers, Kumar Jha from IITN, showand aspiring young individ- cased solar-based natural uals seeking employment climatic devices for storage and wild animal protection The camp garnered sensor devices, drawing

viduals expressing keen



EDITORIAL

Concerns arise as glaciers retreat

T's concerning that at least 15 major Himalayan glaciers in Ladakh have significantly retreated due to climate change over the last five decades (from 1971 to 2021). Recent studies suggest that three glacial lakes are likely to form around Parkachik Glacier in Ladakh due to rapid ice melt. These findings are based on various scientific studies and regular monitoring by Indian institutes, universities, and organizations funded by the Government of India. The 15 glaciers in Ladakh, including Pensilungpa, DurungDurung, Parkachik, Sagtogpa, Sagtogpa East, Thara Kangri, Garam Pani, Rassa-I, Rassa-II, Arganglas Glacier, Phunangma, Panamik-I, Panamik-II, Saser-I, and Saser-II, have experienced annual retreat between 1971 and 2021. Except for Thara Kangri glacier, which saw a surge of 11.13 meters per year, all other glaciers have witnessed average retreats ranging from a minimum of 2.85 meters per annum (Saser-II) to a maximum of 18.86 meters per annum in the case of Arganglas Glacier. The mass balance assessment of nine glaciers in the Himalayan region, including two each in Jammu and Kashmir and Ladakh UTs, has reported a net change in mass over the last five years. "Kolahoi Glacier and Hoksar Glacier in Jammu and Kashmir, with Jhelum as their basin, have reported shrinking due to negative mass balance, indicating increased melting. Similarly, Stok Glacier with Indus as its basin and Pensilungpa Glacier with Suru river as their basin, both in Ladakh, have also reported negative mass balance," the report said. A new study by scientists from the Wadia Institute of Himalayan Geology suggests that the Parkachik Glacier in Ladakh is likely to develop three lakes of different dimensions due to subglacial over-deepening, a characteristic of basins and valleys eroded by glaciers. The glacial melt not only increases the risk of glacial lake outbursts but also contributes to water scarcity, as glaciers are the primary source of water in the region. The study, published in the journal 'Annals of Glaciology', is based on satellite imagery from 1971 to 2021, supplemented by extensive field surveys from 2015 to 2021. The group of four scientists, led by Dr. Manish Mehta, found that glacier retreat varied between 1971 and 2021. Remote sensing data shows that the glacier retreated at an average rate of around two meters per annum between 1971 and 1999, whereas between 1999 and 2021, the retreat was at an average rate of around 12 meters per annum. Recent research also indicates a constant rise in temperature in Jammu and Kashmir, which seriously affects the health of glaciers. Experts warn that Jammu and Kashmir has lost 22 percent of its glaciers in just five decades, and if this trend continues, it could lead to a serious water crisis in the next 30 years. Scientists conducting long-term studies on glaciers in Jammu and Kashmir suggest that the accumulation of black carbon, mainly generated by the use of coal and petroleum products, remains trapped due to the peculiar geological shape of the valley, surrounded by the majestic Himalayan ranges, affecting the glaciers, which are the source of several high-altitude lakes and rivers.

China's bid to expand maritime infrastructure

PADMALOCHAN DASH

attached to this intenhina's expansive tion is its String of Pearls push into larger strategy - which is aimed maritime domains at encircling and containhas emerged as a signifi- ing the littoral South Asian cant global concern. This countries and dictating is particularly evident in their maritime trade and its construction and takenaval support networks.

over of maritime infra-Littoral States into structure across strategic Client States: Amongst locations, most promiits expansion motifs into nently in the Indian Ocean South Asia, the transfor-Region (IOR), the South mation of the small states China Sea, and the largely into client states remains Indo-Pacific. The surge in the foremost- of late Malits naval activities, along dives has fallen into this trap. Concern remains, with the aggressive acquisition of vital maritime as the latter will act as a assets beyond its strate- buffer zone around India's gic limits, has compelled maritime strategic space nations to dissect Bei- and serve China's naval jing's long-term expansive expansion in the IOR.

Maritime infrastrucintention: ture: In the IOR, China China's much-calculat- is doing extra-territorial ed ambitious plans for heavy investments into maritime expansion maritime infra. The intenare evident, particu- tion is to take over others' larly when examining critical assets while tactithe modus operandi of cally positioning itself in its Belt and Road Initia- crucial maritime zones. To further its access and tive (BRI) investments. These investments aim at reach to others' maritime enhancing China's mari- zones that once remained time reach and linkages distant is now getting in all directions, which closer to China using the go hand in hand "by the creation of support net- critical maritime infraintent of crafting a global works in the littoral states

power imbalance." Much through diverse investments.

Global Stability: The implications of China's maritime goals, particularly infrastructure control, require further examination. China's hybrid strategy of expanding its naval growth and infrastructure acquisition demonstrates its ambition to reshape the global maritime landscape to its capacious encroachments. China's proactive acquisition of marine

infrastructure, especially in the IOR, has become a major contention in global geopolitics. China intends to gain control of critical marine

infrastructure via a variety of initiatives. Several naval projects have been proposed, including port expansion, drone submarines, air-to-air refuelling, specialised missile systems, carrier-based stealth aircraft, and underwater drones. The intention, beyond doubt, is to bring its naval force to a formidable presence by keeping control over structure.

The Response: In urgently devise a compreto the interest of the small littoral States. The focus China's strategic procurement and control over the maritime expanse and infra in these contested regions.

the Net Security Provider pinned perspective - that keeps the potential consethese perspectives, India can make the major play- them to the realisation ers critically aware of the of a full-scale "Alternathem with the task. The Alliance"-keeping in attensingular agenda must be, tion both the civilian and by remaining adhered to military purpose. the established maritime laws and conventions, there must be a coor- cooperation is essential to dinated and proactive contain China's assertion response arrangement and control over extraput into action before the IOR region exasperates and infrastructures. Furinto a conflict zone.

response to China's extra- Chain : As nations cope lance in maritime affairs territorial garnishment, with the escalating chal- must be consolidated. global players must lenges posed by China's maritime motives that hensive plan. The major centre on infrastructure must be in place to prostakeholders must come control, a united front tect the critical maritime imperative. Countries should be on countering must push back against the BRI; and, alternatives "Asia-Africa Growth Corridor " and "India's Security and Growth for All" must The role of India: as be pursued as alterna- the required response tives. While Australia, the in the region, India must EU, Indonesia, Japan, and effectiveness of the mulhave a long-term under- the U.S. are implementing tilateral security framestrategies to counterbalquence of China's escalat- ambitions, India's effort military strategies, supply ing expansion - clear spelt. must be to bring them to chain initiatives and mul-By remaining aligned with these alternative initiatives and collaborate with

territorial maritime zones

Alternative Supply expansion motives, vigi-

EDI

Necessary multi-modalpartnership mechanisms to contain this must be infrastructures, assets and activities, where India can play a key role.

India, while maintainto the BRI, such as Japan's ing its strategic autonomy also needs to cooperate with non-residential maritime powers to cultivate considerations. To the work in place; things like ance China's maritime diplomatic initiatives, tilateral cooperation must remain pivotal.

Net Security Provider: To carefully achieve this, Chinese motives and align tive Global Supply chain measures to demystify the complexities presented by China's assertive projection, providing better Multi-modal partner- alternatives with a nonship mechanism: Global zero-sum partnership platform for the aggrieved nations, must be India's priority.

> (The writer works with an independent think ther to contain its ulterior tank; Views are personal)

Kerala's education system in a disarray

KUMAR CHELLAPPAN

objectives.

China's

ne step forward and four steps backward seem to be the driving force of the CPI(M)-led Government Friday's senate meeting of the Kerala Univer-Mohanan Kunnummel, the temporary vice-chancellor a representative for the search committee formed chancellor for Kerala University.

found himself to be without a chair while the minister claimed that she, as pro-chancellor, would preside over the meeting. Though the vice chancelif what happened during lor showed t her the rule book that stated that the pro-chancellor had no sity is any indication. The role in the meeting as the meeting was convened by Chancellor was very much present in the State, the minister (spouse of CPI-M of the university to elect polit bureau member A Vijayaraghavan) did not budge even an inch leavto find out the new vice- ing Mohanan high and dry. "Minister Bindu turned

Hall for the meeting, he

out to be a right buffoon Interestingly, all uni- the party commissars versities in the State have were looking for in their been functioning without bid to subvert the meetfull-time vice-chancellors ing. They did not want the for last year following the meeting to take place and by the CPI(M)-led Govern- interlude by a minister of

standing cultural ties and

outside the State are busy switching over to four-year bachelor's degree courses in tune with the National Education Policy. The delay has cost the State tion here. But the minis- Where else on earth you dear as most intelligent ter and the party bosses would come across stu-Supreme Court verdict this lady played her role and efficient students are made a U-Turn within two dent leaders who demand entangled in cases ranging that all the appointments well. This will go down in leaving Kerala for higher days and declared that only persons of their from murder, attempted of vice-chancellors made history as the best comic studies and they are they would not open the choice be appointed as murder, sexual offences unlikely to return. K N Balagopalan, the as foreign universities. "It 2025 presented early this month proposed Kerala's higher education sector. On the anvil were red carpets for private universities and off-shore CPI(M).

even the London School who should be appointed of Economics opened their as vice chancellors of unibranches in Kerala so that versities and as faculty the students would benefit members. This is not an from world-class educa- exaggerated statement. doors for private as well VCs and teaching faculty? and above all mass copyholders are not happy, we all university examinations had failed in their bachewill drop the idea itself," Balagopalan told the 1 PM and there won't be passing out of postgradumedia following outbursts any examinations during ate courses from colleges by the leaders of the SFI, the pre-lunch hours. The in the State. Did you hear the students wing of the charter that has been sub-In Kerala, the SFI lead- has one more interesting ers, who would not have demand: the staff counpassed the Plus Two exam- cil should have a student Pioneer, views are personal) latter reached the Senate chancellor. This comes at be far off when Oxford, born anywhere outside the lege authorities should not

a time when universities Cambridge, Harvard and State, decide the persons

interact with the parents/ guardians of students! The day is not far off when they will ask for the right to prepare question papers for the semester examination.

Militant trade unions have always played havoc with whatever progressive measures adopted by the CPI(M)-headed Governments in the past. Those days are over as it is nouveau riche like Elamaram Kareem who leads the trade union wing of the party. The children of trade union leaders are enrolled in high-end public schools in Ootti and Kodaikanal while offsprings of party workers continue toiling in Govern-

ment schools. Leaders of SFI are

ment violated the laws of higher education whose the land and the norms role is to elevate the stan- State Finance Minister, in was only a proposal and has promised the students icates. There were many prescribed by the Univer- dard of higher education his budget speech 2024- not a decision. If the stake- that they would insist that instances of students who to new heights," said R S sity Grants Commission.

The senate meeting of Sasikumar, president, of Friday was convened by Save University Forum, an revolutionary changes in the vice-chancellor and apolitical outfit working to he was expected to pre- restore the quality of the side over the session. But State's higher education. R Bindu, the minister for The subversion of Frihigher education, rushed day's senate meeting campuses of reputed to the stage and usurped would lead to a delay in foreign universities. The the chair meant for Mohan-selecting the ideal candi-CPI(M) leaders declared an Kunnummel. When the date for the post of vice- that the day would not inations had they been representative and the col-

The manifesto of the SFI ing and fake degree certifshould be held only after lor's degree examinations the pangs of Goddess mitted to the university Saraswati?

(The writer is a special correspondent with the

Tourism takes Indo-Russian ties a notch higher

DIVYA BHATIA KAUL

the traditionally cordial n recent years, the relations shared between Indo-Russian friend- Indians and Russians." Lship has discovered Furthermore, Russia's new avenues of expres- reputation as a friendly sion, with tourism emerg- country with clean enviing as one of the most ronments and hospitable promising. Moscow, the people makes it a top vibrant capital of Russia, choice for Indian tourhas been spearheading ists. Moreover, Moscow's this endeavour by actively affordability, especially for budget travellers, and engaging with Indian travellers and fostering mean- the reasonable airfare to ingful collaborations to the city further enhance enhance tourism between its appeal. Moscow's sucthe two nations. Moscow's cess in attracting a diverse journey toward becom- array of tourists, including a global tourism hub ing a notable surge from

has been characterized by emerging markets like strategic initiatives aimed India, underscores its at partnering with internasignificance. Nurmukhational stakeholders. nov acknowledges India's "Our objective," states importance, attributing

Bulat Nurmukhanov, targeted marketing initia-Head of the International tives and improved acces-Cooperation Division of sibility as driving forces the Moscow City Tourism behind the influx of Indian Committee, "is to position visitors. "India represents ticularly optimistic about he affirms. India due to our long-

destination. We are par- ism growth for Moscow,"

Moscow has implemented a multifaceted approach encompassing promotional campaigns, cultural exchanges. Collaborations with Indian travel agencies and hospitality stakeholders, along with leveraging international platforms to showcase Moscow's

visas for select countries, including India. The role of lining the visa application process.

"Moscow remains com-To cater to the specific from India has been the its charm in an ever-chang- efforts in engaging with

ing world.

India explored Moscow-a growth. remarkable year-on-year increase of 25%. This in Indian visitors and plans positive momentum fuels for further infrastructure optimism for the future, improvements, Moscow with plans to enhance stands poised to solidify infrastructure and rein- the Indo-Russian friendstate flight connections ship through tourism. between Moscow and vari- The city's dedication to ous Indian cities.

needs of Indian travellers, introduction of electronic tainable tourism growth warm invitation to travextends a warm invitation ellers from India and to travellers from India beyond. Through dynamic electronic visas in stream- and beyond to discover innovation and unwaverthe rich cultural heritage ing commitment, Moscow the Russian capital. With mitted to furthering inter- its dynamic approach unforgettable experiences, national cooperation and and unwavering commitenhancing its appeal as a ment, Moscow is poised to global tourism hub," says cement the Indo-Russian Nurmukhanov. Despite its friendship through the ences. A significant stride age, Moscow continues to lens of tourism. In conclutowards facilitating travel evolve while maintaining sion, Moscow's proactive

Indian travellers, coupled The statistics speak with strategic initiatives volumes about Moscow's and enhanced accessibilgrowing allure for Indian ity, underscore its committourists. Last year alone, ment to fostering inclusive over 60,000 visitors from and sustainable tourism

With a remarkable surge showcasing its rich cul-

Moscow's dedication to tural heritage and vibrant fostering inclusive and sus- atmosphere extends a and vibrant atmosphere of continues to pave the way for lasting bonds and ensuring its place as a top global destination for all.

(The writer is a freelance writer and a social media influencer; views are personal)

Moscow as a leading global a significant source of tour- attractions to Indian audi-

HEALTH

KETO DIET: SIDE EFFECTS THAT YOU SHOULD KNOW

Don't give up. You may feel weary

Diarrhoea occurs from a lack

happen when someone cuts out carbs

(like whole-grain bread and pasta) and

doesn't supplement with fibre-rich

fluid than usual due to the additional

How to Stop Keto-Induced Diarrhoea?

vegetables to your diet, such as leafy

greens and broccoli, can help you get

more fibre. If that's not your thing, con-

Ketoacidosis is a critically poi-

sonous quantity of acid in the blood

caused by too many ketone bodies. In

addition, the kidneys begin to expel

ketone bodies with body water in the

in fluid-related weight loss. Ketoaci-

dosis is most common in persons with

type 1 diabetes, who lack the hormone

insulin, which prevents excess ketones

Studies say that ketoacidosis symp-

Check your urine for ketones if your

Avoid the keto diet if ketones are

Follow the doctor's treatment plan

blood glucose level exceeds 240 mg/dl.

sider taking a fibre supplement.

The keto diet is 70 to 80% fat. How-

PARUL DUBE

The Keto diet has gained popularity because people are concerned about trying to be health-conscious and maintain the perfect weight. However, the basic premise of the keto diet plan focuses on the general population. Therefore, making modifications and personalising them according to individual needs is necessary.

The ketogenic diet restricts carbohydrate intake, forcing the body to burn fat. Research shows that a longterm ketogenic diet's beneficial effects include reduced body weight and body mass index. Furthermore, it decreased the level of blood glucose, triglycerides, and LDL cholesterol and increased the level of HDL cholesterol. This low-carb, high-fat diet promises rapid weight loss, but health professionals are concerned about the risks and problems. Helps Combat Brain Disorders From moodiness to brain fog, there are some strange keto side effects. There is a healthy way to follow keto, but there are also some side effects to be aware of before you begin.

Keto Diet: An Introduction

The keto diet aims to get energy and calories from fat rather than carbs. Therefore, low-carb, high-fat, and moderate protein intake are the three pillars of the keto diet. Generally, the ketogenic diet suggests an average of 70-80% fat, 5-10% carbohydrate, and such as Alzheimer's and Parkinson's, 10-20% protein. For a 2000-calorie diet, are currently being researched using you can eat 165 grams fat, 40 grams carbohydrate, and 75 grams protein.

According to research, low-carb diets cause the body to enter ketosis, where body fat and fat from food promakes ketone bodies. Still, the time it of ketone bodies built in the blood oily fish like salmon, tuna, and mackdepends on various parameters, including body fat percentage and resting metabolic rate

Keto-friendly food items include: Spinach Bell peppers Eggs Almonds Seeds Healthy oils Avocados Dark chocolate Chicken thighs Fatty fish Greek yoghurt

Note

Knowing what not to eat on a keto diet is also necessary. Most times, people are unaware of the liquids that are not allowed on a keto diet. Also, besides sugary beverages, alcohols like wine, beer, and sweetened cocktails are not keto-friendly.

Benefits of the Keto Diet Weight Management



feel better.

Diarrhoea

foods like vegetables.

hitol or xylitol).

Ketoacidosis

data

tance. On the other hand, a ketogenic variety of coloured veggies in your diet. diet lowers insulin levels since fat is the macronutrient that requires the for a few days, but your energy level will most likely return to normal by least insulin. the end of the week, and you might even

Because some regions of your brain can only burn sugar, it requires glucose. If you don't eat carbohydrates, your liver creates glucose from protein. A significant part of your brain can burn ketones produced during fasting or low glucose intake. This diet can help youngsters with epilepsy in many circumstances. In one trial, almost half of the children on a ketogenic diet saw a 50 per cent reduction in the number of seizures they had, and 16 per cent went seizure-free. Other brain disorders, very low-carb and ketogenic diets

Can Improve Mental Health

Mental clarity, increased capacity to focus, and improved memory are duce energy. During this process, it other benefits of a ketogenic diet. In addition, increasing your consumption takes to enter ketosis, and the number of omega-3 fats, such as those found in erel, will help you feel better and learn better

Concerning Side Effects of the Keto Diet

Some health specialists strongly advise against keto, citing unpleasant side effects, health hazards, and the diet's inability to be sustained. Before starting the ketogenic diet to lose weight, you should know a few things. You may lose weight, but keep an eye out for the following side effects or consequences

The Keto Flu

The idea behind keto is to get your body into a state of ketosis, which burns fat instead of glucose. Keto flu is your body's natural reaction to switching to ketones as an energy source, and symptoms include brain fog, headaches, nausea, and exhaustion. In addition, vomiting, stomach distress, extreme exhaustion, and lethargy are possible side effects. After a few days, the so-called keto flu usually passes.

found in the urine and have high blood Studies say these symptoms might One of the key benefits of the keto- not be exclusive to the ketogenic diet. glucose levels. genic diet is the ability to lose weight For example, some patients report quickly. When you restrict carbohy- experiencing similar symptoms after with insulin consuming a nutritious drates to the point where you're in cutting back on processed foods or and well-balanced diet.

renal impairment, and kidney stones.

How to Cure/Prevent Kidney Stones Due to the Keto Diet?

Although water is best, other liguids, such as citrus drinks, can also help prevent kidney stones

Limit your salt consumption Keep yourself hydrated.

Eat animal protein in moderation. Avoid foods that cause stones, those

high in oxalates Avoid excess vitamin C supplementation

Possible Weight Gain

Dieters advertise the keto strategy as a quick way to drop a dress size or two, but they're typically disappointed when the weight creeps back on after a "cheat" day. According to curated data, the body stores every gram of carbohydrate with around 4 g of water. As a result, low-carb dieters appear to lose water weight. Because the keto diet is limiting, health experts warn it is not a long-term healthy eating plan. Weight of fibre in the keto diet, which can fluctuations like these can lead to disordered eating.

Constipation

The lack of carb-rich whole grains, legumes, fruits, and starchy vegetables ever, some people don't digest fat, and like sweet potatoes leads to constipatheir systems don't utilise fat as well as tion. So unless you're increasing your they should. So the stools become more greens intake religiously, there's a strong chance you're not receiving the fat your body isn't using. Another recommended 25-38 grams of fibre per cause of keto diarrhoea is replacing day. In addition, constipation can make sugar with non-nutritive sweeteners your faeces firm and lumpy, making (like stevia) or sugar alcohols (like sorthem difficult to pass.

How to Prevent and Cure Constipation?

Increase your water intake. If you're serious about trying keto Temporarily increase your intake and are experiencing diarrhoea, stay of fibre-rich foods, including whole hydrated and add fibre. Adding more grains, beans, and berries.

After each meal, go for a vigorous walk

Try bowel training, a technique that involves passing faeces at the same time every day.

Hair Loss

Although common, hair loss isn't unavoidable on the keto diet. Most keto dieters generally restrict carbs and calories and lose weight, both of which urine during ketoacidosis, resulting cause hair thinning and loss. Other causes of hair loss include vitamin and mineral shortages (particularly zinc and biotin) and adverse microbiome alterations caused by a restrictive and from being produced, confirms the high-fat diet.

How to Prevent Hair Loss Due to Keto?

toms include dry mouth, frequent Take a multivitamin to offset any urination, nausea, poor breath, and potential deficiencies and help prevent hair loss.

Get your protein and biotin from foods like almonds, onions, tomatoes, walnuts, salmon, pumpkin seeds, cashews, and high-quality sources like eggs and chicken.

Consult with someone who can assist you in tailoring an eating plan to your specific needs.

Increase your water consumption. Reduce your protein intake. Maintain proper dental hygiene. Use mints and gum to mask odours. Increase your carbohydrate intake. Wait patiently.

Risk of Bone Fracture A small recent animal study shows

that the ketogenic diet may harm your bones. Researchers observed professional athletes on the keto diet undergoing intensive training and found more evidence of bone disintegration and fewer signs of healing than athletes on a higher-carb diet. Menopausal women following the keto diet are at a greater risk of bone fractures. It is due to changes in insulin-like growth factor 1 levels and the effects of acidosis. Acidosis causes bone degradation, weakening the bones and making them susceptible to fractures.

Supplementing a diet with more vitamins and minerals helps individuals on the ketogenic diet manage bonerelated side effects. You can also take multivitamin, calcium, and vitamin D supplements.

Less Muscle Mass and Decreased Metabolism

The reduction of muscle mass is another side effect of keto-related weight loss. You'll lose weight, but it may be mostly muscle, influencing your metabolism because muscle burns more calories than fat. It's not always in the same proportions when someone quits the ketogenic diet and regains a significant weight.

Some people may have leg cramps during ketosis. These can be uncomfortable and indicate you need to drink more water. Dehydration and mineral loss are ketosis's most common causes of leg cramping. It is because ketosis promotes a loss of water weight.

If you have any of the following conditions, you should avoid the keto diet: Liver failure pancreatitis

- Deficit in carnitine Diseases of porphyria that impair
- the way their bodies digest fat

Increased Heart Rate

As a side effect of ketosis, some patients report an increased heart rate. This condition is also known as palpitations or a racing heart.

Your heart health depends on what you eat. The keto diet based on plant sources of fat and protein can lower heart disease risk by 30%. However, it is the opposite for people mostly eating animal-based proteins and fats.

Other Adverse Effects

Bad breath, weariness, constipation, irregular menstrual periods, decreased bone density, and sleep problems are possible adverse effects. Other impacts lack solid evidence, primarily because it is challenging to track dieters over time to determine the longterm effects of a diet plan. For example, doctors don't know how it affects blood cholesterol levels; some suggest a rise,

World Hepatitis Day

TRACY PRITCHARD

orld Hepatitis Day is sponsored by the World Hepa-titis Alliance (WHA) on July 28th each year to raise awareness of viral hepatitis. July 28th was the birthday of Dr. Baruch Blumberg (1925-2011) who discovered the hepatitis B virus in 1967 and later developed the first hepatitis B vaccine. It is an officially mandated global public health day by the World Health Organization (WHO).

There are approximately 325 million people living with hepatitis and more than 1.1 million lives are lost each year to hepatitis B and C. Every 30 seconds someone loses their life to a hepatitis-related illness. The mission of this campaign is to bring attention to one of the most deadly and neglected diseases. In addition, with a call to action for decision-makers to prioritize the elimination of viral hepatitis by 2030.

This year's campaign theme is "I can't wait." This highlights the need to accelerate elimination efforts of viral hepatitis along with the importance of testing and treatment for those who need it. In many cases, early diagnosis and treatment can prevent or lower the chances of severe complications.

What is hepatitis and how many different types are there?

Hepatitis is inflammation of the liver caused by the hepatitis virus. Viral hepatitis can be acute (short-term) or chronic (long-term). There are different viruses that cause hepatitis including hepatitis A, B, C, D, and E. While some symptoms are similar, they differ in how they are transmitted and treated.

Hepatitis A and E

Typically spread through contact with contaminated food or water that has been contaminated by an infected person's stool. Hep E may also come from eating undercooked pork, deer, or shellfish. These viruses typically cause short-term infections which the body is able to fight off and the virus goes away but may become chronic.

Hepatitis B, C, and D

Spread through contact with an infected person's blood. Hep B and D may also spread through contact with other body fluids that may occur due to sharing drug needles or having unprotected sex. These viruses can cause short-term and long-lasting infections leading to complications including cirrhosis, liver failure, and liver cancer.

While it is possible to contract viral hepatitis without any noticeable symptoms, common symptoms include: fever, fatigue, joint pain, nauseas/vomiting, loss of appetite, yellowing of the skin or eyes, dark urine, or pale, clay-colored stool. According to the WHA, there are several reasons why action can't wait.

These include:

- People living with viral hepatitis who are unaware can't wait for testing

- People living with this virus can't wait for life-saving treatments

 Pregnant mothers can't wait for hepatitis screening and treatment

- Newborn babies can't wait for birth dose vaccination - People affected by hepatitis can't wait to end stigma and discrimination

- Community organizations can't wait for greater investment - Decision makers can't wait and must act now to make hepatitis elimination a reality through political will and funding

Nutrition for Chronic Hepatitis

The goal of a hepatitis diet is to reduce and minimize stress on the liver. While a healthy dietary pattern is important for everyone, it should be a priority for those managing chronic hepatitis. Following a healthy diet may help manage symptoms of hepatitis as well as preserve liver function and optimal weight. In order to maintain energy, it is important to include adequate calories every day based on age, gender, and activity level. Many of the principles of basic nutrition and healthy eating patterns should be considered. These include a focus on foods such as:

Vegetables and Fruits

Vegetables and fruits provide the body with vitamins and minerals to support a healthy body. In addition, green leafy vegetables may lessen the fatty acid composition in the liver. Vegetables and fruits also provide fiber that will keep one full and help decrease the desire for less healthy foods and treats that lack nutrient density.

Grains

ry includes foods such as bread, rice, pasta, and



ketosis, you'll notice a significant loss opting for an anti-inflammatory diet. in body fat and an increase or retention of muscle mass. In addition, low-carb What to Do for Keto Flu? and ketogenic diets have been shown in studies to result in substantial weight loss over time.

Insulin Sensitivity

A ketogenic diet helps restore insulin sensitivity by addressing the root Here are some tips to reduce the impact cause of insulin resistance, which is too much insulin in the body. Since low carbohydrate means low insulin, this diet helps keep insulin levels in check.

A high-carbohydrate diet worsens insulin resistance. High carbohydrate consumption means more insulin is tion. needed, exacerbating insulin resis-

It is not the flu, despite its name. You will not get a fever, and the symptoms seldom render you unconscious. However, if you're feeling sluggish, see vour doctor.

of keto flu.

The best approach to managing keto flu is to start slowly and avoid drastic diet changes.

Make sure you're getting enough water. Some diets can cause dehvdra-

Eat more frequently and include a

Bad Breath

Possible Kidney Damage

breathing difficulties

How to Manage Ketoacidosis?

According to studies, kidney stones are a common consequence for children who follow the diet, with about 5% of patients experiencing the problem. It is, however, curable. Kidney stone production is linked to hypocitraturia and hypercalciuria when acidosis promotes bone demineralisation. Low pH in the urine can also increase the production of crystals, leading to kidney stones. Because the body loses electrolytes such as sodium, magnesium, and potassium due to increased urination, Acute renal damage can result from ning on ketones. this. In addition, dehvdration is dangerous because it can cause dizziness.

One of the most common complaints keto dieters (and their partners) have is their embarrassingly awful breath. Some even claim that their mouths have a metallic taste. Acetone is a stinky volatile molecule that is one of the ketone bodies (compounds generated by fatty acid metabolism). Because ketones, like Acetone, are expelled from the body through exhalation, sweating, and urination, smelling like a nail salon is a good indicator that you're in ketosis. The good news is that this adverse effect will usually fade away as your body adjusts to run-

Home Remedies for Keto Breath

while others show a drop

Conclusion

Following a high-fat, low-carb regimen is not simple or enjoyable, but at the very least, you need to be more prepared for what lies ahead. You might experience unpleasant sensations in the first few days after changing your diet. However, this should not be the deciding factor when picking what to eat. In an ideal world, you should eat a nutritionally dense diet, and the Mediterranean and DASH diets have the most evidence to support living a long and healthy life. A medical expert can also assist you in safely following the diet to reduce the chance of side effects.

COURTESY: HEALTHIFYME

oats. Focus on whole grains such as whole wheat bread, brown rice, and whole wheat pasta rather than refined grains such as white bread, white rice, or white pasta. Since too many carbohydrates can lead to blood sugar dysregulation, those with liver disease should discuss individualized carbohydrate needs with their health care provider.

Protein Rich Foods

Adequate protein can help those with chronic hepatitis avoid malnutrition and muscle wasting and help the body repair tissue. Too much protein should be avoided because it can lead to a condition known as encephalopathy due to the inability of the liver to filter toxins from the breakdown of these foods from the bloodstream. Researchers recommend 1.0-1.8 grams of protein per kilogram of body weight. This range accommodates those with and without malnourishment. Lean sources of protein include chicken breast, turkey, fish, nonfat yogurt, eggs, and beans.

Everything You Should Know About Pili Nuts

HIRAL PATEL

ili nuts are fruits from a Pili tree. As mentioned in the journal, these are tall trees cultivated in the Philippines for these nuts. Its shape is like a teardrop.

They look like smaller versions of avocados. They are dark in colour and crunchy in texture. These nuts have a size of around 1-3 inches. They have a hard outer shell that protects the nut, like a walnut. The scientific name of the Pili tree is Canarium ovatum. These trees grow in Northern Australia and Southeast Asia.

Nuts are a high source of many nutrients. Also, these Nuts are no less than nutritious dry fruit. Moreover, these nuts remain edible for an extended period, just like dry fruits. And they contain a lot of nutritional value.

There are a lot of ways you can consume pili nuts. You can make trail mix with almonds. cashew, raisin, pistachio and pili nuts. You can easily take a handful of Pili nuts for a snack. If you like, you can roast it and add salt or seasonings of your choice. You can also get a large way as to lower cholesterol or fat

very popular in Filipino recipes.

Nutritional Properties of Pili Nuts As per USDA, 100 grams of Pili

Nuts hold the following nutritional values: Energy: 719 kCal Water: 2.77g Protein: 10.8g Total lipid (fat): 79.6g Carbohydrates: 3.98g Manganese: 2.31mg Calcium: 145mg Iron: 3.53mg Magnesium: 302mg

Phosphorus: 575mg Potassium: 507mg Sodium: 3mg

Health Benefits of Pili Nuts Helps Reduce Cholesterol Levels

As recommended by the USDA, the National Academies' recommendation includes consumption of trans fat and dietary cholesterol to be as low as possible without compromising the Taking this into consideration, of us to plan our diets in such a

variety of options in the market intake. Pili Nuts, having cholesfor flavoured pili nuts. It is also terol as low as 3.98g in 100g, is a very safe amount.

Improves Bone Health

The element magnesium is responsible for the amount of vitamin D and calcium regulation in our bodies. As we can see in the chart, pili nuts contain a good amount of magnesium, making them extremely healthy. In addition, magnesium, calcium, potassium, and phosphorus are responsible for good bone health. Fortunately, these nuts are abundant, making them beneficial for bone health.

Good for Heart Health

Pili nuts are high in omega-3 fatty acids. This component helps to reduce the risk of cardiovascular disease. Due to unhealthy food and sedentary lifestyles, heart problems are pretty standard. It would help if you took things under control.

Due to the presence of omega-3 nutritional adequacy of the diet. fatty acids, it offers various benefits. For example, it reduces the it makes it very important for all risk of abnormal heart rhythm and prevents blood clotting.



Helps Improve Immune System

nuts in your diet.

Improves Digestion

significantly helps improve your The presence of adequate mindigestive system. So intake of Pili erals and vitamins makes it rich Nuts can help in conditions like in antioxidants. The presence of constipation and haemorrhoids. antioxidants improves the body's

ability to fight free radicals. It Note

Pili nuts offer a lot of health helps the immune system in fighting off any foreign particles. benefits. There are a variety of Finally, it helps protect the body nutrients and benefits that make from any infection. So, if you are it ideal for adding to your diet. very prone to getting sick, this is In addition, the pili nuts work because you have low immunity. as a significant energy source. It would be helpful to start includ-Therefore, including these nuts ing controlled portions of healthy in your diet can improve or prevent multiple conditions or diseases. Although it contains a good amount of fat and very high They are high in fibre. Stud- energy, it still can be included

dietary routine.

Note

There are various ways of consuming Pili seeds. Of course, eating it raw as a snack is an option. However, you can try a few simple recipes in which Pili seeds can work exceptionally well.

Potential Side Effects and Usage Tips

When trying something new for the first time, please be sure about your allergies. For example, if you are allergic to some food, it doesn't matter how nutritious it is. However, it can make you uncomfortable. If you are unsure about it, you can find out by an oral test with an allergist. Furthermore, If you are allergic to it, you might get symptoms like abdominal pain, vomiting, or sudden itching in the mouth or eves. If such a situation occurs. immediately contact your doctor. as it might sometimes become serious.

Also, it is essential to note if you are generally allergic to dry fruits or tree nuts, you should ies suggest that fibre makes it in the diet if you have a strict avoid the consumption of Pili might sometimes become serious.

Nuts. If you are unsure about it, consult your doctor.

Conclusion

Pili nuts are very healthy nuts. It is one of the most nutritious varieties. The health benefits of this nut are immense. Pili Nuts are an excellent source of vitamin A and provide a large amount of energy that boosts the body. Apart from that, there are various health benefits. It may help reduce cholesterol levels, improve bone health, and be suitable for heart health. It also is beneficial in enhancing digestion and the immune system.

Pili nuts have a hard outer shell that protects the nut, just like walnuts. The scientific name of the Pili tree is Canarium ovatum. These trees are native to the Philippines. However, you must be careful before consuming the pili nut. First, you must be sure you are not allergic to the nut. If you are allergic to it, you might get symptoms like abdominal pain, vomiting, or sudden itching in the mouth or eyes. If such a situation occurs, immediately contact your doctor, as it

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IIM Jammu and NIFT Srinagar Forge Strategic Partnership to Foster Academic Excellence, Innovation at Bharat Tex 2024

JI NEWS SERVICE JAMMU, FEB 27

In a significant stride towards fostering academic collaboration and promoting innovation, the Indian Institute of Management (IIM) Jammu and the National Institute of Fashion Technology (NIFT) Srinagar have formalized a Memorandum of Understanding (MoU). The ceremonial signing took place today at Bharat Tex 2024, an esteemed international industry platform hosted mutual growth.

and NIFT Srinagar.

JI NEWS SERVICE

JAMMU, FEB 27



emony, held on the eve B.S. Sahay, Director of IIM tions in fostering innovaat Bharat Mandapam, Pra- of the ongoing Bharat Jammu, expressed pro- tive ecosystems that not gati Maidan, New Delhi. Tex 2024 at Bharat Man- found enthusiasm about only address current chal-Bharat Tex 2024 serves as dapam, was a significant the collaboration, higha pivotal stage, spotlight- milestone. Prof. B.S. lighting its significance for ing exhibitions, knowl- Sahay, Director of IIM the growth and developedge sessions, thematic Jammu, and Prof. Javid ment of Jammu & Kashmir discussions, Government- Ahmad Wani, Director of (J&K). He emphasized that to-Government (G2G) NIFT Srinagar, inked the the partnership with NIFT meetings, Business-to- MoU in the presence of Srinagar will open up Business (B2B) networks, Director General NIFT, Ms. exciting possibilities for ary research, technology and interactive pavilions. Tanu Kashyap, IAS and academic collaboration transfer, and entrepre-This event marks the gen- various delegations, sym- and innovation, which esis of a promising part- bolizing a commitment are crucial for the socionership between the two to collaboration across economic advancement esteemed institutions, IIM various fronts. This part- of the region. He under-Jammu and NIFT Srinagar, nership aims to enhance scored the importance of setting the stage for col- academic excellence, leveraging each other's Director, NIFT Srinagar, tributions to academia, laborative endeavors and foster research endeav- strengths to create a syn-The event commenced preneurial talent in the fosters not only learning, with a formal introduc- Union Territory of Jammu research, and entrepretion to the MoU Signing & Kashmir. Also present neurship but also contribaccompanied by a warm at the ceremony was Dr. utes to the overall growth welcome extended to all Muqbil Burhan, Chairper- trajectory of J&K. He partners involved Prof. Dr. son of Srinagar Campus, emphasized that by har-Sudha Dhingra, Dean Aca- IIM Jammu adding further nessing the rich cultural demics, NIFT Delhi, deliv- significance to the occa- heritage and diverse talent ered the welcome address. sion. Bharat Tex 2024, pool of the region, the col-This was followed by an in its ongoing events, laboration between IIM introduction to both Insti- highlights the richness of Jammu and NIFT Srinagar ment in the region. He esteemed academicians tutions and an outline of Indian textiles, reinforcing holds immense potential the key deliverables of the its image as a custodian to catalyze positive change MoU between IIM Jammu of tradition, innovation, and drive inclusive devel-The MoU signing cer- ing on the occasion, Prof. role of academic institu- for the greater good of partnership formation.

ors, and cultivate entre- ergistic environment that ments, emphasizing the neurship, thereby shaping and sustainability. Speak- opment. He stressed the expertise and resources laborative endeavors and

lenges but also anticipate future opportunities. He reiterated the commitspearhead initiatives that neurial ventures, thereby contributing to the overall prosperity of Jammu & Kashmir.

echoed similar senti- research, and entrepretransformative poten- not only the future of the tial of the collaboration. region but also extending He expressed delight in their impact beyond local joining hands with IIM Jammu in this endeavor, envisioning the creation building. The Bharat Manof dynamic ecosystem dapam, Bharat Tex served that nurtures talent, fos- as the ideal platform socio-economic develop- and networking, where emphasized the collective and reputed institutes commitment of both Insti- from India and globally tutions to leverage their came together for col-

U.T of Jammu and Kashmir, aiming to establish a thriving environment conducive to innovation, entrepreneurship, and inclusive growth.

The MoU encompasses various areas of collaboration, including academic partnerships, research endeavors, executive education and training programs, joint seminars, conferences, and workshops, initiatives for entrepreneurship and incubation, as well as the sharing of research and campus facilities.

The vote of thanks was proposed by Prof. Dr. Sanjeev Malage, Head of International and Domesment of both IIM Jammu tic Linkages, NIFT Delhi. and NIFT Srinagar to The signing of the MoU represents a significant promote interdisciplin- milestone for both institutions, signaling the beginning of a new era of collaboration and excellence. Through joint efforts, IIM Jammu and NIFT Srinagar are primed

Dr. Javid Ahmad Wani, to make substantial conboundaries and thereby contributing to nationters creativity, and propels for the MoU Exchange



The Gaganyaan Mission, India's first human

space flight programme, is set to carry a

JI NEWS SERVICE JAMMU, FEB 27

Thiruvazhiyad, Kerala on 26 Aug 1976. He is alum- Su-30 Sqn. nus of NDA and recipient Force Academy. He was with approx 3000 hrs of my. He was commissioned 2000 hrs of flying experiflying experience. He has on 21 Jun 2003 in the fighter ence. He has flown variety flown variety of ac includ- stream of IAF. He is Flying of ac including Su-30 MKI, ing Su-30 MKI, MiG-21, Instructor and a Test Pilot MiG-21, MiG-29, Jaguar, MiG-29, Hawk, Dornier, with approx 2900 hrs of Hawk, Dornier, An-32 etc.

An-32, etc. He is also the flying experience. He has alumnus of United States flown variety of ac includ-Staff College and a DS at ing Su-30 MKI, MiG-21, MiG-Gp Capt Prasanth Bal- DSSC, Wellington and FIS, 21, Mig-29, Jaguar, Dornier, akrishnan Nair was born in Tambaram. He has com- An-32 etc. He is also alummanded a premier fighter nus of DSSC, Wellington.

Gp Capt Angad Pratap Gp Capt Ajit Krishnan was born in Prayagraj on of Sword of Honour at Air was born in Chennai, Tamil 17 Jul 1982. He is alumnus Nadu on 19 Apr 1982. He of NDA and was commiscommissioned on 19 Dec is alumnus of NDA and sioned on 18 Dec 2004 in 1998 in the fighter stream recipient of President's the fighter stream of IAF. of IAF. He is a Cat A Flying Gold Medal and Sword of He is a Flying Instructor Instructor and a Test Pilot Honour at Air Force Acade- and a Test Pilot with approx

SSP Reasi holds Police-Public & Crime review meeting at Katra

JI NEWS SERVICE REASI, FEB 27

Continuing unwavering efforts to bridge the gap between police & public, Reasi Police facilitated Police Community Partnership Group (PCPG) meetings at Katra.

chaired by Ms Mohita on the occasion, it was forward and support the Sharma-IPS, SSP Reasi, reiterated that policing at Police in making Reasi Sh. Vipan Chandran-JKPS, grass root level in the Dis- a drug free district, for SP Katra, SDPO Katra Sh. trict would be revamped which participants in the Surinder Singh Baloria to enhance proficiencies meeting assured their full Ahmed and SHO P/S Katra of the cops and to devel- co-operation to Police and were also present in the op confidence among the meeting. The meeting was people. attended by Civil Society their genuine grievances peaceful atmosphere. pertaining to Police will be



The Participants were members and respect- stressed to co-operate in facilitating community ables of the area. During with Police in maintain- interaction meets where the meeting, participants ing law and order in the participants express their highlighted various issues area and in identification of public importance, and of anti-national elements they were assured that who try to disrupt the participants to keep strict

Addressing the gather- that they don't indulge resolved on priority and ings, the officers said that in criminal activities. The that of Civil Administra- police is making all out meeting concluded with tion will be taken up with efforts in wiping out the good note of thanks and the concerned depart- curse of drug menace. appreciations from public.

The meeting was redressal. While speaking the participants to come Administration in tackling social evils and also appreciated the efforts of Police opinions freely.

Further, officers urged watch on their wards so



'Sankalp Patra'.

than 1 crore suggestion persons, said that BJP has letters and include these initiated a grand exersuggestions in the party's cise to reach up to every Chugh said that the illus- suggestions, collect them

trious public welfare and and carry them to the

individual to know their

tions, the BJP will install and mobilize 370 suggestion boxes to receive public opinion for Lok Sabha constituencies in J&K. Besides, the Party will also display special numbers for online suggestions for Sankalp patra, said, Tarun Chugh.

Tarun Chugh, BJP Singh, National Secretary, India - Modi's Guarantee Nagar, Jammu.

number 9090902024, on suggestions to the party.

Tarun Chugh and 'Developed India - Modi's National General Sec- Ravinder Raina launched Guarantee' Rath Yatra was retary & Incharge BJP the programme of 'Sank- launched by BJP National J&K and Ravinder Raina, alp Patra Suggestion Cam- President Jagat Prakash President, Dr. Narinder paign' and 'Developed Nadda in Delhi. J&K BJP along with Ashish Campaign' in Jammu & programme of the cam-

Sood, Seh-Prabhari, Kashmir. He said, that in paign, Chugh said that the party and our govern- mittee has been consti-J&K BJP, Devinder Singh the Amritkaal, our coun- under the leadership of Rana, former MLA, Adv try is ready to take a long respected Prime Minis- aspirations of the people of Jammu & Kashmir. He Sunil Sethi, Chief Spokes- leap towards a developed ter Narendra Modi, the in the next 5 years under said that Sunil Sethi will be person, Adv Abhinav India under the leader- vision of developed India, the leadership of Prime the Incharge, and Sham-Sharma, Spokesperson ship of respected Prime self-reliant India, worldand other senior lead- Minister Narendra Modi. friendly India is coming ers was addressing to the To ensure that the country true. Chugh said that BJP media persons at party takes a huge leap in devel- will establish communi- tions boxes are going headquarters, Trikuta opment in 2024, sugges- cation with the public at everywhere.

Chugh said that yeswhich any person can give terday BJP 'Sankalp Patra Suggestion Campaign' and

Speaking at the launch

For "Viksit Bharat Sankalp Patra", BJP will collect 1 crore suggestions from

10000 public aspiration boxes, 1000 Raths and Namo App: Chugh

development works done party leadership. He said

Party that the aspirations of the people should reach ment will fulfill those tuted to list all the issues Minister Narendra Modi. sher Manhas, Devender To achieve this purpose, 10000 people's aspira- RS Pathania, Ranjit Singh,

tions are being collected more than 250 places in Ravinder Raina, will be the members of the BJP launched a mobile from the public, he added. the country, collect more addressing the media committee.

under the leadership of that the drive would be Prime Minister Narendra carried out in all the 20 Modi will be extended to administrative districts all the Lok Sabha constitu- of Jammu & Kashmir. He encies under 'Developed said that BJP will organize India-Modi's Guarantee' 370 programmes in 285 through 1000 chariots. blocks putting the sugges-The video van will also tion box in each of these work to connect people blocks. He said that BJP with the party along with workers will visit every asking for suggestions area of the region to colfrom the public. Chugh lect the suggestions and said that it is the resolve ensure that these reach to of the Bharatiya Janata the PM Modi.

Ashish Sood shared that a manifesto com-Rana, Abhinav Sharma, Rakesh Gupta, Jitender Singh, and Ved Sharma

Indian Army organizes Hony Capt Santan Singh, Vir Chakra, Ans Valley festival from 22 Feb 24 to 24 Feb 24 at Kotranka



JI NEWS SERVICE

RAJOURI, FEB 27

Indian Army at Samote tated on the occasion. organised Honorary Capt Santan Singh, Vir Chakra, Singh, VrC, Ans Valley the event. Residents, Ans Valley festival from Festival provided a plat- Sarpanchs, Panchs, stu-22 Feb 24 to 24 Feb 24 form to the resident dents, elders and ex-serat Kotranka, District populace to showcase vicemen have expressed Rajouri, wherein sports their talent. Senior Gov- their sincere thanks and events (Volleyball and ernment and Military offi- gratitude towards Indian Tug of War), Academic cials graced the event. In Army for organizing this Events (Elocution) and addn, a Medical Camp grand event. It will go a Cultural Events (Patriotic was also organised for long way in bridging the Group Song and Patriotic the benefit of the popu- gap between Army & Group Dance) were con- lace.

ducted. ESM and Widows

of Kandi, Budhal, Khawas (including 353 locals, 215 & Samote were also felici-students/participants and 12 Widows, 50 Ex-Hony Capt Santan servicemen) witnessed AWAM.

A total number of 630

Indian Army organizes Medical, Health Checkup Camp at Poonch

JI NEWS SERVICE

POONCH, FEB 27

Indian Army organised a Medical & health checkup camp at Govt Girls Middle School, Nazal Chak, Rakhmuthi under Operation Sadbhavana, which aimed to provide essential healthcare services, free medical consultation along with free prescribed medicines for the residents of border area villages including Ratanpur,



Potha and Rakhmuthi. sultation by esteemed the event also featured ness and distribution of appreciated the efforts of The camp also offered gynaecologist and other nutritional counselling, essential medicines to the Indian Army for organisdental check up and con-specialists. In addition dental hygiene aware-residents. The populace ing such an event.

Civil Defence Jammu organizes

one-day awareness camp

Aijaz Ahmed Khan expresses anguish over delay in granting FRA rights in Reasi, Ramban, Udhampur

JI NEWS SERVICE REASI, FEB 27

and Kashmir's Reasi, other rights on the forest Udhampur and Ramban land under the FRA. How-Districts.

Ahmed Khan listened to the issues of the tribals.

the tribals informed that department, and other they had submitted their Govt authorities by fencclaims with the documen- ing the forest land and tary proof to the commit- restricting the movement have claimed that the tees which are submitting of tribals and their cattles forest department and the claims under Forest Right Act in Reasi, Udham- land. pur and Ramban district.

them.

Forest Division as well as Udhampur District.

"The authorities have Apni Party Vice President, failed to fulfill the comand Former Minister, Aijaz mitment, which was made Ahmed Khan on Tuesday by the Prime Minister of has expressed anguish India, Shri. Narendra over in orderly delay in the Modi, and Union Home implementation of Forest Minister, Shri. Amit Shah Right Act (FRA) in favour that the tribals, and other of the tribals and other forest dwellers would get forest dwellers in Jammu the right of grazing and ever, the authorities, espe-In an interaction with cially the Forest Departthe tribal people from ment, is creating hurdles Gujjar-Bakarwal commu- in the fulfilment of the nity at Talwara in Reasi, promises made by the the Former Minister, Aijaz Prime Minister," he stated. He said that the tribal lives have been made During the interaction, miserable by the forest Haji Mumtaz Ahmed Khan. and other authorities.

- livestock to the grazing

posed of by the forest and forests in Jammu many districts. right committees even and Kashmir for centu-Forest Division in Udham- areas for decades," said



Further highlighting the issue, Mumtaz Ahmed Khan said that the people civil administration often stop the renovation work "The tribals and other of the already established

However, their files forest dwellers are pro- old / kacha houses in the land by the Govt. (claims) were not dis- tectors of the forest land forest or state lands in "The people are not

after completing all the ries. However, the Forest being allowed to replace requisite formalities, Aijaz Department has restrict- their teen sheds or reno-Ahmed Khan added, citing ed the movement of the vate the crumbling walls of issues raised by the people people who depend on the their kacha houses in hilly/ during his interaction with forest for the feed of their forest areas/state lands by cattles/livestock which the authorities even after He also said that approx- is a clear violation of the knowing that they have imately 670 FRA claims are Forest Rights Act of such no other alternative house stated. still pending in Sanasar people who live in such to live in," he further claimed, while criticizing

ignored regarding the benefits under Pradhan Mantri granting of five marla of person in J&K.

in the PMAY lists to get the veterinary department's benefits, but they were teams to provide needed denied any kind of benefit medical treatment / vacunder the PMAY scheme cination to the cows and because their land/houses buffaloes suffering followhad to be constructed on ing the spread of diseases forest land where they lived for centuries," he ic.

pur and many more such the Provincial Vice Presi- the authoritarian attitude incomplete, and the basic reaches with the onset of the quality of the livecases pending in Ramban dent of the Party, Ex-MLA of the forest department purpose of the PMAY summer season, he asked stocks breed.

scheme fail to yield any He further expressed result as per the expecconcern over how the tation or promises made poor and economically by the Govt," he added, weaker section is being while seeking attention of the authorities so that the benefits of PMAY scheme Awas Yojana (PMAY) or can reach every deserving

"Unfortunately, the demanded that the Govt names of the people came should send teams of among them like epidem-

In the wake of sched-Hence, the deserv- uled seasonal migration should also be brought ing poor nomads remain of the tribals to the upper from Rajasthan to improve

the Govt to make appropriate arrangement so that the tribals do not lose their cattles/live-stocks during their scheduled journey from the plains of Jammu to the upper reaches of Kashmir and Kargil.

He also demanded that ration and medical teams should also be dispatched with the seasonal migrant tribals.

Meanwhile, he said that the tribals living in kacha houses in Beli Charana area of Jammu District should not be harassed and instead, their rights should be protected by the authorities.

"Majority of them do dairy work and hence, they shall be provided Govt benefits to promote their milk production," he added.

He further said that the Govt should develop Patwar Halka Talwara as a dairy cluster and accord-Raising an alarm, he ingly, the milkmen of this area shall be provided benefits of dairy milk schemes to increase the production of milk and enhance the quality of their production that would help in generating self-employment.

Similarly, he said that the goat and sheep rearing should also be encouraged, and the live-stocks

JI NEWS SERVICE JAMMU, FEB 27

One day awareness programme was held at measures during natural B.M.P.C High School, or man-made disasters. Makwal Satwari, Jammu which was organized Rakesh Sharma, Princiunder the supervision of pal of the High School Defence, Jammu. 100 Stu- the Civil Defence team dents of the School have for organizing such proattended the awareness gramme. programme. Awareness about the basic knowled by the Civil Defence on the occasion.

team. The main aim of the awareness programme was to educate students with regard to preventive

On the Occasion Sh. Deputy Controller Civil appreciated and thanked

Paramjit Kumar Chief Warden CD Jammu, Sh. R. edge of First Aid, Fire Vijay Magotra, Dy. Chief fighting, CPR, Chocking Warden CD, Jammu, Sh. especially on Drug addic- Yashpaul, Vice Principal tion and other life saving of the School, Sh. Raj techniques were given to Kumar, Dy. Post Warden the trainees by the Civil CD, Jammu, SI Ram Dayal Defence expert. During Saini, Sub- Inspector, the programme demon- in charge Civil Defence stration on the above said Trainings and other staff topics was also present- of the School also present

BJP's prospects bright in Jammu, Valley in ensuing LS poll: Kavinder

JI NEWS SERVICE JAMMU, FEB 27

They further disclosed that the Tiranga Yatra is being taken out from Feb 26 to 29. The main purpose of this yatra is to educate OBC masses about their fundamental constitutional rights and their duties towards their Nation besides implementation of 27% reservation in

ing colossal development and winning the hearts of people by giving them the Senior BJP leader and rights denied by the conformer deputy chief min- ventional ruling parties ister Kavinder Gupta on for years together, the BJP Tuesday asserted that the has made a special place party is hopeful of spec- in the hearts and minds tacular performance not of people kindling them only in Jammu province to vote only for the Saffron but Valley also in the ensu- party whether it is Jammu, ing Lok Sabha Polls as Kashmir or for that matter prospects are bright with even in Ladakh. He said people's mood largely that looking into the mood inclined towards Saffron of the people, the opposiparty policies and plans tion parties including the for the UT. In a statement NC, PDP and Congress issued to media persons, have already prepared the BJP stalwart said that themselves for facing the the way the centre has devastating defeats, as delivered justice to people could be well gauged from of all shades in the UT with their half-hearted remarks promise of more to come, with regard to upcoming the chances for the party polls in J&K. He said that are strong that it will come grandiose welcome which out with flying colours by was offered to PM Narenensuring remarkable vic- dra Modi by the people in tories on all seats giving a Jammu and similar posblow to opposition leader- sibility during his forthship, which is already in coming visit to Valley has doubt due to flip flops in enlightened the entire Gupkar and India bloc alli- opposition in the UT with ances, as both seem to be the stark reality that their on the verge of collapse. chances are bleak in the He said that the stupen- LS polls as a big zero dous work done by the is waiting as the figure Modi Government in J&K they'll get as election outespecially with regard to come with all seats going restoring peace, ensur- into BJP's volley.

CUJ hosts educational visit for Students of Zone Samba



JI NEWS SERVICE SAMBA, FEBRUARY 27

collaboration with the after their schooling. Office of Dean students'

trip in mind the different coordinators present in

various department pro-Office of the Chief Edu- vided them the knowledge cation Officer, Samba in and various opportunities

From this visit stu-Welfare, Central Univer- dents had the chance to sity of Jammu organised a explore various departvisit of 500 students and ments across the campus, approximately 70 teach- where they have received ers of higher secondary first-hand demonstrations schools/ High schools of of the latest innovations. The students gained valu-During this educational able insights into poten-

OBC Adhikar Tiranga rally reaches Katra-**Reasi, attracts attention of Govt**

JI NEWS SERVICE KATRA, FEB 27

The members of Other Backward Classes took out OBC Adhikar Tiranga rally to Katra Reasi from Udhampur here today to attract the attention of Govt towards the implementation of Mandal Commission report in the JKUT.



The OBC members

Zone Samba.

visit to Central University tial career paths. During of Jammu, the students of the whole day, students government higher sec- engaged in dynamic disondary and high schools cussions with the faculty visited various depart- members. The educationments, laboratories, ISRO al visit was done under building and interacted the supervision of Prof. with university teachers, Sanjeev Jain, Vice Chanscholars and students, cellor, Central University keeping this educational of Jammu.

led by Kasturi Lal Baso-

tra, Chairman Jammu & Kashmir OBC Mahasabha tion of 27% reservation promise.

along Bansi Lal Choudhary for the OBCs in the UT of Convenor OBC Adhikar Jammu and Kashmir. Sev- turned into UT, the Central ja Hari Singh Park adjoin-Tiranga Yatra besides eral leaders of the OBCs Laws were extended to the ing Press Club Jammu at others assembled at Hari including Kasturi Lal Baso- J&K, then why the Mandal around 10. 30 am and Singh Park near Tawi tra, Bansi Lal Choudhary bridge today morning and addressed the rally and not implemented here. Chowk, Vivekanand started Adhikar Tiranga also spoke to the media, The Modi Government Chowk, Prem Nagar, rally to create awareness demanding implementa- must clarify it. They said Gurjar Nagar, Nagrota, among the own commu- tion of the Mandal Comnity people about their mission Report in J&K. was not acceptable to Kishanpur-Manwal and

rights. They were shouting vation was not acceptable OBCs is 42 %. The quota in the evening of 26th slogans in support of their to the OBCs and the Modi should be provided as per demand of implementa- Government must fulfil its population.

Adhikar Tiranga Yatra They said after J&K was after starting from Mahara-

Commission report was passed through Gumat that merely a 12% quota Suketar, Dhansal, Jindrah, They said that 12 % reser- them as the population of then reached Udhampur February, 2024 followed

JK-UT for OBCs.

This eighth OBC

by Katra-Reasi today.

NHM employees hold convention; frame District Udhampur Association

JI NEWS SERVICE

UDHAMPUR, FEB 27:

In its mission to bring all categories of employees under the ambit of the National Health Mission on one platform, a one day district level convention of National Health Mission employees of District Udhampur was held at resentative) besides other the speakers raised various Udhampur on Sunday (25- Udhampur. 02-2024).

eral Secretary Mr Ajay DH Udhampur. Sharma, Chairman Adviso-NHM Representative), Mr block level. Ajay Manhas (NHM Rep-



Conference Hall NITL HSS representatives of District issues related to the welfare of the NHM employees

The meeting was active- and meaningful solutions The meeting was pre- ly participated by a huge to their issues. sided over by Senior NHM gathering of Medical Offirepresentative of Jammu cers, Management and level body for Udhampur trict President and assured Division including Sr Paramedical Staff of the was also framed on this that she will leave no stone JKNHMEA Jammu Division Vice President Jammu Mr different block of the Dis- occasion in which Mr Ajay unturned when it comes remains fully committed Faizan A Tramboo, Gen- trict Udhampur including Sharma was elected as to the welfare of NHM

The meeting was orga- Dogra as District Presi- pur District. ry Committee Dr Pradeep nized with an objective to dent, Dr Atul Goswami, Mr

During the convention, Devi & Mr Sumit as Trea- larly focus on the various tive and focused manner.

surers, Mr Deepak Sharma, concerns. They said the it's members. While speaking on the come."

occasion, the newly elect-Meanwhile, a district responsibility of the Dis- solutions. It is pertinent Chairman, Dr Tamanna employees of the Udham-

Rathore, Dr Ashish Khaju- unite all NHM employees Pawan Kumar, Mr Mohd Leaders of the Associa- will continue to engage ria (Treasurer), Dr Rohit and to discuss the issue of Ali, Mrs Sunita Devi as tion stated that with the with relevant stakehold-Bhardwaj (Coordinator), strengthening the organi- Vice Presidents, Dr Mohit support of our fellow ers and govt authorities Dr Nasir Indrabi (Advi- zation at gross root level Sharma as General Sec- employees, we can work to work towards the resosor), Dr Rakesh Kotwal (Sr at district as well as each retary, Dr Anil Sharma as towards resolving the lution of the issues of its Spokesperson, Mrs Madhu pending cases and particu- employees in a more effec-

Mrs Rekha Ranyal, Mrs current Chief Secretary, Sushma Devi, Mr Ajay Health Secretary and Mis-Verma & Mrs Nayim Begum sion Director NHM have as Secretaries, while in the shown a positive and pro-District Advisory Commit- active approach, and we tee, Dr Pardeep Rathore, believe we can collectively Dr Arvind and Mr Rajinder achieve positive outcomes Singh were nominated as for the betterment of the employees in the time to

The leaders threw light ed President Dr Tamanna on the problems being Dogra thanked all the faced by the employees participants for honoring and debated the methods and entrusting her the to be adopted to arrive at to mention here that the to its mission of advocating for the rights and well being of NHM employees in In their addresses, Sr J&K UT. The organization

Social Consciousness Yatra organizes in Central Sanskrit University



JI NEWS SERVICE

because life is not pos- was made aware about sible without water. He water conservation. The encouraged the students coordinator of this pro-Social Consciousness to save water. He further gram was Dr. Rishiraj, Shobha Yatra was orga- said that "If there is water Head of the Department nized by the Education then we are, if there is no of Education; Convener Department of Central water then there is noth- Dr. Vivek Kumar and Co-Sanskrit University, ing." The procession was convenor Dr. Snehlata. Shri Ranbir Campus, started from the Jammu Along with them, teach-Kot-Bhalwal, Jammu on campus to Govern- ers of the department Dr. 27/02/2024 under the ment Higher Secondary Devendra Kumar Mishra, direction of the Direc- School, Bhalwal. In this Dr. Shubhashree Dash, tor of the campus, Prof. procession, slogans like Dr. Anup Kumar Pandey, Shreedhar Mishra. On "Save Water, Save Life" Dr. Praveen Mani Tripathis occasion, he said were raised high in the thi, Dr. Khem Narayan, that water is life. Its con- society through educa- Dr. Akhilesh Pandey and servation and cleanli- tionists and students. Babita Hada were presness is our utmost duty, This way, the society ent.

JAMMU, FEB 27



Pervasive suffering engulfed every section of society under BJP regime: Bhalla

JI NEWS SERVICE JAMMU, FEB 27

Raman Bhalla today con- to strengthen the party vened meeting of promi- at the grassroots level. nent office bearers of RS He said that the genuine Pura Jammu South and needs of the public should Bahu constituency to dis- be addressed openly and cuss poll strategy ahead that they should enable of forthcoming parlia- the public to recognise mentary elections. Bhalla the ruses of the BJP and interacted with the dis- its divisive policies. He trict Congress leaders and added that the BJP has addressed their concerns. failed the people of Jammu Prominent among those and Kashmir and the Conwho participated in meet- gress will step in and take ing include JKPCC Vice charge. He shamed the President Yogesh Sawhney, BJP government for being District President Manmo- incompetent in tackling han Singh Pinka, CWC the economic crisis of the Member and former NSUI country and ignoring the National President Neeraj middle class and poor. Kundan, Vice President & besides others.

Bhalla, while addressing the meeting, he urged the

leaders to continue taking JKPCC Working President steps in the direction

Speaking on the occa-Sharma, Vice President BJP has lost the moral right Secretary Satish Sharma, after betrayal after betray-Gen Secy Amrit Bali, Secy al. Former Minister took a Chief Vijay Sharma Babbi, order to highlight the fail-Ex Corporates - Kamal ures and performance of parliamentary elections. Singh, Bhanu Mahajan, the Modi Government on Pritam Singh, Block Presi-various fronts, including the ruling government's dents - Gurmeet Singh, economy, foreign policy, Pradeep Bhalla, Surinder communal harmony, infla-Singh Dutta, Sanjeev Katal tion, farmers' income, only for themselves or a , Bhushan Kumar Reddi, national security, welfare selected group of industri-Latish Sharma, Sarpanch for the Scheduled castes, alists and capitals whose Kashmir Singh, Ravinder Scheduled tribes, and wealth had increased. He every section of society elections," he proclaimed. Singh Dheera- Dr. Vijay other backward classes. criticized the Bharatiya under the current regime, He said that Prime Minis- tunately nothing such is Sharma, Panch Gagan "It is not BJP but tireless Janata Party (BJP) for its emphasizing the Con- ter Narendra Modi during done," he said. Appreciat-Bral, Aman Bawa, Sandeep efforts of Congress party unfulfilled promises, stat-Dogra Sonu, Happy Rand- that the people of the J&K ing that these have caused hawa, Rajinder Singh, are on the path of devel- widespread disappoint-Satnam Singh Sandhu opment and prosperity, ment among the public. Jammu and Kashmir have for safeguarding the jobs they should be cautious Kaka, Salim Khan, Deewan "he said. He said Jammu He pointed out that the now fully recognized the and lands of the perma-Chand, Yudhvir Singh, people are now realizing increasing inclination of Congress as the only force nent residents, granting who have no contribution Satpal Sapolia, Master their mistake committed people towards the Con- capable of liberating them statehood, addressing the to its development but Kewal, Gurdeep Singh in 2014 and 2019 as these gress party is a direct from the miseries inflicted burgeoning unemploy- play petty politics for their Kaka, Maggar Singh, Bittu people who were sent by result of the BJP's failures. upon them by the incum- ment problem, ending personal gains.



Treasurer JKPCC Rajnish sion, Bhalla said that the voice remained unheard apprehension in Jammu declared. Pranav Shagotra, General to go to Jammu people hoped that the people of reluctance to hold Assem- resigning from parties like Jammu will surely correct Parveen Singh, Secy. dig at BJP over deceits and such opportunists and allied parties. He empha- to social justice, equality, Pawan Bhagat, Sewa Dal a failed government in exploiters and show them sized that the people their place in forthcoming

promise of 'achche din' (good days) was meant the voters to raise their He highlighted the BJP's bent government," Bhalla developmental inertia

for ten long years. It is and Kashmir, alleging their the past mistake and reject losing to Congress and its unwavering commitment of Jammu and Kashmir would not tolerate this Bhalla alleged that and that the Congress party is exerting pressure for early elections to establish a democratically elected government. He suffering that has engulfed gress's position as the sole hardship. The people of

Bhalla attributed the bly elections due to fear of the BJP to the Congress's and economic development - values that align deeply with the aspirapeople of Jammu and recent Jammu visit disapalternative to this cycle of pointed the people by not for building rich secular spelling out any roadmap

and tackling the selective attacks by terrorists in the Valley. Bhalla said the PM continued to remain silent over the promised restoration of statehood to J&K or instilling a sense of confidence among the people about restoration of the democratic process, which stands denied for nearly five years.

Bhalla promised overall development of Jammu and Kashmir without any religious or regional bias if his party was voted to power in the union territory.He said that in the present political uncertainty, his party is the only hope of the people as Congress has never done politics on a religious or regional basis and believe that people deserve equal opportunities with dignity."We never discriminated between the regions and treated them equally in all manner," said Bhalla.He said poor governance and lack of accountability in tions of the people of the system is affecting the Jammu and Kashmir."The economy of people which has led to the decline in Kashmir are eagerly await- job opportunities. "Where ing an opportunity to give shall our youth go now? lamented the pervasive befitting reply to the BJP's It is our duty to provide misrule in the upcoming them enough employment opportunities but unforing the people of Jammu values, Bhalla said that against all those forces

Death Anniversary of Sher-e-Duggar Lala Hans Raj Mahajan observed at Jammu



JI NEWS SERVICE JAMMU, FEB 27

ent classes of the society throughout the country. Foday on 27 February President Ayodhya 2024, Death Anniver- Gupta Ji stressed upon sary of Sher-E-Duggar the community to follow Lala Hans Raj Mahajan the footprints of Lala ji was observed at Lala Hans Raj Mahajan. Hans Raj Mahajan Sabha, The prominent persons

for up liftment of differ-

Talab Tillo, under the present on the occasion Presidentship of Ayod- were Rattan Lal Gupta, hya Gupta Ji, Wherein Krishan Lal Gupta, Dr the renowned members O P Gupta, Vijay Gupta, of Mahajan Biradari Tarsem Gupta, Rajan remembered the contri- Gupta, Brijesh Gupta, butions of Lala Ji towards Veena Gupta, Bhupinder the Society. It was felt Gupta, Rajesh Gupta, that his contributions Ramesh Gupta, Pappu were not restricted upto Ji Gupta, Rocky Gupta, the Mahajans or Jammu Sonali Gupta, Pinku Ji, only rather he worked Yogesh Gupta.

Bali Bhagat stresses for social engagement in view of upcoming LS Polls

JI NEWS SERVICE JAMMU, FEB 27

Bali Bhagat, a senior BJP leader and former Minister with the citizens of the and in-charge of the State North constituency. Through Election Committee, today the establishment of Social chaired a meeting of the Sampark Convenors, the BJP North assembly constituency aims to amplify its reach and today at Chinor. The primary connect with the community objective of the meeting was on a personal level, underto strategize and mobilize standing their concerns, and the "Social Sampark" depart- addressing them effectively ment in view of the upcom- for the betterment of the ing Lok Sabha Polls.

Sabha Polls, Bali Bhagat emphasized the need to strengthen the party's presence and actively engage constituents, he added. With the Lok Sabha Polls

During the meeting, Bali Bhagat directed the Con- approaching, Bali Bhagat venor and Co-Convenor said that the Party is comof Assembly Segment to mitted to delivering on its promptly appoint Conve- promises and garnering nors of Social Sampark at all support from the people. He Shakti Kendra levels within asserted that the upcoming the North constituency, Lok Sabha Polls are critical with an aim to ensure seam- for the future of our nation, less organization of various and the BJP, under the leadprograms and initiatives at ership of Prime Minister Narthe grassroots level, there- endra Modi, is determined by fostering effective social to work tirelessly to secure engagement throughout the a brighter and prosperous future for the constituents

The Holy Relics of Lord Buddha and His Two Disciples Enshrined for public veneration at Sanam Luang Pavilion in Bangkok

JI NEWS SERVICE NEW DELHI. FEB 27

The Holy Relics of Lord consisted of the National Buddha and His Two Disci- Flags of Thailand and India ples were Enshrined today along with cultural exhibifor public veneration at tion of the two countries.

parade also displayed the bonhomie between India and Thailand as the Parade



dhist cannon) & 26 books his homage to the giant

on Buddhism by Prof statue of Reclining Buddha Satya Vrat Shastri to Most at Wat Pho temple. The Ven Dr Debvajracharya, Governor and Most Ven Deputy Abbot of Wat Pho. discussed the cultural Most Ven is an illustrious connection between Thaialumni of Pune University. land and India, where the Governor Rajendra Vish- latter described India as wanath Arlekar also paid his second home.

the specially built Mandapam at Sanam Luang Pavil- exhibition set up by States ion in Bangkok with great of UP and MP Govt. "Budreverence and amidst Holy dhabhoomi Bharat" organ-Chanting. The Governor of ised to showcase spiritual Bihar Shri Rajendra Vish- and religious Tourist wanath Arlekar handed places in India was also over the Holy Relics of inaugurated on by the Buddha to Thai Prime Governor of Bihar, Union Minister (Chairman), Mr Minister and Thai Culture dapa.

and his two disciples. The this message that we have all efforts to spread Lord Kangyur (Tri Pitika - Bud-

On this occasion, an Srettha Thavisin, while Minister. Speaking on the come to Thailand. He Buddha's message for

Dr. Virendra Kumar to the organised in Thailand for spread Lord Buddha's sures taken by the Govt Thai Deputy Prime Minis- exposition of the Holy message of love, peace and to facilitate the tourists ter Mr. Somsak Thepsutin Relics of Lord Buddha compassion for all living thronging in the country and Thai Culture Minister and his two Disciples. He beings. He hoped that from all over the world. for enshrining in the man- said Lord Buddha is an bilateral relations between icon of compassion and India and Thailand will Governor of Bihar Rajen-A majestic parade of Non-violence. He further Attain a new height with dra Vishwanath Arlekar Relics leaving from the stated India is a sacred this exposition. The Thai who is heading the delnational museum was land where Lord Buddha Culture Minister expressed egation of Lord Buddha's also organized, showing got enlightened and fol- gratitude to Indian Govt Exposition in Thailand the culture and Heritage lowing his teachings India for giving an opportunity visited Wat Pho temple of Thailand as a part of the has always given to the to Thailand for exposi- in Bangkok where he 26 day grand exposition of world message of 'Karuna' tion of holy relics and said presented a Set of 108 the relics of Lord Buddha and 'Ahimsa' and it is with that Thailand will make volumes of Mongolian

those of Arahants Saripu- occasion, Governor of emphasised that Practice mankind. DG, Culture and tra & Maha Maudgalayana Bihar, Shri Rajendra Vish- of Peace and harmony is Tourism Ministry, Govt of were handed over by wanath Arlekar said that most important in today's UP made a presentation Union Minister for Social he feels blessed to be part world. This exposition on religious and spiritual Justice & Empowerment of this grand ceremony of holy relics will further tourist places and the mea-

Earlier during the day,

CUJ Faculty admitted as Fellow of The Royal Society of Chemistry (FRSC)

JI NEWS SERVICE

JAMMU, FEB 27

Prof. V. Sridharan, Head, Department of Chemistry and Chemical Sciences, Central University of Jammu has been admitted as a Fellow of The Royal Society of Chemistry (FRSC) in February 2024. Prof. Sridharan is a Synthetic Organic Chemist, who is working on the development of novel multi-bond forming reac-



palladation-initiated cas- complex carbo- and het- FIST grant of Rs. 2.43 and Chemical Sciences.

erocyclic compounds of cores, where Prof. Sridbiological relevance and haran was the Coordinator exploring the mechanistic of the project.

aspects of these transfor-Prof. Sanjeev Jain mations.Prof. Sridharan Hon'ble Vice-Chancellor, has received several Central University of research projects from Jammu congratulatedProf. funding agencies including Sridharan for this recog-DST, SERB, CSIR, DRDO nition.Prof. Sridharan and JKST&IC and pub- acknowledged the exceplished his research results tional support and initiain over 120 well-reputed tives taken by Prof. Saninternational journals of jeev Jain for the promohigh-impact. The Depart- tion of research activities ment of Chemistry and at CU Jammu, particularly Chemical Sciences has for the development of the tions including nucleo- cade reactions to access recently received DST- Department of Chemistry

Recognizing the signifi- of the North assembly concance of the upcoming Lok stituency.



constituency.

UNION TERRITORY OF JAMMU & KASHMIR

OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION REASI

SHORT NOTICE INVITING TENDER(Through GeM Portal)

e-NIT No. 106of 2023-24 Dated 23-02-2024

S. No	Name of Work	Cost of document (in ₹)	Earnest Money (in ₹)	Time Allowed for completion	Class of Contractor
1	2	4	5	6	7
1	Supply of Stationary Article	600/-	10000/-	10 Days	'A'B"C"D Class/GeM Register

1	Date of Publishing of Tender Notice	24-02-2024		
2	Period of downloading of bidding	From 24-02-2024 to 05-03-2024, 1400 Hrs		
	documents			
4	Bid submission Start Date	24-02-2024		
5	Bid Submission End Date	05-03-2024 up to 1400 Hrs		
6	Date & time of opening of Technical Bids	05-03-2024 on or after 1430Hrs in the Office of		
	(Online)	Executive Engineer PWD (R&B) Division, Reasi.		
7	Date & time of opening of Financial Bids	To be notified after technical bid evaluation is		
	(Online)	completed.		

E-tender(throughGeMPortal)areinvitedundertwo-bidsystemfromeligibleOEM's/Authorizedresellersfor PWD OFFICE REASI OR SE OFFICE REASI. The Bidder shall be registered with appropriate authority such as Registrar of Companies/Firms/Partnership Firms/MSME. Requirement/eligibilitycriteria,termsandconditionsofthecontracthavebeenclarifiedin theadditional documents. Tender document (including additional documents) are available on line on GeM

Portal.Biddersareadvisedtoread

tenderdocument(uploadedonwebsiteandonGeMportal)andchecktheireligibilitybeforeparticipating in the bid. The committee reserves the right to amend or withdraw any of the terms and conditions containedinthetender documentincludingquantity/amountof itemstobesuppliedortorejectanyor all tenders without giving any notice or assigning any reason thereof. The decision of the committee in this regard shall be final.

No:-7897-7900 Dated:-23-02-2024

SD/-(Er.Rajesh Sharma) **Executive Engineer** PWD (R&B) Division Reasi

DIP/J-15484/23 Date: 27-2-24

JINDRAH IMAGES JAMMU, FEBRUARY 28, 2024 WEDNESDAY

National level Shooting Range

to be established in Vill Seer,

Suchetgarh: Tony

Indian Army strengthens bridging capability with 46-meter Modular Bridge

JI NEWS SERVICE NEW DELHI, FEB 27

Over the next four years,

a total of 41 sets, valued at Indian Army bolstered Rs 2,585 Crores, will be its bridging capability progressively inducted. It with the induction of the is a mechanically launched 46-meter Modular Bridge. single-span, fully decked Designed and developed 46-meter assault bridge, by DRDO and produced enabling the army to by Larsen & Toubro (L&T), overcome obstacles such the bridging system was as canals and ditches with formally handed over in ease. It will augment the a ceremony at the Manek- crucial bridging capabilshaw Centre, New Delhi. ity of Indian Army Engi-The event was graced by neers as these bridges are Chief of the Army Staff. designed for quick deploy-Senior dignitaries from ment and retrieval, align-



operations.

Each set of Modular ity Vehicles. The bridge General Manoj Pande, highly mobile, rugged, and Bridge consists of seven can be employed over advantages over the MGB carrier vehicles based

The equipment is highly mobile, versatile, rugged and capable of keeping pace with wheeled and tracked mechanized vehi-

The modular bridges will replace the manually launched Medium Girder Bridges (MGB) that are currently being used in the Indian Army. The indigenously designed and manufactured Modular bridges shall have many such as increased span,

various types of obstacles on 8x8 Heavy Mobil- like canals and ditches less time for construction Indian Army, DRDO, and ing with the fast-paced ity Vehicles and two with quick launching and mechanical launching MoD were also in atten- nature of mechanized launcher vehicles based and retrieval capabilities. with retrieval capability.

cles.

range in the village of Seer, located in Suchetgarh block, is poised to provide training opportunities for youth of border villages. This shooting range, expected to be built at a national standard, aims to clarify its status on the international stage in the days to come.

member of the District project promptly to cater Development Council to the budding talent in the Jammu Kashmir Rifle a local girl who secured a emphasizing that the Association.

JI NEWS SERVICE

RS PURA, FEBRUARY 27

Present at the occasion were S.S. Sodhi, Presitives including former Sarpanch Rashpal Singh Gill, site. Numberdar Manjit Singh Singh Bittu.

demand from the local community to utilize internationally recoggovernment land in Seer nized shooting range. village for the establish- They affirmed that with



The proposed site for ment of a shooting range the cooperation of the Disthe shooting range was to benefit the youth. He trict Development Counfinalized on Tuesday by emphasized the impor- cil member, the project Taranjit Singh Tony, a tance of initiating this would soon see the light (DDC) from Suchetgarh, the region, pointing out and the former Sarpanch along with members of the recent achievement of echoed the sentiments,

medal in the Asian Games. establishment of a shoot-Jammu and Kashmir ing range in the panchayat Rifle Association's S.S. dent of the Jammu and Sodhi expressed confi- local youth but also attract Kashmir Rifle Association, dence that after today's aspiring athletes from Vice President Samar Dev inspection, discussions neighboring areas. They Singh, Paramjit Singh, with the government stressed the significance Chairman Kuldeep Singh would commence soon, of sports alongside educa-Jamwal, Arun, as well as paving the way for the tion, noting the active parseveral local representa- commencement of con- ticipation of rural youth in struction at the proposed national and international

Furthermore, members Mehta, and Sukhwinder from the team accom- asm displayed during the panying Taranjit Singh inspection reflects the During the visit, DDC Tony, who arrived from community's eagerness member Taranjit Singh Delhi, indicated their to foster sporting excel-Tony highlighted the commitment to facilitat- lence and provide proming arrangements for an ising opportunities for the

of day. Nambardar Manjit Singh

would not only benefit the competitions.

The collective enthusiyouth of Seer village and beyond.

FFMA pays tributes to **Chander Shekhar Azad**



JI NEWS SERVICE JAMMU, FEB 27

Freedom Fighters Memo- ing his name as 'Azad', his rial Association (FFMA) father's name 'Swatantra-J&K paid tributes to the ta' and his residence as freedom fighter Chander the prison cell." Shekhar Azad, on his martyrdom day at Maheshpura Chowk here today.

Speaking on the occasion, Chairman FFMA, Rajiv Mahajan recited har Azad fought and Azad's famous proclamation, 'Dushman Ki Goliyon Ka Saamna Hum Karenge, Azad Hi Rahe Hain, Aur Azad Hi Rahenge'.

"Chandrashekhar against the British. Azad was born in a small just 15 when he was ter- supreme sacrifice," Maha-

He added, "Azad shook the British empire when he was just 16 by reveal-

Mahajan further said that Azad's passion for freedom inspired many youth. Mahajan said that Shaheed Chander Shekjerked the base of the British rule in India with his dedication and sacrifice.

He was jailed several times for his protests

"His patriotism & valour Madhya Pradesh village of remains an inspiration. Bhavra in Jhabua district The nation remains foron July 23, 1906. He was ever indebted to his ribly moved by the Brit- jan said. Others present ishers killing thousands on the occasion were Ved of innocent Indians at Jha- Gandotra (Chief Patron), lianwala Bagh in Punjab. R.C Puri (Vice Chairman), That was when he decided Karnail Chand (Workto join India's indepen- ing President), Kamal dence movement," Rajiv Sharma, Parbhat Kaphi and others.

Dharmarth Trust to celebrate upcoming Maha Shivratri Festival with great fanfare: Brig Langeh

on 10x10 Heavy Mobil-

JI NEWS SERVICE JAMMU, FEB 27

J&K Dharmarth Trust, a renowned organization dedicated to the preservation and management of temples and shrines, has diligently made all necessary arrangements across the temples and shrines falling under its purview for the impending Maha Shivratri festival, which will be celebrated on March 8, 2024.

Speaking at a press conference, Brig RS Langeh (Retd), President the influx of devotees of the Trust flanked by SSP Ashok Kumar Sharma occasion.

(Retd), Secretary, said "Under the able guidance of Hon'ble Chairman ment in ensuring hassle-Trustee, Dr. Karan Singh and other Trustees, the not only on Maha Shivratri Trust has made commend- but also on regular days. able efforts in ensuring a The Trust, with its rich seamless experience for history spanning centudevotees visiting the tem- ries, has been pivotal in ples and shrines falling offering state-of-the-art under its purview."

He said several ancient visitors. It strives to conand prominent temples tinue this tradition by pro-



been prepared meticu- He also thanked active lously to accommodate public participation in organizing the function during this auspicious on Maha Shivratri. He also commended the efforts

The Trust's President of the Shri Ranbireshwar expressed his commit-Mandir Welfare Committee, whose contribution free facilities for devotees has been instrumental in making the celebrations a grand success.

The Trust's President and Secretary invited devotees from across the Union Territory to join amenities to pilgrims and the vibrant and spiritually uplifting celebrations of Maha Shivratri in the like Umapati Mahadev viding enhanced services Dharmarth Trust Temples Temple in Purman, and augmenting facili- and Shrines. In addition Ranbirsingheshwar, ties wherever feasible, to the meticulously pre-A b b h i m u k t e s h w a r he added. Briefing media pared temples, there will Temples in Utterbehni, persons, Ashok Kumar also be various cultural

GDCW Kathua showcases Role of Home Science in Entrepreneurship Development

JI NEWS SERVICE JAMMU, FEB 27

In an effort to promote and inculcate skills among students, Department of Home Science, Government Degree College For



ferent streams about Home ing that it's a platform many more that covers dif- event was graced by Prof. ent over there.

Women, Kathua, in col- ferent branches of Home Ashwani Khajuria, Dr. laboration with IQAC and Science, with the aim that Babita Mahajan, Dr. Rachna IIC, has taken an initiative hone their entrepreneur- Devi, Prof. Romika Bassin, to organize an Entrepre- ial skills. The programme Prof. Yash Paul, Dr. Deepneurship Development was organized under the shikha, Dr. Ambica, Dr. event in the college prem- esteemed patronage of Dr. Karam Chand, Dr. Surbhi ises on 27.02.2024. Dr. Inderjeet Kour, Incharge Gupta, Dr. Kamini Kapoor, Deepti Salotra, Assistant Principal of the college. Dr. Mukesh Kumari, Dr. Professor in Home Science She expressed her enthu- Surekha Rani, Dr. Usha aware the students of dif- siasm for the event, stat- Kiran and Dr Rohit Kumar. Dr. Deepti Salotra, Science education that it that instills entrepreneur- Head of the Department provides different skills, ial skills in our students, of Home Science, emphalifelong teaching for self- preparing them for real- sized the educational sigdevelopment, employment world challenges. She also nificance of the event, and income earning oppor- encouraged the students saying, "Our department tunities in different areas of to participate in all such is committed to provid-Home Science. Under this events where they are ing a well-rounded eduevent, Home Science stu- groomed to keep up with cation to our students dents have displayed dif- the spirit of entrepreneur- and this event is a tesferent mouthwatering food ship and 'Earn while they tament to our commitstalls, diet for BP patients Learn'. She commend the ment." She concluded and for Diabetic patients, Home Science Department the event with a vote of Best out of waste items, for their efforts in foster- thanks to the chair and handcrafted products and ing holistic education. The all the participants pres-



Mahajan said.

Shankaracharya Temple Sharma informed that the and spiritual programs Srinagar, Raghunath ji Civil Administration and including Langars orga-Temple, Jammu, Shri Ran- J&K Police Department has nized throughout the day, bireshwar Temple, Sudh made elaborate arrange- providing a truly enrich-Mahadev, Mantalai, Shiv ments for facilitating the ing experience for all who Temple Nagrota, and Shiv celebrations and ensuring participate, they added.

skills.

was ably conducted

A localite Ramesh

the efforts made by

Culture and Lan-

guages and thanked

Secretary JKAACL,

Bharat Singh, JKAS

for bringing cultural

place. While appre-

ciating the mesmer-

by Sat Pal Singh.

Indian Army Organised a Lecture on Career **Counseling for School** Subash Chander & **Students at Doda** Party, Vidya Devi & Party, Rashpal &

JI NEWS SERVICE DODA, FEB 27

As a part of ongoing process of educating the resident population 'Career Counseling Lecture was organised for School Students', Bihota at Doda merised audiences district (J&K). During the with their singing lecture, Teacher, Govern-The programme ment Primary School, Goha elucidated various points about government schemes. He educated them in detail on various schemes like PMKVY, Financial assistance for skill training, Vidya Kaushal and Skill Development for minorities etc. The initiative was undertaken to educate youth and to prevent them from being misguided, choose a healthy and progressive life and it was appreciated by the youths. A total of 40 students attended the career counseling lecture. All students remarked "These kind of initiatives will help to mould the young generations to make their choice in

future as a responsible

citizen".

Charak, Ishant flag off Ram **Devotees to Ayodhya**

JI NEWS SERVICE JAMMU, FEB 27

Amid religious fervor and 'Jai Shri Ram' slogans, a group of 'Ram Bhakts' was flagged off from Bahu Fort to Ayodhya by BJP J&K Senior Leader & Prabhari Jammu District Kr. Rajeev Charak and J&K BJP State IT Head Advocate Ishant Gupta here today.

The Group is led by Sumeet Bajrangi and all expressed enthusiasm the pilgrims were sent to among the devotees of also expressed his happi-Jammu Railway Station to Prabhu Shri Ram, "Con- ness for this moment and board the special "Aastha gratulations to everyone congratulated all the devo-Train", carrying over more here. Chanting Ram Bhajan tees for their holy yatra. than thousand devotees and 'Jai Shri Ram' slogans, for Ayodhya as it departed the enthusiastic devotees were Hardesh Khokher, from the Jammu Railway and their families thronged Yash Nagotra, Pt. Khush-Station at 11:55 am.

Speaking on the occa- of the flagging-off ceremosion, Kr. Rajeev Charak ny.

Advocate Ishant Gupta

Others who presented the occasion and to be part al Chand, Sher Singh Khokher, Darshan Patyal, Sat Pal Sharma and others.

JKAACL Kathua organises Bhajan Sandhya

JI NEWS SERVICE

VIJAYPUR 27-2-2024

Sub Office of J&K Academy of Art, Culture and Languages, Kathua organised 'Bhajan Sandhya at Ravi Dass Temple, Ramgarh, Vijaypur here today where a large number of folks and pilgrims thronged to witness the soulful musical event. The programme was organized under the overall guidance of Secretary JKAACL Sh. Bharat Singh.

Swami Khadak Giri Ji Maharaj was the chief guest on the occasion who lauded the efforts made by Jammu and Kashmir Academy of Art Culture and Languages for bringing Bhajan Sandhya for the folks of Ramgarh. He said that this event will be remembered in years to come with the request to come up with such events in near future.

As per the handout, San-Sub-Office, Kathua shared authorities of J&K Acad-



jeev Gupta SOCA, JKAACL that he would request the unconditional support. that it's our moral respon- emy of Art, Culture and started with the captivatsibility to take our culture Languages to hold such ing Krishan Leela presentto the shrines. These kinds programs to other major ed by Ravi Sharma & Party. of soulful presentations shrines of District Samba The programme was furalways keep the folks of Kathua in coming days. He ther taken over by the for organizing such events the region well known also thanked the working vibrant singing of Suman on all such occasions in with their roots. He fur- committee of Ravi Dass Lata and Party followed future also at Ramgarh, ther assured the audience Temple, Vijaypur for their by the presentations of Vijaypur

The programme was

izing programme by the artists, he said that every artist has made him spell bound with their soulful and magical performance. He further requested the authorities



Ganderbal embarks on comprehensive Zonal, Sectoral Magistrates imparted election training at Doda **Tourism Development Plan**

mir, Sajad Kralyari

JI NEWS SERVICE

GANDERBAL, FEBRUARY 27

In a significant move towards boosting the tourism sector, the District Development Commissioner (DDC) Ganderbal, Shyambir Tuesday chaired a pivotal meeting on the preparation of the District Tourism Plan at

Commissioner Ganderbal, the table. Mushtaq Ahmad Simnani; CEO Sonamarg Develop-Ahmad Baba; CPO, DFO Sindh Forest Division Gan-Faculty JKEDI Ganderbal. national tourists.

The meeting's core



VC Room DC Office, here. and perspectives of a and hard tourism zones as a vibrant forum for The Meeting was diverse group of profes- within the district, setting exchanging ideas and recattended by Additional sionals, each bringing the stage for an in-depth District Development their unique insights to discussion on leveraging these areas for tourism

This collaborative development. The meeting saw effort aimed at formulatment Authority, Farooq ing a comprehensive strat- active participation from egy to elevate Ganderbal's various key stakeholdtourism infrastructure, ers including President derbal, Tourist Officers of promote sustainable Adventure Tour Opera-Sonamarg Development tourism practices, and tors, Rouf Ahmad Tram-Authority and Wullar spotlight the district's boo; renowned trekking trum of expertise and Manasbal Development distinctive attractions to and expedition specialist, Authority and Assistant both domestic and inter- Manzoor Wangnoo; Ex. President Travel Agents

objective was to harness discussion was held on Farooq Ahmad Kuthoo; the collective expertise potential unexplored soft Founder of Discover Kash- ence to the visitors.

and tourism vlogger, Mohammad Sharif Bhat who shared insights on the industry's challenges and opportunities, and discussed strategies for marketing Ganderbal as a top-tier destination. The meeting served

ommendations, setting a positive trajectory for the development of a tourism plan that not only aims to enhance Ganderbal's tourism appeal but also ensures the sustainability of its natural and cultural heritage.

With such a broad speccommitment, Ganderbal is poised to emerge as a leading destination in the At the outset, a detailed Association Kashmir, region, offering a rich and diverse tourism experi-

JI NEWS SERVICE DODA, FEBRUARY 27

In preparation for the upcoming Lok Sabha Elections, Zonal and Sectoral Magistrates were imparted training under the supervision of District Election Officer Harvinder Singh. The training aimed to equip the officials with all necessary knowledge and skills to effectively carry ments there. out their duties during the

electoral process. Interacting with the participants, Deputy District Election Officer Om Prakash Bhagat focused on a range of issues like distribution centres for 3 Assembly constituencies, distance between polling stations and distribution centres, proper arrangements in polling stations. He directed the Zonal/Sectoral Magistrates to visit

the polling stations after allocation and check AMF & basic minimum arrange-

a detailed training related

votes. Officials stressed the

significance of impartiality,

transparency, and strict

adherence to the election

ing session also focused on

equipping the Magistrates

The 2nd training of

The training covered to use of EVM machines, a wide range of topics, working and counting of including election laws, procedures, and protocols that needed to be followed during polling. The zonal/ sectoral Magistrates were code of conduct. The trainbriefed on their role and responsibilities, emphasizing the importance of

with the skills to handle maintaining law and order, any potential issues or overseeing polling stations, challenges that may arise and ensuring the safety on Election Day. and security of voters.

Dr Akhter Hussain Assis-Zonal/Sectoral Magistrates tant Prof. GDC Bhader- will be conducted after the wah, District level Master allocation of their Jurisdic-Trainer (DLMT) imparted tion of Polling Stations.

Joint Electricity Regulatory **Commission bids** adieu to Ajay Gupta

JI NEWS SERVICE JAMMU, FEBRUARY 27

The Joint Electricity Regulatory Commission for J&K and Ladakh accorded an affectionate send off to member (Technical) JERC, Ajay Gupta, who attained superannuation today after serving in the Commission for about three and a half years.

Chairman JERC and Member (Finance) besides other the officers and officials of the Commission participated in the event and extended their best wishes to the retiree wishing him a healthy and prosperous post retirement life. They lauded the contribution of Ajay Gupta as Member (Technical) JERC for J&K and Ladakh.

Ajay Gupta had held various prestigious positions before joining the JERC on 28-08-2020.

National Science Day 2024 observed at JU Udhampur Campus

JI NEWS SERVICE UDHAMPUR, FEBRUARY 27

To spread awareness and Assistant Director, significance of science and represented the JK its application in people's STIC, Udhampur. daily life and exposing the stakeholders to new on the Importance of technologies being pro- aromatic Crops for moted as a step towards empowerment of Viksit Bharat, Udhampur society, Dr.Suphla Campus, University of Gupta highlighted

and resource persons while the special guest Shruti Khanna,

In her presentation

Jammu, in collaboration the important contribuwith the JK Science, Tech- tion of Aroma Mission nology and Innovation in the growth, nurtur-Council (JKSTIC), Depart- ing, and positioning of in the cultivation, processment of Science and the essential oil-based ing, value addition, and Technology, organised aroma business in the marketing of highly lucraa "One Day Awareness- nation. Dr. Gupta stated, tive aromatic and medicicum-Training Programme "The aroma mission has nal plants like lemon on "Aromatic Crops and established a strong eco- grass, Rosa grass, tulsi, importance of Biodiver- system that benefits the mint, marigold, monarda, sity" on the eve of Nation- industry, farmers, and and other aromas based al Science Day 2024. Dr. young entrepreneurs". plants. Suphla Gupta, Principal Both productivity and Scientist at CSIR-Indian income of the farmers are sion, Prof Susheel Verma & Nodal Scientist Aroma the employment of indig- conservation in the era of Mission III and Prof Sush- enous technology and climate change". Biodiver-



several inspiring success wild crops and their polpreneurs across Jammu & Kashmir who are involved

In the afternoon ses-

stories of the young entre- linators like honeybees, Yash Pal Sharma while the faculty members and beetles and other insects are very much helpful for us as well as the ecosystem, as our survival depends on them", said Prof Verma. He enlightened the audience about ment and advancement of the role of conservation organizations such as IUCN, CITES, etc., in pro- come to the resource pertecting the diverse flora sons and the participants Shilpa Gupta. Every year and fauna.

Institute of Integrative increasing, and their lives spoke on the "Importance Shruti Khanna, highlight- making India 'AtmNirb- the discovery of "Raman Medicine (IIIM), Jammu are changing as a result of of biodiversity and its ed the major initiatives har' and Viksit Bharat as Effect" on 28th February, and activities undertaken envisaged by our Hon'ble 1928 by the Indian Physiby the DST, J&K, all over Prime minister of India, cist Sir Chandrasekharaeel Verma, Head, Depart- scientific interventions in sity is indispensable for Jammu & Kashmir for the Sh. Narinder Modi. ment of Botany, Univer- the areas of agriculture, our well-being and pros- upliftment and develop-

Day Awarenessmatic Crops and significance of Biodiversity."

conveying his gratitude to Prof. Umesh Rai, Hon'ble Campus. The proceed-Vice Chancellor, University of Jammu, for his stewardship and unwavering support in the developthe Udhampur Campus, he extended warmly weland hoped that such the National Science Day In her address, Mrs. efforts will be helpful in is celebrated to honour

sity of Jammu, Jammu processing, and product perity. Therefore, pro- ment of the local com- attended by the JK STIC Nobel Prize in Physics in were the expert speakers development. She shared tecting the cultivated and munities. She thanked representative, the faculty the year 1930.

the Udhampur and students of Bhaskar Campus faculty Degree College, Kalra and staff for work- College of Education, and ing together to the local schools in the arrange the "One village of Garnai-Lotta, as well as members of the cum-Training Pro- civil society, members gramme on "Aro- of the local bodies, and progressive women agrientrepreneurs including

Mrs Vimla, Mrs Santosh Earlier, Prof Jamwal, Mr. Dalip and students of Udhampur ings of the program were conducted by Ms. Tarun Dubey, DrAnushka Singh extended warm welcome to the guests and participants while the formal vote of thanks was presented by Dr. Venkata Raman, the first

The mega event was Asian scientist to bag the

GDC Ramgarh organises Nukkad Natak on Voter Awareness



JI NEWS SERVICE SAMBA, FEBRUARY 27

about the importance of exercising their right to vote. Students of the Col-Government Degree Col- lege enthusiastically witlege, Ramgarh today nessed the performance organised a Nukkad Natak and promised to cast on the theme 'Chunav their vote in the upcomamong the students and In her address, the about the role each citi-Principal highlighted the zen plays in shaping the significance of the Voting democratic fabric of the The faculty members with essential civic rights present on the occasion were Dr. Aditi Khajuria, The nukkad natak was Prof. Sandeep Kumari, PTI directed by Dr. Ekta Rani Ashok Kumar, Dr. Shivali from the Department Choudhary, Dr. Imitivaz,

GoI issues postage stamp in name of AIRF, glorious history





JI NEWS SERVICE NEW DELHI, FEB 27

employees.. Many promi- historical background and tive postage stamp was India has honored a labor tion not only in the social Railways, Communica- tenary year, which is a also in making the rail-

than 5 thousand railway naw briefly highlighted its tion about the activities the AIRF has innumerable government will definitely nent senior officials of said that this organization from time to time in the like equality of Men of was attended by Dr. N. This year, the oldest, his- Railway Ministry, Indian has been given leadership social, economic and Craft and Men of Letters, Kanniah, President, AIRF, torical and militant orga- Postal and Northern Rail- by such people who are cultural fields for the rail- bonus, expansion in pay Dr. M. Raghavaiah, Genernization of Railways, All way were present on this not only involved in the way employees and their allowances and facilities al Secretary, NFIR, Mrs. India Railway Men's Fed-historic occasion. Along trade union movement families. In the journey through pay commissions, Jaya Verma Sinha, Chaireration (AIRF), is going with this, top officials of of this country but also of hundred years, where expansion in promotions man and CEO, Railway to complete 100 years of Railway, Postal and other in the international level the railway employees through cadre restructur- Board, Ms. Smita Kumar, its establishment. It was government and unorga- trade union movement. wrote the development ing, airconditioned pass Director General, Indian established on 24 April nized workers' organiza- Has also made important story of Indian Railways facility to all, expansion in Postal, Mr. Naveen Gulati, 1924. To commemorate tions across the country contribution. This orga- under the leadership of medical facilities etc. etc Director General (HR), this, the Government of and other eminent intel- nization of railway work- All India Railway Men's . While there are glorious Railway Board, General India decided to issue a lectuals were also pres- ers, playing the role of a Federation, the route struggles carried out by Manager NR Shri Shob-"commemorative post- ent. This is the first time in responsible trade union kilometer reached 68 AIRF in 1960, 1968 and han Chaudhary, Working age stamp This cente- the history of the country organization, has made kilometers and today 82 1974, the resolution and President of AIRF Shri nary year commemora- when the Government of an important contribu- Vande Bharat Express struggle against Emer- J.R Bhosle, Treasurer of released by Shri Ashwini organization by issuing a and economic upliftment 30 thousand Amrit Bharat the strength of this orga- Rao, National Women's Vaishnaw, Minister of postage stamp in its cen- of railway employees but coaches have been con- nization. Certainly, there Convener Mrs. Praveena tions and Information symbol of the fact that this way industry safe and ees. While this Federa- continuous struggle of All important officials and Technology, Government organization is an impor- convenient for its cus- tion established those India Railwaymen's Fed- officers were present and of India today, on 27 Feb- tant organization for this tomers. In his address dimensions of struggle eration and even in this kept his views on this ruary 2024, in a grand country and its workers. on this occasion, General and achievements which centenary year, we are occasion.. The ceremony ceremony at Karnail Addressing the employees Secretary of the AIRF, included equal pay to the continuously struggling was conducted by Shri SK Singh Railway Stadium, on this occasion, Chief Shri Shiva Gopal Mishra Brithishers, facilities, for the restoration of old Tyagi, Assistant General in the presence of more Guest Mr. Ashwani Vaish- given detailed informa- ban on retrenchment as pension and hope that the Secretary, AIRF.

done by the Federation achievements in its name restore it. The ceremony Trains are running, and gency is also the history of AIRF Shri C.H Shankara structed by our employ- have been 100 years of Singh and many other

Ka Parv Desha Ka Garv', ing elections. The natak under the aegis of SVEEP was performed to spread activities. The event was the important message held under the guidance among the masses, espeand supervision of the col- cially the youth in creating lege Principal, Prof. (Dr.) a sense of responsibility Geetanjali Andotra.

rights in empowering stu- nation. dents and the community and duties.

of Hindi and was per- Priya Sharma, Akanksha, formed by the students Ram Murti, Fayaz Ahmed, of the College. It aimed Neha, Priya Bhagat, Anil to enlighten the audience Kumar and Sunil Kumar.

Director Agriculture inaugurates Hi-tech Polyhouse at Chakoora Pulwama

JI NEWS SERVICE PULWAMA, FEBRUARY 27

The Director Agriculture the department has estab-Kashmir, Chowdhury lished hi-tech poly houses Mohammad Iqbal today in all the districts of Kashinaugurated Hi-tech Poly- mir division. house at Chakoora, and inspected under-construc- importance of integrated tion hi-tech Polyhouses at farming and asked the Tahab, Pulwama.

Speaking to the farm- agriculture operations. ers of different areas of the sub-division, Director ers, the Director said that Agriculture said that the the department would department is working provide all the technion an ambitious plan of cal assistance to them to providing farmers with comprehensively perform round the year availabil- their agriculture activities.

ity of seedlings of different vegetable crops. He said to achieve this goal,

He highlighted the farmers to diversify their

Addressing the farm-

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