

INDRAH IMAGES



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Maharashtra tourist dies of heart attack in Sonamarg JI NEWS SERVICE

GANDERBAL, FEB 29

A 63-year-old tourist from Maharashtra died of a heart attack while enjoying a snow bike ride in Sonamarg area of central Kashmir's Ganderbal district on Thursday, officials said.

An official told the news agency that Manohar Motiram Rajani (63) from Solapur, Maharashtra was enjoying a snow bike ride at Tajwqs glacier. He said that Manohar fell unconscious during the ride and despite immediate efforts to save him, he was declared dead on arrival at Primary Health Centre in Sonamarg. Police have taken cognizance of the incident.

Indian Army conducts Anti Tank **Guided Missile field** firing test at Teesta Range

JI NEWS SERVICE NEW DELHI, FEB 29

The annual Eastern Command Anti Tank Guided Missile (ATGM) field firing was conducted at Teesta Field Firing Range in West Bengal from February 20 to February 28, a defence official said. According to the defence release, more than 1500 personnel from various units of the Infantry and Mechanised Infantry Battalion participated in the command-level training exercise.The firing was conducted under the aegis of the Trishakti Corps and more than 260 missiles were fired to achieve the target of One Missile and Tank.

A K Choudhary sworn in as Chairman PSC

JI NEWS SERVICE JAMMU, FEB 29

A. K. Choudharv was sworn in as the Chairman, Public Service Commission, UT of Jammu Kashmir at a ceremony held at Raj Bhawan.

He took and subscribed to the oath of office before the Lieutenant Governor Manoj Sinha.

One dead after fire breaks out in Jamalata area in Srinagar

AGENCIES SRINAGAR, FEB 29

A fire broke out in Jamalata area of Nawa Kadal in Jammu and Kashmir's Srinagar on Thursday evening, said Fire Services Department, Kashmir.

The dead body of a man, namely Bashir Ahmad was recovered from the incident spot, added the fire depart-

To douse the flames, fire tenders have reached

the spot. This is a developing story. Further details awaited

Lt Governor inaugurates DIPR's 'JK Youth Conclave 2024'

Youth power is the driving force of progressive and prosperous India: LG



JI NEWS SERVICE JAMMU, FEBRUARY 29

Manoj Sinha inaugurated Centre, today. 'JK Youth Conclave 2024'

In his address, the Lt and launched the second Governor commended the season of 'Inspire GenZ' efforts of the Department

and 'Beats of J&K' initia- of Information and Public tives of Department of Relations for engaging and Information and Public inspiring new generation Lieutenant Governor Shri Relations, at Convention to develop their individual selves.

"Platforms like 'Youth Conclave' will

CONTINUED ON → PAGE 4

DIPR organises vibrant, engaging panel discussions as part of Youth Conclave at Jammu



JI NEWS SERVICE JAMMU, FEBRUARY 29

The Directorate of Infornized vibrant and engag- the youth.

ing Panel Discussions

as part of the Jammu sions brought together society. and Kashmir Youth Con-renowned actors, line clave 2024 at Convention producers, sportspermation and Public Rela- Centre here with an aim sons, entrepreneurs of Jammu and Kashmir was tions (DIPR) today orga- to empower and inspire J&K to explore their fields moderated by RJ Nitish of interest and explore

The Panel discus- its significance in today's

The first panel discussion on Film ecosystem in CONTINUED ON → PAGE 4

2 former CMs to jump into LS Poll fray

JI NEWS SERVICE SRINAGAR, FEB 29

the final phase of finalizing announcements regard- Altaf. and Kashmir and Ladakh are pending. parliamentary seats with two former Chief Minisrespectively.

Sabha seat is noteworthy, encies. surpassing that of NC.

In the seat allocation Mufti herself is likely to

tentatively agreed to be their candidates in Jammu ing these arrangements

Furthermore, as specreports coming in that ulation swirls over the also announced the name potential candidates for ters- Mehbooba Mufti and the India Alliance in the Omar Abdullah will con- valley, several prominent test from Anantnag and figures emerge as front-Srinagar constituencies runners. Omar Abdullah is anticipated to contest Top sources informed from Srinagar, while Aga the news agency that it Ruhalla, a youth leader has come during the conhailing from North Kashfabulations that PDP's mir, and Sajjad Kargili are prominent trade union influence over the South poised to represent NC in leader and former legisla-Kashmir Anantnag Lok their respective constitu- tor Mohammad Khurshid

discussions, it has been vie for the South Kashmir seat, with sources indicatallocated to Mehbooba ing support from Gujjar The political parties are in Mufti. However, formal Bakarwal leader Mian

> Meanwhile, Sajjad Gani Lone's Jammu Kashmir People's Conference has of party president Sajjad Gani Lone for the Baramulla seat of North Kashmir and the party says that the party will soon announce two other seats located in the Kashmir division.

Reports inform that PC is heavily banking on Alam for Srinagar constit-Meanwhile, Mehbooba uency. Alam, as per

CONTINUED ON → PAGE 4

LG's Mulaqaat

Lt Governor interacts with citizens during Live Public Grievance Hearing

JI NEWS SERVICE JAMMU, FEBRUARY 29

Lieutenant Governor Shri Manoj Sinha today interacted with the people and listened to their grievances during "LG's Mulaqaat"- Live Public Grievance Hearing programme, at Civil Secretariat.

The Lt Governor sought details of complaints received on JKIGRAMS portal and action taken programmes from the cials. concerned Administrative

JI NEWS SERVICE

SRINAGAR, FEB 29

Medical Sciences (AIIMS),

inaugurated by Prime Min-

and diagnostic facilities in

the news agency that trial

the coming days.

report on public outreach missioners and senior offi-reach programmes and take corrective measures serve the common good

"All the initiatives must CONTINUED ON → PAGE 4

He directed the officials for efficient redressal of and decisions must Secretaries, Deputy Com- to assess the public out- grievances. AIIMS Jammu to launch OPD, diagnostic facilities in coming days

8.4% GDP growth shows economy's strength, potential: PM Modi

NEW DELHI, FEB 29

The GDP growth of 8.4 per cent in the third quarter shows the strength of Indian economy and its potential, Prime Minister Narendra Modi said on Thursday, asserting that the government will continue to make efforts to keep fast economic growth and help 140 crore Indians lead a better life and create a 'Viksit Bharat'.

Beating estimates, shot to 8.4 per cent in the



Modi said, "Robust 8.4% third quarter of 2023-24, GDP growth in Q3 2023- shall help 140 crore Indimainly due to good perfor- 24 shows the strength of ans lead a better life and mance by the manufactur- Indian economy and its create a Viksit Bharat!" ing, mining & quarrying, potential. Our efforts will

India's economic growth and construction sectors. continue to bring fast economic growth which

ment in patient care.

hopeful to initiate OPD tional within the next six total seat capacity of 62, services along with diagnostic facilities at the insti-The All India Institute of tute in the coming weeks,"

Dr Gupta said. He elaborated, "Given ister Narendra Modi last the scale and prestige specialities. week, is gearing up to start of this institute, servits outpatient department ing Jammu and Kashmir, Ladakh, and parts of Punjab and Himachal Dr Shakti Gupta, Pradesh, some equipment tions currently being AIIMS Jammu, informed and other countries."

"We anticipate the and recruitment for the Jammu. runs are currently under- arrival of all necessary remaining positions will way at the hospital to equipment within the continue into March." identify areas for improve-next three months, and I can assure you that all Jammu offers an MBBS "We are currently con- 940 beds, including 190 program lasting 5 years ICU beds, 20

other than Govt jobs: Dr Jitendra Singh

30 general and 20 super-Dr Gupta said, "A portion of the required staff has already been hired, with the remaining posi-

Currently, AIIMS

ducting trial runs and are ICU beds, will be opera- and 6 months, with a

months," Dr Shakti added. which will increase to 100 AIIMS Jammu plans to once the institute is fully open approximately 50 operational. Additionally, departments, including the AIIMS Jammu Nursing College has admitted 60 candidates for BSc Nurs-

The CEO further said that 500 nurses from various states and UTs, including Jammu and Kashmir, Executive Director and required is being sourced filled. We have already have undergone special-Chief Executive Officer of from the USA, Germany, recruited doctors from ised training at AIIMS 17 states and three UTs, Delhi before joining AIIMS

The super-speciality hospital will have 750 beds, including 46 trauma and emergency beds, 193

Stay order in civil, criminal cases won't automatically expire: Supreme Court

NEW DELHI, FEB 29

in civil and criminal cases after six months.

tion Bench headed by cumstances. Chief Justice DY Chandraits 2018 judgement which ring judgements. had held that there should

below unless they are cases since grassroot extended specifically.

Laying down guide-The Supreme Court today lines, the judgement also held that there cannot be said the constitutional an automatic vacation of courts, the Supreme stay orders granted by a Court and the high courts lower court or high court should refrain from fixing a timeline for disposal of cases and it can be done A five-judge Constitu- only in exceptional cir-

The bench pronounced chud did not agree with two separate but concur-

"The constitutional be automatic vacation of courts should not lay stay orders of the courts down a timeline to decide

issues are known to concerned courts only and such orders can be passed in exceptional circumstances only," said Justice

"There cannot be an automatic vacation of stay," said Justice Oka, who wrote the judgement for himself, the CJI and justices J B Pardiwala and Manoj Misra.

Justice Pankaj Mithal wrote a separate but concurring judgement in

CONTINUED ON → PAGE 4

JI NEWS SERVICE JAMMU, FEB 29

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said, Prime Minister Narendra Modi has created lucrative livelihood opportunities other than government jobs through differ- PM SVAnidhi etc. ent schemes like MUDRA,



Modi created lucrative livelihood opportunities

There are instances of

entrepreneurship, he said. Dr. Jitendra Singh was StartUp India, Aroma Mis- youngsters leaving corpo- addressing "MUDRA Labsion, PM Vishwakarma, rate jobs to opt for StartUp harthi Sammelan" organ-

ised by State Bank of India. The Minister said, J&K has been highly benefited under the Pradhan Mantri MUDRA Yojana (PMMY) which is evident from the fact that out of over 6 crore beneficiaries across the country, J&K has nearly 25,000 beneficiaries though being a smaller territory with a lesser population compared to some UTs and many states in the country. He congratulated the State Bank of India, J&K chapter

CONTINUED ON → PAGE 4

NEWS

DC Poonch visits Shiv Khori Temple Reviews arrangements for Maha Shivratri festival

POONCH, FEBRUARY 29

District Development Commissioner Poonch, Yasin M.Choudhary today visited Shiv Khori Mandir to review the arrangement for Maha Shivratri festival to be held on March 08,

opment Commissioner Traffic arrangements, arrangements for sanitawas accompanied by Medicare facilities etc. Chief Medical Officer, Dr. Zulafkar, Tehsildar Haveli, departments to make all Azhar Majid, Xen PDD/ requisite arrangements to JKPDCL Aftab Hussain, avoid inconvenience to the tee members thanked Xen PHE Rashpal, XEN devotees during the Maha Deputy Commissioner PWD/R&B Imtaiz Khan, Shivratri celebration. AD Food, Adil Shabir, Chief Executive Officer sioner directed the Chief to review the arrangement Municipality, Yaqoob Medical Officer to organise Choudhary besides other a medical camp with the concerned officers were provision of ambulance to Mandir, Surjeet Singh,

The District Devel- security arrangement, asked to put in adequate

He asked the respective

meet any emergency.

The DDC discussed in The Executive Engi- Mandir, Lokesh Anand, detail the arrangement neers were asked to President VHP (Yatra for Maha Shivratri and ensure regular water Pramukh J&K UT), Nishu inquired about the pro- and power supply to Gupta and prominent citivision of water supply, Shiv Khori Temple, while zens were present on the power supply, Sanitation, the EO Municipality was occasion.

tion. The Xen PWD was asked to repair the road before the festival.

The Temple Commitand his team for coming The Deputy Commis- to the Shiv-khori temple for the festival.

Chairman Shivkhori President Shiv Khori

Kishtwar Idol Season 2.0

Aspiring Singers Showcase Exceptional Talent in Ground Auditions at Paddar and Dachhan

JI NEWS SERVICE

In continuation to the hunt for singing talent in the district, enthusiastic and aspiring singers from the far-flung Blocks of Paddar and Dachhan showcased

Kishtwar Idol Season 2.

KISHTWAR, FEBRUARY 29

The audition teams reached the serene and beautiful valleys, unearthing extraordinary talent from these picturesque regions. Two dedicated teams of Kishtwar Idol season 2 conducted ground auditions at TRC Paddar and Helipad



round–the Theatre round. munities. The organizers

Dachhan, providing a 2 continues to be a plat- for the vibrant participaplatform for local talent form that not only cel-tion and look forward to to shine. The participants, ebrates musical talent but an exciting journey ahead with exceptional singing also serves as a bridge to in discovering the next prowess, were selected bring forth the hidden singing sensation.

to progress to the next gems from diverse com-Kishtwar Idol Season express their appreciation

District Development Council meeting reviews progress of **Dev. Projects under Capex** Plan at Kupwara

JI NEWS SERVICE

KUPWARA, FEBRUARY 29

ous developmental projects have been completed. under Capex Plan 2023-24.

Council, Haji Farooq Mir; of total approved outlay. Members of District Develtrict/ Sectoral Officers also attended the meeting.

ment Programme (ABDP), SBM, JJM etc.

The meeting was Chairman, District Devel- informed that a budget opment Council, Kupwara, of Rs.102380.10 lacs was Irfan Sultan Panditpori today approved for District Capex chaired the council meet- for the year 2023-24 under ing in the meeting Hall of which 3226 works (S.O works DC Office Complex, here to + New) have been identified, review the progress of variout of which 1984 works

It was informed that District Development funds released as on date Commissioner Kupwara, are 48412.13 and expenditure Ayushi Sudan; Vice-Chair- incurred up to ending 2/2024 man, District Development is 33105.15 lacs which is 68%

The chairman took a opment Council, besides Disdetailed review of the physical and financial status of works taken up under the At the outset, the CPO District Capex schemes and Kupwara, presented a sectors including minor irridetailed overview of the gation, PWD(R&B), elemenongoing and completed tary education, secondary projects under UT Capex, education, PHE, Health, ADF (DDC/BDC/PRI grants), Urban Development, RDD, Aspirational District Plan, Youth Services & Sports, Aspirational Block Develop- Samridhi Seema Yojna etc.

DG Rural Sanitation conducts extensive Tour of Keller Shopian

JI NEWS SERVICE

SHOPIAN, FEBRUARY 29

Director General (DG) Rural Sanitation Jammu and Kashmir, Anu Malhotra today conducted an extensive tour of Keller Shopian, to assess the condition of Swachh Bharat Mission in the dis-

Halqas Shirmal, Pahnoo of units. She directed that Block Shopian, Panchayat the Solid waste Segre-Halqas Narpora, Balpora, gation Sheds be made achieved ODF plus model Zampathri of Block Keller, functional by making the status and a number of Kanjiullar and Amshipora of Ramnagri Block.

She visited various stock of the door-to-door mented in the district. collection of the waste and community sanitary com- the process.



door-to-door collection a regular process.

The Assistant Commisassets created under SBM sioner Panchayat, Shop-Gramin like Segregation ian apprised the Director Drinking Water and Sani-Sheds, Community Soak- General that the Grey tation through the Direcage Pits, Plastic waste Water Components and torate of Rural Sanitation. Management Sheds and solid Waste Components, units, Community Com- Faecal Sludge Manage- mention that the ODF post Pits and other assets ment components are status has already been of the district. She took effectively being imple- sustained under the pro-

management of legacy SBM programme shall ecation nowadays. Each waste. The DG Rural Sani- be taken to new heights household has already tation also visited edu- by taking innovative and been provided with an cational institutions and effective steps. It was IHHL in the first phase insisted upon the head of informed that the IEC and now under ODF PLUS the institutions to make campaign is being taken phase the different types the students as the agents by the department in the of wastes are being manof sanitation. She visited district to make people aged. The DG Rural Sanivarious pink toilets and aware about their role in tation was accompanied

She emphasized on the that in the district 110 Segian, Manzoor Ahmad; need of effective plan- regation Sheds, 120 com- BDO Ramnagri/Kanjiullar, ning under SBM Gra- munity soakage pits, 5 Executive Engineer REW meen to make the district Plastic waste management Shopian besides other waste free. She insisted units have been construct- officers and officials of on making the Plastic ed under SBM in addition RDD.

Waste Management Units to the large number of The DG Rural Sanita- functional and installing assets, both community tion toured Panchayat intense power supply and individual, under

> The District has already steps are being taken to sustain it. These programmes are being taken under the Ministry of

It is worthwhile to gramme as there is no It was assured that the incidence of open Defby the Assistant Commis-It was further informed sioner Panchayat Shop

JKRLM collaborates with AMML to host Tawi Festival at Jammu

JI NEWS SERVICE JAMMU, FEBRUARY 29

Women Self-Help Groups (SHGs) under the aegis of Jammu & Kashmir Rural Livelihoods Mis-

sion (JKRLM) are gearing up to make their debut at the upcoming 4-day 'Tawi Festival' in Jammu. The SGHs will showcase the rich and diverse art forms and cultural heritage of the skills and creativity of local artisans.

This initiative is being undertaken in collaboration with Amar Mahal Museum and Library (AMML) aiming to provide a platform to these women to display their talent and achieve economic empowerment, besides to celeof Jammu & Kashmir.

al extravaganza.

and Kalari besides other these groups. Dogra cuisines, as well as 2 handicraft stalls featur- said that the collabora- that this platform will cultural richness".



organic soaps, spices, pottery and lemongrass products, the festival promises a feast for the senses.

this grand event, Mission Director Jammu & Kashmir Rural Livelihoods Mission (JKRLM) Indu Kanwal Chib brate the cultural vibrancy said that the Tawi festival

the region, highlighting ing products ranging from tion between JKRLM and calico/crochet items to AMML for the Tawi Festival demonstrates a commitment to support women entrepreneurs and promote the cultural heritage Speaking about the of Jammu. By participating women participation in in the festival, the women the collaboration with SHGs of JKRLM would JKRLM, Dr. Jyotsna Singh, have the opportunity to Director Amar Mahal showcase their talent and Museum and Library, said, connect with potential "Inspired by the rural busicustomers. "This exposure ness women from JKRLM, I provides a significant plat- and platform will enable am delighted to have them Around 35-40 SHGs form to the women SHGs them to garner recognition as part of this festival. I am from Jammu, Samba, and to exhibit their talent and for their skills, boost their excited to have rural busi-Udhampur districts will be crafts. She underscored entrepreneurial spirit, ness women from JKRLM participating in this cultur- that this exposure would and showcase the unique representing the three not only facilitate network- and innovative offerings districts of Samba, Jammu, With 8 stalls allocated to ing opportunities but also they bring to the table", and Udhampur, showcas-

serve as a stepping stone for the participating SHG members to further promote and showcase their skills. The Mission Director further emphasized that initiatives like the Tawi Festival aim to preserve cultural heritage while creating avenues for sustainable livelihoods for women entrepreneurs. Through showcasing their talents at the festival, the SHGs have the opportunity to connect with potential customers, garner recognition for their skills, and boost their entrepreneurial spirit.

While as Speaking about

the SHG members, includ-spotlight the entrepre-she added. She thanked ing their traditional variing 6 food stalls offering neurial spirit and innova- Dr. Jyotsna Singh Director eties at the festival. Their delicacies like Rajma/Rice tive products sourced from (AMML) for providing this participation will add opportunity to the women charm, celebrating their Adding further, the MD SHGs of JKRLM and said talents and our region's

Secretary Cooperatives chairs workshop on "Coop Catalyst: PACS Unleashed"

JI NEWS SERVICE

JAMMU, FEBRUARY 29

Secretary Cooperatives, Babila Rakwal, today chaired a workshop held on discussion regarding the future trajectory of Primary Agricultural Credit Societies (PACS) post the successful adoption of Model Bylaws.

The workshop, titled "Coop Catalyst: PACS Unleashed," deliberated on the avenues for diversification and innovation in PACS activities.

With model bylaws already in place, the focus expansion of PACS into various sectors.

The Secretary dis-Centers (CSCs), Pradhan Kendras (PMKSY), micro- she maintained. insurance, social security

ing robust backward and forward linkages. He emphasized the

of the workshop was to need for a cohesive netexplore and plan the work among the 537 operational PACS, and urged for a strategic approach towards rationalizing cussed the potential for PACS memberships. PACS to venture into The vision is for PACS to new territories, includ- evolve into dynamic muling Common Service tipurpose entities, working in harmony with other Mantri Jan Aushadhi Kengovernment departments dras (PMJAKs), Pradhan and institutions to deliver Mantri Kisan Samriddhi comprehensive services,

Among others Addi- ensuring they become entities.

initiatives and establish- tional Registrar Coop- agile and responsive entierative Societies, Jammu, ties meeting the diverse Director Finance, Cooperative Department, Secretariat as well as Joint Registrars, Deputy Registrars and Assistant Registrars sented by Rakesh Dubey,

> tions of the workshop. "The successful adop-

needs of their members,' said the Secretary.

A brief presentation on model bylaws was preactively participated in Joint Registrar Banking discussions and delibera- and Finance

The workshop facilitated an open dialogue tion of model bylaws sets on strategies for effective the stage for an excit- implementation, change ing phase of growth and management and forinnovation for PACS. This mulation of a roadmap workshop is a forum to to guide PACS towards collaboratively shape the becoming dynamic and future activities of PACS, impactful cooperative

D&FCO conducts inspection of 700 Retail **Pharmacies**

JI NEWS SERVICE SRINAGAR, FEBRUARY 29

The Enforcement Staff of Drugs and Food Control Organisation (D&FCO) carried out special drives within the local areas to secure due diligence with the provisions of the **Drugs and Cosmetics Act** and rules there -under.

During the drive, more than 700 inspections of Retail Pharmacies were carried out and operations of 115 Drug Sale Establishments (46 in Jammu Province and 69 in Kashmir Province) were disallowed u/s 22 (d) of Drugs & Cosmetics Act, 1940 on spot for omissions/ breaches of the provisions of Drugs & Cosmetics Act, 1940 and rules there-under depending upon the quantum.

The defaulters have been warned to desist from repetition of such omissions as otherwise the Empowered Authorities shall proceed for cancellation of licenses.

Statutory drug samples of nearly 165 drug formulations of various categories were lifted randomly and referred to Government Analyst(s) for framing of legal opinion w.r.t strength, purity and other quality parameters.

Emphasis was laid to observe the compliance of Administrative orders issued from time to time w.r.t installation of CCTV Cameras and adoption of Computerized Billing System. Awareness/Sensitiza-

tion Programs were also conducted to educate the stake-holders about their role and responsibilities viz -a-viz curbing the menace of drug/ substance abuse and its adverse impact on health of individuals.

The dealers were impressed upon to restrict their purchase from authorized dealers of manufacturing houses located within the borders of U.T of Jammu & Kashmir.

Moreover, stocks of drugs worth Rs 4,96,000 were seized from an unlicensed premises being run by one Aijaz Ahmed at Hassanpora, Bijbehara for indulging in trade of pharma products without holding licenses for the same. The matter is under investigation and legal recourse in the matter is in offing.

DES J&K organizes workshop on "Farm Harvest, Producers Price of Agriculture & allied commodities"

JI NEWS SERVICE JAMMU, FEBRUARY 29

and Allied commodities" Allied commodities. here in the Conference

under the patronage of workshop and expressed Director General, Eco- his trust that the field Director (Plg), Financial nomics & Statistics, J&K, Satvir Kour Sudan Ashiq Hussain Bhat, quality data.

Joint Director Surveys wel-

State and District Domes- DES, J&K. tic Product estimates. The

reliable coherent and

comed and encouraged imparted to the partici- officials of DES. the participants to take full pants by Deputy Director, benefit of the workshop so SIU Inam-Ul-Haq, Assis- sented by Joint Director, that the quality price data tant Director, Mohammad Surveys, Directorate of could be obtained for its Yousuf Bhat and Statistical Economics & Statistics, usage in the preparation of Officer, Imran Hussain of J&K.

The workshop was workshop was devoted to attended by District Sta-Directorate of Economics the discussions on con-tistics & Evaluation Offi-& Statistics, J&K organized cepts, definitions, meth-cers of Jammu division a One Day Workshop on odology for collection of along with their field staff "Farm Harvest/ Produc- Farm Harvest/ Producers and Domain expert of ers Price of Agriculture Price of Agriculture and line Department namely Mahesh Verma, Joint Sanjay Vashisht, Direc- Director, Agriculture Hall, School of Applied tor, School of Applied Department, Jammu, Economics & Statistics, Economics & Statistics, in Divya Mahajan, Deputy his address, emphasized Director (Plg), Directorate The event was held on the importance of the of Horticulture Jammu, Shruti Gupta, Deputy functionaries will collect Commissioner, Revenue J&K, Sanjeev Khajuria, Assistant, Marketing Agri-The training was culture besides Officers/

Vote of thanks was pre-

PM Vishwakarma Yojna

Poonch admin hosts awareness event for Stakeholders, highlighting Benefits of flagship Scheme

JI NEWS SERVICE

POONCH, FEBRUARY 29

An awareness programme was organized by the district administration Poonch here at Dakbunglow to educate the stakeholders about the benefits and opportunities provided by the PM Vishwakarma scheme.

Chaired by Additional District Development Commissioner Sandesh Kumar Sharma, the event witnessed the participation of a number of potential beneficiaries and government functionaries.

The programme commenced with a welcome address, followed by a addressing queries and comprehensive lecture clarifying the concerns. delivered by IEDS Assis-Kumar. Kumar provided a of Skill Development, brief overview, emphasiz- Government of India, also ing the significance of the shared valuable insights to ensure wider participa-PM Vishwakarma scheme on the scheme's execu- tion and increased benand its potential impact on tion and the role of their efits. the lives of artisans.

The scheme, launched on September 17, 2023, by the Prime Minister, covers the Guest of Honour high- a vote of thanks to all the 18 categories of artisans, lighted the importance of dignitaries and particiensuring their access to bringing more potential pants for their valuable



successful registration and verification.

DK Tyagi, IEDS Assisthe registration process, Representatives from CSC tant Director Rajesh Centre and the Ministry respective departments.

pants and district officers, a range of benefits upon beneficiaries onto the contributions

DC Doda reviews preparations, planning

for National Immunization Day

platform, thereby maximizing the benefits of the PM Vishwakarma scheme. tant Director from MSME Recognizing the efforts of DFO, Jammu, presented the district authorities a detailed explanation of in facilitating registrations and verifications, Additional District Development Commissioner, Sandesh Kumar Sharma (JKAS) appreciated their dedication and encouraged further registrations

Concluding the event, Motivating all partici- Khalid Husain, General Manager DIC, extended

507 booths, 11 tran-

sit points, 20 stalls at

religious places and

35 centres for hard-

to-reach areas would

be established across

the district. The DC

said that the Tehsil-

dars and BDOs would

guarantee all nec-

essary support and

priority movements

of health department

Chairman DDC Doda visits far-flung villages to inspect developmental works

JI NEWS SERVICE

DODA, FEBRUARY 29

Chairman District Development Council Doda (DDC) Dhananter Singh Kotwal, along with Vice Chairperson Sangeeta Rani, undertook a significant visit to the far-flung villages of Hanch and Roti Padarna Panchayats.

The purpose of this visit was to gain insights into the challenges faced by the local communities and to explore opportunities for comprehensive development in these remote areas.

Accompanied by the officials from the R&B and Jal Shakti departments, the visit was undertaken by the DDC chairman to ensuring effective implementation of developmental schemes in these villages. Their participation underscored the dedica-

tour, the Chairman empathetically listened to the This engagement with the grievances, concerns, and aspirations of the res- a proactive approach the far-flung villages in idents. He assured them towards understanding Doda district.



that their issues, includ- and resolving their chaling road connectivity and lenges. During the extensive access to water, would be addressed promptly. local communities reflects holistic development of

The Chairman and Vice Chairperson reiterated their commitment to the

Lok Sabha Elections-2024: Training programme held at Shopian

JI NEWS SERVICE

SHOPIAN, FEBRUARY 29

In the run up to Lok Sabha Election-2024, Election Department Shopian in collaboration with the Department of RDD today conducted a daylong training programme for different departmental staffers as part of first phase general training at DIET, Degree College and Mini-Secretariat Shopian.

The training programme was presided over by District Election Officer, (Deputy Commissioner) Shopian, Faz Lul Haseeb, and training was imparted by District Level Master Trainer, Irfan Ahmed.

Speaking on the occasion, the District Election Officer stressed on adopting rules and regulations in letter and spirit and performing duties with utmost dedication, zeal and zest and with great honesty. He also directed for mutual cooperation and sup-

port during the election process to make these elections a grand success. Thrust was given on learning and following timeliness strictly. Deputy District Election Officer, Shopian further

said that training programmes shall continue till all the available manpower is fully trained During the programme, District Level Master Train-

er imparted training related to EVM and other election related activities besides deliberating upon duties and precautions to be observed by poll staff.

The officers and officials of the election department

CEO SSCL conducts surprise visit to ongoing Smart city projects in Shahar-e-Khaas

JI NEWS SERVICE

SRINAGAR, FEBRUARY 29

CEO Srinagar Smart City Ltd. Dr. Owais Ahmed, conducted surprise inspection of the ongoing smart city projects in Shahar-e-Khaas, Srinagar during night hours and evaluated the progress made at various project

The visit aimed to assess the work during the night hours for timely completion of the smart city projects.

During the inspection, the CEO meticulously reviewed the developments at each project site and interacted with officials and executing agencies to address any challenges or obstacles that may be impeding progress.

The CEO emphasized the significance of effective coordination among all stakeholders involved and underscored the need for seamless execution and timely completion of the projects.

The CEO was accompanied by the officials from Srinagar Smart City Ltd. (SSCL) and Srinagar Municipal Corporation (SMC).

DC Kulgam chairs District Level **NCORD Committee meeting**

JI NEWS SERVICE KULGAM, FEBRUARY 29

The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan on Thursday chaired a meeting of the District Level Committee under the Narco Coordination Centre (NCORD) to discuss various measures aimed to curb the drug abuse and narcotic trade in the district.

The meeting also reviewed the implementation of decisions and directions passed in the previous meeting.

During the meeting, concerned departments briefed the chair about the measures taken to control district.

The informed that during the heroin was recovered. current month 101 pharmacies were inspected tion of Nasha Mukt Pan- combat dangerous trade and operation of 08 pharchayats, it was shared that of drug-trafficking. macies was suspended.

96 percent pharmacies have installed CCTVs.

during the current month



12 drug peddlers were stress was laid on Officers the drug menace in the arrested and 12 FIRs were of all the line departments registered and 19 KG including Enforcement meeting was Poppy straws and 54 gms agencies to ensure better

12 Panchayats have been It was also shared that recommended for declaratended by ADC, Vigar ing them as Nasha Mukt Ahmed Giri; ACR, SDM It was given out that Sub Division Level Com- cers from police and civil mittees. On the occasion, administration.

coordination in impos-With regard to declara- ing greater deterrence to

The meeting was Panchayats by Tehsil and Noorabad and other offi-

Rs. 30,000 fine recovered from erring FBOs at Shopian

JI NEWS SERVICE SHOPIAN, FEBRUARY 29

The Court of Adjudicating Officer, Additional Deputy Commissioner (ADC), Shopian, Dr. Zakir Hussain Faaz today imposed a fine of Rs.30,000 on the erring Food Business Operators (FBOs) of the district.

During the hearing, the Adjudicating Officer disposed-off 10 cases of Food Business Operators (FBOs) for violation of the prescribed provisions/ norms of Food Safety and Standard Act and Rules and Regulations and imposed/recovered a fine from them.

The Food Business Operators of Shopian were warned against any kind of violation in future and were instructed to adhere to the rules and regulations in letter and spirit. They were also stressed for maintaining cleanliness in and around their Food Business Units to avoid any kind of infection.

Food Safety Officer, Shopian and other concerned were present.

Doda, Harvinder Singh, rate with the Immuniza- Education Officer Doda to led a meeting of the dis-tion Teams to make all ensure the involvement of trict task force to evaluate necessary arrangements necessary staff from the

the planning for execution for the scheduled days. of the Pulse Polio immuni-

JI NEWS SERVICE

DODA FEBRUARY 29

the upcoming national department. Pulse Polio campaign. He

Deputy Commissioner of dars and BDOs to collabo-

the district administration vehicles in their respecand asked SDMs, Tehsil- tive areas. Additionally, the DC directed the Chief education department The DC emphasized on for smooth conduct of the

zation scheduled on 3 to publicity well in advance Pulse Polio campaign. 5th March 2024 across the and instructed the CEO

The meeting was Doda to prepare IEC mate- attended by ADDC The DC directed health rial and mobilise all staff Doda, Assistant District department officials to for the upcoming Pulse Nodal Officer ISM Doda, prioritize maximum pub- Polio day in collaboration CMO, SDMs, DIO (info) licity and awareness for with the education & ICDS CEO, Tehsildars, District Immunization Officer, In preparation for the BMOs, and representatives assured full support from event, it was informed that from line departments.

HP&MD conducts Awareness Camp on HADP at Maloora Mujgund

JI NEWS SERVICE

SRINAGAR, FEBRUARY 29

A one-day awareness program on Holistic Agricultural Development Program (HADP), Pradhan Mantri Formalisation of Micro Food Processing Enterprises (PMFME), support for Grading & Packing, eNAM and Centrally Sponsored Schemes was today held at Maloora Mujgund Srinagar.

The programme, organized by Area Marketing Office, Horticulture Planning & Marketing Department (HP&MD) Parim- the Horticulture Sector in plish the objective of pora Srinagar, witnessed detail. active participation from ested in upgrading their mental activities. existing units/setting up of new units etc.

ferent allied departments nized Micro-food Process-



deliberated upon the ing Units of the district. schemes pertaining to

Kashmir and need to intenized sector with formal The experts from dif- grate the existing unorga- supply chain.

In order to accom-

self-reliant India (Atma Area Marketing Officer Nirbhar Bharat), the PRIs, farmers, traders, Srinagar, Shamma Man- Officer apprised that the multiple Business Unit zoor apprised the partici- Govt. is providing 50% Holders of the area interpants about the depart-subsidy under HADP and the Ministry of Food Pro-Assistant Marketing cessing Industries pro-Officer Bashir Ahmad vides financial, technical The awareness camp Wani/Marketing Inspec- and marketing support was attended by Officers tor Shabir Mufti apprised to upgrade the existing of Horticulture Produc- the audience about HADP, micro-food processing tion Department, Agri- PMFME, eNAM and other units/establish new units culture Department, Man-centrally sponsored under PMFME thereby ager I&K Bank Muigund, schemes pertaining to integrating around two Shahzad Ahmad Bhat Corfood processing sector lac micro-food processing porator Ward Mujgund-32 in the UT of Jammu and enterprises in the unorga- spot assistance was pro-

The educated unem-

ployed youth were encouraged to set up their own micro-food processing units and avail credit linked subsidy of 35% of the eligible project cost with a maximum ceiling of Rs 10.00 lac per unit and interest subvention of 3% available under the

He requested the interested applicants to contact him for assistance in the submission of application, DPR preparation, follow up of cases at bank level etc. In the end on vided to the beneficiaries to register them under the different schemes.

Doda Administration organises weekly Block Diwas at Kastigarh; Addresses plethora of public concerns on spot

JI NEWS SERVICE

DODA, FEBRUARY 29

In a proactive move to engage with the community and to address their genuine concerns, the District Administration Doda organized a comprehensive Block Diwas cum outreach program at Kastigarh.

The event was attended by DDC Chairman Dhananter Singh Kotwal and Deputy Commissioner Harvinder Singh to provide a platform to the grievances directly to the authorities.

Upon the arrival of the chief guest, Deputy Commissioner Doda, accompanied by other district and women police, unemofficers, conducted a thorployment, and various ough inspection of the government department departments. The initia- training center at Kashtitive allowed residents to garh. directly communicate a



supply, healthcare and public at their doorstep. school education infra- He also handed over the assured to install solar structure, road connectivity, demand for essential services like ambulance government-sponsored schemes like MGNREGA stalls set up by respective and PM Vishwakarma infrastructure would be cial camps in the remote

to the concern officials Dhananter Singh Kotwal present over there. These thanked the government schemes. encompassed issues such for providing the benefits

kissan to farmers.

Commissioner Harvinder the smooth functioning Singh assured the commu- of schools. The Social nity that all their genuine welfare Department was issues regarding school directed to organize spepromptly addressed. He areas for awareness of While speaking on the fits of schemes like the PM reflecting the administramyriad of issues directly occasion, DDC Chairman Kisan scheme and other tion's commitment for employment generation holistic development and

Furthermore, Deputy at large.

Commissioner Harvinder Singh highlighted the state's achievement of securing the 2nd place in registration under the PM Vishwakarma scheme. He directed concerned officers to assess and resolve genuine and pressing issues promptly, reaffirming the government's dedication to addressing local needs and ensuring forthcoming governmentsponsored schemes and initiatives are accessible to residents. In addition to address-

trict Administration 16th installment of PM lights in the area. While Chief Education Officer District Development was directed to ensure stressed the optimal bene- their respective schemes, welfare of the community

Indian Army Organised Medical Rich Cultural, Musical Heritage & Veterinary Camp at Kishtwar



JI NEWS SERVICE

KISHTWAR, FEB 29

mitment to work for wel-Indian Army organised less privileged clientele

ing Medical Specialists attended to the patients requiring medical care. As a goodwill gesture and A total of 135 x Male, 156 in continuance of its com- x Female, 43 x Children were provided with free fare of general public, the medical care along with preliminary investigaa Medical & Veterinary tion and medicines for Camp for residents and the commonly occurring livestocks at Bugrana vil- ailments. Morever,135 x lage. The aim of this camp livestocks included sheep, is to deliver basic medi- goats, cows and horses, cal services at the door were also treated and steps of the medically provided with free medicines during the camp. residing in remote and The resident populace far flung villages & pro- appreciated this endeavvide veterinary support our of Armed Forces to for animals and medical address their genuine facilities for migrating requirements and aspigujjars, thereby provid- rations. This camp will ing them the required go a long way in alleviatbasic medical facilities for ing the health issues of themselves and their live-resident population & stock. During the camp, their livestocks and fur-Veterinary doctors and a ther strengthen bonds of team of doctors from the friendship between Army Army and Civil Compris- and the local Awaam.

display at Manjakot Festival



JI NEWS SERVICE MANJAKOTE, FEB 29

The rich cultural and musical heritage of

Rajouri- Poonch was ing atmosphere and even demonstrated in the cultural and musical festival organised by Indian Army at Manjakot, Rajouri.

The event provided a platform for students organized by Indian Army in collaboration with J&K Academy Art and Culture, attracted more than 800 strong audience. Students of '33' schools including 390 Girls and 255 Boys from the area and residents of Manjakote displayed their talent in people together, creating the fest. The soulful per- a positive buzz. The citiformances of renowned zens from far flung border artists from Rajouri & Poonch Mr Muneer and mesmerised with the Qureshi and Mr Razad also mesmerised the audience on their tunes. Their

Gujri songs filled the air with reverence and excitement. Youth and elderly alike performed with passion, creating scintillatprompting spontaneous dance by 'Girls of Manjakote and FIZA-E-Peer Panjal group' added more colours to the event.

Celebrating the spirit of and residents to show- inclusion and encouragecase their talent over ment, Mr. Mohd Mushhuge audience. The event taq, Chief Education Officer Rajouri and Miss Jajla Kazmi, Tehsildar and Citizens of Manjakote thanked Indian Army for organising such a vibrant function.

The event not only

embraced art but also acted as a conduit to bring areas were fascinated Gala musical and cultural festival which was well attended and appreciated by huge gathering.

ADGP Jammu attaches new rank Hard work, consistency are keys to Selection Grade Constables



JI NEWS SERVICE

JAMMU, FEB 29

Additional Director General of Police, Jammu Zone, Jammu, Shri. Anand Jain,IPS decorated newly promoted Sg.constables who have been elevated by pining new rank in a simple function held in Zonal Police Headquarters Iammu this evening.

The Constables who were decorated as Sg. Constables rank are; Mukesh Kumar ,Naresh Kumar Ashok Kumar ,Deepak, Kumar ,Sunil Verma, Joginder Singh , Sohan Lal and Ajay Kumar. Anand

Jain, IPS congratulated the officials for their elevation and stressed the officials to work with zeal and zest in future also.

He expressed confidence that this promotion will reinforce the commitment of constables to uphold the highest standards of professionalism, integrity, and service excellence.

The other Police officers who were present on the occasion are; DIG JKS Range Shri Sunil Gupta, IPS , SSP Jammu Shri Vinod Kumar-IPS and S.O to ADGP Jammu Shri. Vishal Manhas, JKPS.

to success: Dr Preeti Bhagat



JI NEWS SERVICE

JAMMU, FEB 29

Bhagat said that suc-chairman Somnath, while cess can be achieved addressing the students, only with the strength said that in today's comof consistency and hard petitive era, parents put work. Yes, success is not unnecessary pressure on achieved overnight, but their children to get good if you work hard continu- marks. Children should ously, you will definitely be encouraged. If they achieve it one day. Apart get encouragement, they from academic activities, will be able to study well children should also par- and touch new dimenticipate equally in sports sions of success. School and other activities.dr Principal Shama Kumari preeti bhagat was guest of said that her endeavor is honour during the prize to provide quality educadistribution day of Sun-tion to the children and shine Secondary School also keep them ahead in located in Seer Bala area sports and other activiof suchetgarh constitu-ties. In the program, the

ers and parents also colorful presentations and play an important role at the end, the students in building the future of who performed well in the children. A teacher is the session were honored by builder of the society. At Dr. Preeti Bhagat and the the same time, parents school staff.

also play an important role in inspiring children to have good values and Social Activist Dr. Preeti achieve success. School students enthralled the . She said that Teach- audience by cultural and

3 Day Gatisheel Jammu and Kashmir to begin in Country Inn Bahu Plaza on March 1st 2024

JI NEWS SERVICE

JAMMU, FEB 29

Experience the finest eel Jammu and Kashmir...

till 3rd march 2024.

rendition of Pahadi and

craftsmanship and innova- Showcase different govern- Bank of India (RBI), Mintions showcased by various ment department such as istry of Earth Sciences government departments Defence Research Develop- (MOES), AMUL, Bharat participating in the Gatish- ment Organization (DRDO),

event at Country Inn, Bahu agricultural research (ICAR), Plaza Jammu from 1st march Indian Council of Medical Research (ICMR), Geological The exhibitions will Survey of India (GSI), Reserve Petroleum Corporation lim-New Space India Limited ited (BPCL), Department of Atmanirbhar Bharat Ki Aur (NSIL), Indian council of agricultural research and

and land use survey of India (SLUSI), Protection of right authority(PPVFRA), Fund (AIF), Bureau of Indian

education (DARE), Soil ism, Jawaharlal Nehru Port ter (MBDB), National Atlas ucts Export Development Authority (JNPA), Inland and thematic mapping orga-Waterways authority of nization (NATMO), National poration limited, Ministry of (NDDB), Himalayan Forest Khadi & Village Indus- Jal Shakti Pradhan mantra research Institute (HFRI), tries Commission (KVIC) Krishi Sinchayee Yojana Aryabhatta Research Insti-Agriculture Infrastructure (PMKSY), Maharashtra tute of Observational Sci-Bamboo Development ences (ARIES), Agriculture

Standards (BIS), India tour- Board, Sakoli Bamboo Clus- and Processed Food Prod- crafts.

Authority (APEDA), Indian Railway Construction Interplant varieties and farmers India, Cochin shipyard cor- Dairy Development Board national Limited (IRCON), Marine Products Export Development Authority (MAPEDA), Cochin Shipyard Limited (CSL), Development Commissioner for Handi-

FROM THE FRONT PAGE...

Lt Governor inaugurates...

al and economic landscape and eventually make an impact on different sectors," the Lt Governor said.

were honoured today for their exemplary contribution

Bharat. The country is moving forward with great consession was moderated by RJ Rahul. fidence, hope and expectations and I am sure the young their valuable contribution in this journey," the Lt Gov-

the crucial role of the new generation in cultivating most

innovative ecosystem and shaping tomorrow's success. Youth power is the driving force of progressive and prosperous India. They are creating new path to achieve

the vision of Amrit Kaal, he said. He reiterated the commitment of the UT Administration towards the empowerment of youth and providing them conducive environment to unleash their true

65% population of J&K is youth. This demographic dividend is our biggest strength, the Lt Governor said. On the occasion, the Lt Governor impressed upon the Mission Youth and Department of Information & Public Relations to create a network of youth through a Next

Generation Coalition- JK programme. Youth always work selflessly. They live for others. Youth's actions are not limited to their own benefit. The personality of the youth believes in sharing, the Lt Governor observed.

He said, youth-led fight against drugs will play a vital role in tackling the menace of drug abuse and achieving the goal of a drug-free Jammu Kashmir.

Youth spread the fragrance of their talent and energy to benefit all. They help the society to light the darker ther asserted that the forthcoming Lok Sabha candipathways to remove the darkness. The Administration will ensure all the necessary resources and handholding to the youth in their endeavours to serve the society, the Lt Governor further added.

The Lt Governor visited the exhibition stalls put up by the different departments at the Youth Conclave. He handed over appointment letters and benefits under various schemes to the beneficiaries.

Artists of Beats of J&K enthralled the audience with their electrifying performances. A short video on the journey of Film making in J&K was also showcased on the occasion.

Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Sh Ramesh Kumar, Divisional Commissioner Jammu; Ms Rehana Batul, Commissioner Secretary Informa- speedy and transparent implementation of welfare tion; Sh Jatin Kishore, Director Information, senior officials, prominent personalities, renowned artists, young achievers and youth in large number were present.

DIPR organises vibrant...

in which Actor and Director, Asheish Nijhawan; Jammu Kashmir should be ensured, he said. Actor, Mir Sarwar and Line Producer, Atul Vinod Duggal were present.

During this session, the panelists deliberated on the tapping the film tourism potential in J&K. They ing the issues of LT Network and loose hanging electric

also spoke about the significance of J&K Film Policy in wires. motivate Gen Zers to shape the J&K's social, culturattracting the major production houses of Bollywood to Jammu and Kashmir.

He congratulated the Young Achievers from J&K who Icons and young Changemakers of J&K like Adil Teli, Chandeep Singh, Sheikh Samiullah and Risheek Kumar shared experiences about their achievements and jour-"Youth power is the pillar for Viksit J&K and Viksit ney they have been through to reach this stage. The near Higher Secondary School Pehlipora, the Deputy bench had held that the interim order of stay granted

generation with their unique skills and talents will make they transcended the barriers with courage resilience, determination and innovation in their respective fields. month.

Later, a scintillating performance was presented by At the Youth Conclave, the Lt Governor highlighted popular singer Jyoti Nooran, which left the audience

2 former CMs to...

reports enjoys wide support from various employees organizations and from the old city of Srinagar which is likely to prove a game changer during the final battle.

However, the Peoples Conference has clarified that it will not contest elections from Jammu division, so that the votes are not divided. However, Apni Party can field another leader Rafi Mir, who has separated from PDP, in the election contest from South Kashmir.

Meanwhile, Jammu and Kashmir State Congress Chief Vikar Rasool Wani has indicated that the distribution of Lok Sabha seats in Jammu and Kashmir and Ladakh will be unveiled in the initial week of March. He emphasized that discussions are ongoing regarding the allocation of the six parliamentary seats, with a definitive announcement slated by the first week.

Wani stated that all parties within the alliance are engaging in cooperative efforts to bolster the ally candidate, aiming for a resounding defeat of the Bharatiya Janata Party (BJP) and its removal from power. He furdates' names will be disclosed shortly.

Lt Governor interacts...

be implemented without fear or favour," the Lt Gov-

He impressed upon the officials to take dedicated measures and focus on strengthening both physical and social capital.

We should strive to improve the public service delivery mechanism, quick resolution to public complaints, schemes to enhance capabilities of the citizens, the Lt Governor observed.

Addressing the grievances received from the citizens, the Lt Governor passed explicit directions for the rationalization of teachers, especially in schools located at far flung areas. "No Single Teacher School" across

He further directed for effective functioning of borewells and handpumps, besides strengthening the power transmission & distribution infrastructure and address-

Deputy Commissioners were instructed to ensure the Revamped Distribution Sector Scheme (RDSS).

On the complaint of Sh Mohd Iqbal from Uri, Baramulla pertaining to the construction of the Girls Hostel During the session, the icons spoke in length how remaining construction work will be completed soon automatically unless they are specifically extended. and the hostel will be operationalized within one

drew the attention of the administration on the issue of cable if the stay order was passed by it. (Agencies) the functioning of Ticket counter and other facilities at Bus Stand Jammu. The Lt Governor directed the Divisional Commissioner, IMC Commissioner, IDA, Traffic police, Transport department and other stakeholder departments to take concrete measures to ensure the facilities at the Bus Stand Jammu and Multi-tier Parking are working properly and are available to the people.

Addressing a grievance filed by Sh Jashan Sambyal, a resident of Thalora Mandi, Samba regarding the dilapidated condition of the Sumb road, the Lt Governor directed the concerned Deputy Commissioner and officials to redress the issue at the earliest. Deputy Commissioner Samba informed the chair that the work on the said road is expected to be completed by the end of April this year.

Dr Syed Sehrish Asgar, Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Sh Atal Dulloo, Chief Secretary; Sh Dheeraj Gupta, Additional Chief Secretary Forests; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present during the interaction, in person and through

AIIMS Jammu to launch...

operation theatres, a helipad, and a 1,000-seat auditorium. It will also feature MRI, CT, and CATH labs equipped with state-of-the-art technology.

The departments encompass General Medicine, General Surgery, Cardiology, CVTS, Neurology, Neurosurgery, Gastroenterology, Gastroenterological Surgery, Medical Oncology, Surgical Oncology, Radiation Oncology, Urology, Nephrology, Pediatric Surgery, Burn and Plastic Surgery, Nuclear Medicine, ENT, Dermatology, Dentistry, Dermatology, CFM, Anesthesiology, Anatomy, Ophthalmology, Orthopedics, Pathology, Physical Medicine and Rehabilitation, Psychiatry, Radiology, and Pulmonary Medicine-(KNO)

Stay order in civil...

The top court had on December 13, 2023 reserved its judgement in the case after hearing senior advocate Rakesh Dwivedi, who appeared for the High Court Bar Association of Allahabad, Solicitor General Tushar PM Modi led government is strongly focussing on Nari Mehta and other lawyers on the issue.

The top court had on December 1 last year referred to a five-judge bench its 2018 judgement for reconsid-

The previous judgement said the stay granted by a that areas that require necessary intervention as far as lower court or high court in civil and criminal cases will Meanwhile, during the second session, the Youth power infrastructure is concerned are covered under automatically expire after six months unless extended

> In its 2018 verdict in the case of Asian Resurfacing of Road Agency P Ltd Director Vs CBI, a three-judge Commissioner Baramulla informed the chair that the by courts, including high courts, will stand vacated

Consequently, no trial or proceedings can remain stayed after six months. However, the top court had A complainant namely Sh Sohail Khan from Jammu later clarified that the judgement would not be appli-

Modi created lucrative...

for this achievement.

What is significant is that across the country, about 60 to 70% of MUDRA beneficiaries are women, said Dr Iitendra Singh.

During the program, Dr. Jitendra Singh emphasised that there may not be any scheme in the world supported by a bank without a guarantee or a mortgage. But, MUDRA started under PM Modi and supported by the banks disburses loans under this scheme without a guarantee or a mortgage and the only guarantee is 'Modi ki Guarantee" which means guarantee of fulfilment of a guarantee.

Pertinent to mention, Pradhan Mantri MUDRA Yojana (PMMY) is a flagship scheme of the Modi Government. The scheme facilitates micro credit/Loan up to Rs. 10 lakhs to income generating micro enterprises engaged in the non farm sector in manufacturing, trading or service sectors including activities allied to agriculture such as poultry, dairy, beekeeping, etc. The Scheme provides financial assistance extended by Member Lending Institutions to the non-corporate, non-farm sector income generating activities of micro and small entities

These micro and small entities comprise millions of proprietorship / partnership firms running as small manufacturing units, service sector units, shopkeepers, fruits / vegetable vendors, truck operators, food-service units, repair shops, machine operators, small industries, artisans, food processors and others.

Schemes like PM-SVANidhi, PM Vishwakarma etc. have touched and benefited that strata of the society that has not been taken care of by the previous governments. But, PM Narendra Modi has taken care of every segment of the society without any discrimination or vote bank politics, said Dr. Jitendra Singh.

While appreciating the Direct Bank Transfer conceptualised by PM Narendra Modi, Dr. Jitendra Singh said, (DBT) has garnered international recognition, has become the role model for the world and has been able to save one lakh crore which is a massive achievement of PM Modi led government.

Dr. Jitendra Singh said, another important aspect of these schemes is that these are largely women driven empowering women be that MUDRA, PMAY etc. as the Shakti, Youth, Farmers and Poor.

DDC Reasi gives away engagement

orders to newly appointed

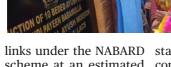
Sanginis and Sahayikas

Safina Baig visits Bandi Payeen, Najibhat B'la DM reviews progress of canal

BARAMULLA FEBRUARY 29

In a bid to improve healthcare and road infrastructure in the region, Chairperson, District Development Council (DDC) Baramulla, Safina Baig, accompanied by the concerned officers Thursday laid foundation stone for cost of Rs. 6.25 Crore. two critical projects in

hat Baramulla. Bandi Payeen Baramulla, an estimated cost of 7.25 the needs of the residents. crores catering to the local community.



scheme at an estimated

Expressing the urgency in completion of the proj-Bandi Payeen and Najibpital being constructed at endeavors in addressing

healthcare needs of the sion, Safina Baig under- the DDC Chairperson for The DDC chairperson the Ayush Hospital in ing demands, underscoralso initiated the upgra- providing quality medical ing the positive impact dation of Najibhat-Khursi assistance and treatment, of these initiatives on the road and Najibhat inner fostering better healthcare community's well-being.

standards for the local community.

Furthermore, the DDC chairperson emphasized the importance of ects, the DDC chairper- improved transportation During her visit to son directed executive infrastructure in facilitatagencies to expedite work ing smoother travel for Safina Baig laid foundation to ensure timely comple- residents which signifistone for the construction tion while highlighting cantly contributes to the of a 10-bedded Ayush Hos- the significance of these socio-economic development of the region.

> Earlier, the locals Speaking on the occa- expressed gratitude to scored the vital role of fulfilling their long-pend-

> > completion.

Environment Plan

discussed at Doda

Formulation of District

JI NEWS SERVICE

the district.

JAMMU, FEBRUARY 29

District Magistrate Sachin

Kumar Vaishya today

chaired a meeting to assess

the progress of desilting

and maintenance works

of the irrigation canals in

focused on both minor

and major canals in Divi-

Division Akhnoor. With

the farming season draw-

was given to desilting

and maintenance works

under the Mahatma

Employment Guarantee

emphasis on their prompt

JI NEWS SERVICE

DODA FEBRUARY 29

ral resources.

Additional Deputy Com-

missioner (ADC) Suder-

shan Kumar today chaired

District Environment

need for updated informa-

tion to enhance the qual-

the consolidated DEP.

District formulation of DEP.

He emphasized the pollution.

The review session

Sub Divisional Magistrates were also entrusted with sion I, Division II and Sub to make sure that no waste or debris is disposed of in ing close, the District Magthe canals post-desilting. istrate emphasised the It was underlined that need to expedite desilting prompt clearance of chanworks to ensure timely nels is crucial to ensure an release of irrigation water. uninterrupted supply of Particular attention irrigation water.

desilting works in Jammu District

Additionally, the proper disposal of materials extracted during desilt-Gandhi National Rural ing was highlighted as a key responsibility for the Act (MGNREGA), with an SDMs. Assistant Commissioner Development Dr Vikas Sharma and Block DM Sachin directed the Development Officers

and enforcement guide-

lines for mining and waste

disposal. Concerned offi-

cers briefed the ADC on

the progress achieved by

their departments regard-

The DEP aims to tackle

tion, air quality, and noise

The meeting, attend-

ed by SEs of PWD and

departments, highlight-

a meeting to discuss the ing the implementation of

Plan (DEP). The primary a wide range of environ-

focus was on environ- mental concerns, such as

mental protection and waste management, water

the preservation of natu- quality, wetland conserva-

ity of the environment. PMGSY, CMO Doda, CEO

He instructed concerned Doda, DFO Doda, Division

officers and officials to Officer of Pollution Con-

provide timely inputs and trol Board Doda, and EOs

plans relevant to their of Doda, Bhaderwah, and

departments to ensure the Thathri, along with rep-

approval and execution of resentatives from other

The meeting reviewed ed the collective effort

progress achieved in dif-towards environmental

ferent action areas by conservation and reju-

different departments, venation in the district.

including afforestation, Additionally, DFO Bhader-

waste management, res- wah participated virtually

toration of water bodies, in the meeting.

essential roles in this vital exercise.

The meeting saw the participation of officers, including the SE Hydraulic Circle Jammu, Executive Engineers of Irrigation & Flood Control, Executive Engineer RTIC, Chief Agriculture Officer Vikas

on their respective roles in the collaborative effort to enhance the efficiency of canal systems within the district.

Kundal besides others. All officers were briefed

JI NEWS SERVICE REASI, FEBRUARY 29

District Development Commissioner Reasi, Vishesh Mahajan today gave away engagement in Arnas and Pouni.

Anwar Banday, CDPO mission.

Shahid Iqbal Mughal, CDPO Arnas and Dr. Lekha Bhasin CDPO Pouni were also present.

Speaking on the occasion, DDC Vishesh Mahajan congratulated the orders to forty newly newly appointed workappointed Sanginis ers and highlighted the (Anganwadi Workers) and significance of their role Sahayikas (Anganwadi in accomplishing the Helpers) for the Integrat- department's objectives. ed Child Development He urged them to whole-Services (ICDS) projects heartedly commit themselves to their responsi-District Programme bilities and work diligently Officer Poshan Mohd towards the department's

3-Day Rashtriya Netra Jyoti Abhiyan Kickstarts

RAMBAN, FEBRUARY 29

A three-day Rashtriya Deputy Commissioner surgeries on the individu-Chief Medical Officer, Dr. Kamal Jee Zadoo.

Dr. Virender Trisal, a Spe-

Election 2024:

DC B'la chairs

preparatory

meeting of

officers

JI NEWS SERVICE

BARAMULLA, FEBRUARY

In a bid to ensure

smooth conduct of

upcoming Lok Sabha

elections 2024 in the

district, the Deputy

Commissioner (DC)

Baramulla, Minga

Sherpa, who is also

District Election Offi-

cer today held a com-

prehensive meeting

of concerned officers

to review the prepara-

During the meeting,

various aspects related

to the seamless con-

duct of the elections

including electoral

roll process, assess-

ing logistical require-

ments, transportation

of EVMs and polling

staff, ensuring secu-

rity arrangements,

media management,

comprehensive train-

ing program for AROs, AEROs and appointed

nodal officers were

discussed comprehen-

Speaking during

the meeting, the

DC emphasized the

importance of effec-

tive coordination

among all stakehold-

ers to ensure conduct

of smooth, fair and

inclusive electoral pro-

cess and uphold the

integrity of the demo-

cratic exercise. The DC

directed the AROs and

AEROs to conduct spe-

cial drives in all con-

stituencies to identify

any left out Persons

With Disabilities

(PWDs) and persons

in 80+ age group and

ensure they are prop-

erly mapped to their

designated polling sta-

tions in a week's time

so that they will be

provided voting from

home option during

the election.

sively.

tions.

Lok Sabha

set up to cater to the needs of the community.

The primary focus of under the guidance of the emphasis on conducting tors.

cial Health Camp has been the Ayushman Bharat-PM Jan Arogya Yojna (Scheme).

The first day witnessed Netra Jyoti Abhiyan com- this mission is to provide a total of 30 surgical promenced today in the Dis- essential eye care ser- cedures successfully contrict Hospital Ramban vices, with a particular ducted by a team of doc-

This initiative under-Baseer-Ul-Haq Chaudhary als with conditions such as scores unwavering comand in collaboration of the cataracts and other minor mitment of the health defects. Furthermore, free department to provide eye lenses will be fitted accessible and quality Under the supervision to patients holding the healthcare services to all of Medical Superintendent Ayushman Bharat Arogya members of the commu-Card (Golden Card) under nity.

R-SETI Ramban organises **Entrepreneurship Awareness** Program at Dalwah-Sangaldan

JI NEWS SERVICE

Sangaldan.

Self Employment Training Mudra Loan, schemes. Institute Ramban.

Institute Ramban.

The officers also sensi- Awareness Program in tized the people about the their Panchayat.

benefits of Government Sponsored Schemes, Prime Minister Vishwa-Rural Self Employment karma Scheme besides Training Institute (R-SETI) Online Banking Frauds. Ramban (State Bank of The participants were India) today organised informed about benefits Entrepreneurship Aware- of the self employment ness Program (EAP) at and other banking sector Lower Dalwah in Block schemes like Pradhan Mantri Suraksha Bima Faculty Rakesh Kumar Yojana (PMSBY), Pradhan educated the locals of Mantri Jeevan Jyoti Bima Lower Dalwah about Self Yojana (PMJJBY), Atal Employment and Train- Pension Yojana (APY) & ings conducted at Rural Tarun, Kishor, and Shishu

Meanwhile, 28 appli-People participating in cations were registered the programme evinced under the Dairy Farming keen interest in taking part & Vermi Compost Proin a training programme gram. The participants to be conducted by Rural thanked the SBI RSETI Self Employment Training Ramban for conducting the Entrepreneurship

DC reviews physical, financial progress under HADP in Udhampur



JI NEWS SERVICE UDHAMPUR, FEBRUARY29

tic Agriculture Develop- under HADP.

ment Plan (HADP). (DLC).

Officer was directed to their well-being.

utilize the Sudh Mahadev flowers nursery for diverse purposes, includ-Deputy Commissioner ing incense stick making Udhampur, Saloni Rai and flowers bouquet today convened a meeting creation. The DC emphaof officers of line depart- sized the improvement ments to review the physiof mushroom packaging cal and financial progress for promotion and urged achieved under the Holis- enhanced expenditure

During the meeting, At the outset, District the DC set specific time-Agriculture Officer Sanjay lines for achieving targets Anand provided an over- and instructed officers to view of the current status provide regular progress of agriculture and allied reports. Emphasizing sectors under HADP. He effective HADP implemeninformed that 3349 applitation, the DC urged offications were received on cers to maximize benefits the HADP portal, with 1187 for farming communities. applications under verifi- The proactive approach cation and 2162 applica- towards expedited loan tions approved by the sanctioning reflects a District Level Committee commitment to meeting farmers' financial require-The Chief Horticulture ments and enhancing of Baba Ghulam Shah Badshah **University calls on Lt Governor**

Delegation of Faculty Association

JI NEWS SERVICE JAMMU, FEBRUARY 29

tion of Association of Rec-courses in J&K.

ognized Colleges of Health Sciences (J&K) also called on the Lt Governor and A delegation of the Fac- expressed their gratitude ulty Association of Baba to the UT Administration Ghulam Shah Badshah for granting approval to University called on the filling up of leftover Lieutenant Governor seats for admission to Shri Manoj Sinha at Raj nursing, pharmacy and Bhawan today. A delega- various paramedical

DIC Anantnag bids warm adieu to GN Wani, Sr. Cultural Assistant on his **Superannuation**

JI NEWS SERVICE ANANTNAG, FEBRUARY 29

After four decades of dedicated service and unwavering commitment, the District Information Centre Anantnag today bid a heartfelt farewell to Ghulam Nabi Wani, Sr.Cultural Assistant who retired from his position upon reaching superannuation.

Wani has been an integral part of the Information Department since 1982. Throughout his illustrious career, he has exhibited exceptional professionalism, leadership, and an unwavering dedication to the values and goals of the depart-

In this connection, a grand farewell ceremony was held at District Information Centre Anantnag, where colleagues, friends, and well-wishers came together to honor Ghulam Nabi Wani and share their fond memo-

Burhan Hussain, District Information Officer (DIO) Anantnag, expressed his heartfelt gratitude to the retiring official. He also highlighted Wani's remarkable dedication during his service time, acknowledging his pivotal role in contributing to the success and growth of the Information Department.

As a token of appreciation, a special moment was dedicated to Wani, allowing him to express personal well-wishes and gratitude to District Information Officer Anantnag and all colleagues.

Power shutdown

JI NEWS SERVICE

JAMMU, FEBRUARY 29

Superintending Engineer (Distribution) JPDCL, O&M Circle Kathua has informed that the power supply to Gawal, Patli and its adjoining areas will remain affected on March 02 from 10 am to 2 pm.

Similarly, the power supply to Sarore Local, Sarore Industry and its adjoining areas will remain affected on March 03 from 10 am to 2 pm.

DM Udhampur orders closure of Brick Kilns for violating pollution norms



JI NEWS SERVICE

UDHAMPUR, FEBRUARY 29

pur Saloni Rai has ordered office. the closure of three Brick Udhampur.

33(A) of the Water (Pre-ments.

vention and Control of Pollution) Act, 1974, and Section 31(A) of the Air In a proactive approach to (Prevention and Control preserve and protect envi- of Pollution) Act, 1981. ronment and in response The District Magistrate to directives from the emphasized the immedi-Chairman of the Jammu ate shutdown of the speciand Kashmir Pollution fied Brick Kilns and man-Control Committee, Dis- dated the submission of a trict Magistrate Udham- compliance report to her

A coordinated effort Kilns-Vinod Brick Kiln, involving officials from Shiv Shanti, and Shavilik Revenue, Police, and the Brick Kiln. All these fall in Pollution Control Board, the jurisdiction of District led by Tehsildar Udhampur, Jai Singh, successfully The action has been enforced the closure of taken under Section the identified establish-

DDC Chairperson Ramban initiates Link Road Construction in Sub-Division Gool



<u>JI NEWS SERVICE</u>

RAMBAN, FEBRUARY 29

Chairperson, District Development Council, Ramban, Dr. Shamshad Shan today launched con- Engineer PWD sub divistruction work on a link sion Gool, Vimal Kishan road project in Sub Divi- Sidha, along with promision Gool, with an allocat-nent citizens and the gened budget of Rs 77.13 lakh eral public were present under UT Capex.

While kick-starting the sized the importance of tion.

ensuring both quality and timely completion. The project aims to significantly benefit the local population of the area. Assistant Executive

on the occasion. She urged PWD Engi-

construction of the 400 neers and locals to actively meter link road from Tata- oversee the construction pani near Tourist Hut in process, ensuring adher-Guralkhad Culvert on Gool ence to high-quality stanroad, Dr. Shan empha- dards and timely comple-

EDITORIAL

Recruitment Board-a big encouragement for Ladakhis

Finally, the four-year-long struggle of the Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA) has borne fruitful results. The Ladakh UT administration has announced the establishment of the Ladakh Subordinate Services Staff Selection Board (LSSSSB). This board will oversee the recruitment process for all district, divisional, and UT cadre posts in the region. The decision to establish the board follows the several rounds of talks between agitating groups and officials of the Ministry of Home Affairs (MHA) in New Delhi. It represents a major success for the agitating groups in Ladakh and demonstrates the government's commitment to resolving issues affecting the Ladakhi people. One of the key demands of the agitating groups has been regarding employment and recruitment for Ladakhi youth. The government's agreement to establish the LSSSB was reached after third round of talks in New Delhi. The establishment of the LSSSSB is made possible through the powers conferred by the proviso of Article 309 of the Constitution of India, read with section 15 of the Jammu and Kashmir Civil Services (Decentralization and Recruitment) Act, 2010. The rules to regulate the method of recruitment to Group 'B' (Non-Gazetted) and all Group 'C' UT/Divisional Cadre categories of posts under the Administration of Union territory of Ladakh have been notified by the Lieutenant Governor of Ladakh. The General Administration Department (GAD) Ladakh has stated that the UT administration aims to ensure a uniform and transparent process for recruitment through the LSSSSB. The board will use technology to enhance the recruitment process and provide a fair opportunity to all candidates. The LSSSSB will consist of a chairman and two members appointed by the Government. The Advisor to the Lieutenant Governor, Union Territory of Ladakh, will be the ex-officio Chairman. The board will conduct recruitment examinations for Group 'B' (Non-Gazetted) and Group 'C' UT Cadre/Divisional Cadre categories of posts, formulate regulations for recruitment examinations, and conduct direct recruitment through competitive examination for identified posts. Political Activist Sajjad Kargili praised the establishment of the LSSSSB, stating that Ladakhis had been struggling for this for the last four years. Jigmat Paljor, Coordinator LAB, urged the Lieutenant Governor of Ladakh to expedite the functioning of the board and conduct examinations to alleviate the challenges faced by unemployed youths in Ladakh. The setting up of the recruitment board will speed up the recruitment process for jobs and employment of unemployed educated youths who have been voicing their concerns for the last four years. Not even a single gazetted post has been filled in Ladakh due to non-availability of the Public Service Commission in Ladakh. The decision of establishing a recruitment board has come as a big encouragement and booster for the agitating groups who have also been demanding Statehood and Sixth Schedule of the Constitution for Ladakh. They are now optimistic that their unity will put further pressure on the Centre to concede to their demands for Ladakh's inclusion in the Sixth Schedule and they can even achieve Statehood for the region.

Nawaz Sharif's strategic move or military script?

KS TOMAR

worldwide, especially in who is poised to become Pakistan which pertains chief minister of the most to the 'mysterious' deci- important province of sion of three-time prime minister, Nawaz Sharif to Suo moto opt out of the race for premiership and subsequently nominate his younger brother, Shehbaz Sharif for the top slot though he was a favourite of powerful military, obviously current army chief, Asim Munir, who had scripted the entire episode to enthrone him.

Foreign policy experts say that it was on the analogy of former PM, Imran Khan who was saddled in the chair due to the open patronage of Ex-Army chief, Qamar Javed Bajwa but both fell apart owing to fighting for supremacy. It was a paradox and a typical case of a "servant" challenging the authority of the "Master" which may happen in this dispensation also but Nawaz as a "shadow PM" may not the post in 2018.

that owing to compelling circumstances, Ex PM. Nawaz played his cards well hence the choice fell

on his brother which will also ensure the continuity lively and geo- of "Family Rule" in Pakipolitical issue is stan. Yet, another addition being debated will be Maryam Nawaz

2nd, the army had meticulously planned to keep Imran Khan out of the political process hence more than 150 cases were registered against him by the previous regime and courts handed him the punishment in three cases which exceeded 24 years.

3rd, due to Imran's tirade against the army, Nawaz was brought to Pakistan last year from self-exile in London which preceded the Supreme Court's decision in 2018 to sentence him to ten -years imprisonment and a fine of \$10.6 million in a corruption case related to Panama papers of illegal properties abroad. He was disqualified and hence fled to London to fight his battle. Nawaz's brother Shahbaz headed the government in Pakistan which permit it as he has had the ensured the adoption of a bitter experience of being bill in parliament on June alists were ready with a lot ousted by the army from 25, 2023, which limited the lifetime disqualification of Analysts are convinced lawmakers to 5 years.

> It was meant to pave the way for the return of his his political activities in which may help the new commodities are beyond billion, the value of China



Pakistan.4th, Nawaz's critics allege that the stage was set for "mass scale rigging" to help him to become PM but the game plan went haywire as independents supported by Imran from jail won a majority of the seats and Nawaz's party PML-N could not get even simple majority which shattered the dream of Nawaz who was averse to heading a minority gov-

5th, Nawaz nominated Shehbaz because he had experience in heading coalition governments and was a flexible politician who could take partners along .6th, Nawaz would have found it difficult in parliament as Imran's loyof ammunition to put him on the mat on corruption whereas Shehbaz is better placed so far. Finally, Nawaz and the army chief elder brother to resume are on the same page

government to appease the sentiments and fulfil the aspirations of the people who are facing the problem of survival.

It will be the most difficult task of the Shehbaz the harsh preconditions of IMF which had released USD 710 million second loan to the cash-strapped debt-ridden economy. Shehbaz 's previous govnegotiated with the IMF to procure the "bailout be clinched. The IMF had saved Pakistan from economic collapse as Pakistan's reserves stood at (CPEC)by 2022. \$7.8 billion as of Nov. 18, cover imports for a month.

touched to the level of 30% and prices of essential

The floods had caused tremendous losses of USD 3.3. trillion in June-October,2022 besides killing 1839 people which must be uppermost in the priorities of the new government as victims are still craving relief and rehabilitation tasks which seem to be in disarray.

China has treaded cautiously and did not touch government to implement the sensitive issue of rigging whereas the United States and EU demanded an investigation into the tranche of a USD 3 billion allegations. China has come to the rescue of country to stabilize its Pakistan several times but the cost has been beyond the imagination of this ernment had successfully poor country. China's debt policy has entrapped Pakistan which has procured Package" which needs to a heavy loan and the Chinese investment has risen \$65 billion in China-Pakistan Economic Corridor

China has already 2023, barely enough to acquired control of must be based on logical Gwadar Port on 16 May conclusions and limita-The people are reeling 2013 which may be tions of new dispensation under inflation which has retained instead of a lease in Pakistan. guarantee in future.

ers. The floods had caused ridor had been worth \$62 losses of billions and thou- billion as of 2020. India sands of lives were lost and the US are opposed to hence the new PM will BRI hence Nawaz will have have to take care of reha- to tread cautiously to keep bilitation tasks which are China in check to save his country from the debt trap

> China will be looking for the security protection of its projects in Pakistan hence it may develop cordial relations with the Shehbaz government. Experts say that the United States wanted to see the back of Imran who had accused it of conspiring with the army to oust him from power. It has got history of having direct ties with army generals hence it may find it easy to deal with the new government. India can expect Nawaz to influence Shehbaz to take the initiative to start dialogue with India which has already created its space in the world arena and economic ties can help the beleaguered people of this poor country.

The new coalition government is bound to be weak hence delivery expectations on domestic and international fronts

(The writer is a journalist and political analyst, views are personal)

BJP is waiting in the wings, but Congress must stop these self-goals

SUHIT K SEN

he Rajya Sabha elections on February 27 showed that the Opposition must properly deal with the depredations of the Bharatiya Janata Party (BJP) unless it is to be ambushed time and again.

The BJP has so ratcheted up the practice of poaching that democracy has almost been annulled. It has deep pockets and has been alleged to influence the decisions of legislators from the Opposition camp. We know that peculation - the political class and three independents have is awash with bribable elected removed themselves to Haryrepresentatives.

date, spokesman Abhishek Manu Singhvi, lost as six MLAs cross-voted alongside three independents MLAs.

After the 2022 Assembly elections, it bucked prevailing trends to win 40 seats in the Expect more 68-member Assembly, while the BJP won 25. Three indegovernment, giving it a com-

ister Sukhwinder Singh Sukhu can take solace from the fact that the Speaker can disqualify the defecting members, which a 62-member House, a thin majority.

What could complicate things for the BJP is the Speaker's decision to suspend 15 BJP MLAs from the Assembly on February 28.

As of now, the six prewhere there is payola there is sumptively defecting MLAs transaction'.

Nevertheless, the Congress needs to look at the situation pendent MLAs supported the rationally. First, its happened inability to reconcile Jyotiand the party can expect more raditya Scindia's ambitions

fortable majority. Now, if the of it – it will take 13 defecting with the incomprehensible Hard decisions nine MLAs make a permanent MLAs, assuming all defectors desire to persist with an allegon the edge, though Chief Min- the government. Some way to go yet.

Second, in the run-up to the general elections, with four seats in Himachal Pradesh to will give his party 34 seats in be won, the Congress should consider itself lucky that the defectors have tipped their hands at this point rather than sabotaging the party's prospects further down the road. It could also help the party in the distribution of tickets.

Stop these self-goals

ana, pending a likely no-trust that it continues to help the supervisor of Himachal sort the wheat from the chaff. Let's concentrate on the motion when the Assembly BJP succeed in its larcenous Pradesh affairs. This hap-Congress. It had enough MLAs meets – it's a rerun of a despi-activities by scoring self-goals. pened in its latest organisadone now to solve structural in Himachal Pradesh to win cable and degrading tactic Thus, in July 2019, the BJP was tional reshuffle in December. problems, with general electhe single Rajya Sabha seat used by the BJP, which is helped in its capture of Kar- It's inexplicable that K C Venu- tions impending. But surely there, but the party's candi- unfortunately dignified with nataka by securing defections the name 'Operation Kamal'. due to the lack of a leader in This kind of activity is to a the Congress. Rahul Gandhi 'political operation' what had resigned as party presigrand larceny is to a 'business dent and it took the party nearly three months to nominate Sonia Gandhi as interim chief. It took over two more years to elect a full-time head.

Soon after Karnataka, the

Kamal Nath, led to the fall of the Madhya Pradesh government, which is not to say the former's conduct is to be held up as a model.

Incompetent, ineffective

Nevertheless, the important takeaway is that even where it still has a presence, the Congress finds itself unable to gopal should continue to hold more dynamic, independent, the critical position of gen- and less self-interested people eral secretary (organisation) can be chosen to oversee the despite his manifest incompetence at every hurdle.

It's a difficult kind of cronyism. Only Rahul Gandhi's sycophants get positions of power and responsibility, with a few exceptions – like Rajasthan MLA Sachin Pilot in December.

There's the intransigent switch, the government will be will be suspended, to topple edly corrupt and self-driven refusal to set the organisation in order. By now an elected parliamentary board (CPB) should have been in place. This is not a quibble. The CPB has historically played a crucial role in settling organisational matters. Plus, the fatal reluctance to take hard decisions has resulted in nominating a iumbo, 85-member working committee, instead of a partly retain control. One reason is elected, 15-member one with that it keeps shuffling the same a proper remit. Finally, there people around in positions of is the easy option of allowing power despite overabundant ad hoc Pradesh Congress Com-But, most important, the evidence that they are inefmittees to remain in place, Congress must remember fective - like Rajiv Shukla as instead of allowing elections to

Obviously, nothing can be crucial task of selecting candidates. Organisational nous is needed to help consolidate the capital being generated by Rahul Gandhi's yatras.

(Suhit K Sen is author of 'The Paradox of Populism: The Indira Gandhi Years, 1966-

Building bridges with empathy

colour and academic per- passion for all? Project formance by her fellow Empathy, an endeavour students for months, a to bring empathy educa-12-year-old girl cut her tion into school curricula, wrists in an attempt to end believes being empathetic her mental agony. Fortu- can nurture emotionnately, she was saved. But ally and mentally strong a 16-year-old student of human beings. When Class 10, who jumped off young students underthe top floor of the apart- stand the importance of ment building he was living in harmony with living in, did not survive. It one another, the 'walls of was his letter to his mother division' between them in which he wrote that the transform into 'walls of school had killed him, friendship'. Contrary to that revealed the shock- popular belief, empathy ing details of bullying he can be taught. While 50% was subjected to and the of our empathic capacities school's failure to stop it. are genetically inherited, While several steps have research shows that the been taken to put an end rest can be learnt. This to bullying, penal action is the biggest reason why can only be a temporary empathy must be taught at deterrent and not a long- a young age. Over the last term solution especially five years, Project Empain the present milieu of thy led by educationist hyped social media, freely Vibha Lakhera, introduced

and, peer pressure. If children are taught

fter being con- to engage empathetically, stantly taunted for can it inculcate feelings of A stantly taumed for can be mediated and comavailable toxic content this concept and devel-



oped activities and stories about six schools mainly that acknowledge, recognize and identify emotions and broaden the discussion around emotional health and well-being of every student.

Empathy education helps to enrich the emotional vocabulary of stuemotional and mental recognized as critical to explains the types of resilience. Introduced in the success of teaching empathy-cognitive, emo-

army schools like the Army North India and Kashmir School in Delhi, the projout to over 1500 students. who lay the foundation experiences. dents and build their for their values, have been

teachers draws from the between sympathy and education system and empathy. Stories cenbest practices in schools in tred on children and Denmark and Finland, two their emotions have been countries among the top innovatively used to prothree happiest countries vide practical guidelines in the world according to on how to diffuse tenthe United National Happisions, reduce stress, and ness Report. Put together strengthen understanding by Lakhera and veteran of each other's differences. development journalist At present, empathy is not Usha Rai, the interesting included in teacher trainmanual explains the neu- ing programmes. Only a roscience of empathy with handful of schools have the help of psychologists taken the initiative to and brain scientists sans introduce the concept of any jargon. The mirror empathy education, There neurons, which light up is a need to encourage all when a person feels an students to consider difemotion like sadness or ferent perspectives and Rifles Public Schools in joy, respond in the same viewpoints. Only by being way when this person sees empathetic, can they and Alok Bharati Public another person also dem- understand and acknowlonstrating the same kind edge differences of opinect has been able to reach of feelings or actions. This ion and resolve conflict empathic reaction helps Importantly, teachers, to understand and share

The manual also

tional and compassion-This resource book for ate while differentiating

> (Swapna Majumdar is a journalist writing on development and gender. The views are expressed are personal)

INTERMITTENT FASTING - METHODS, **BENEFITS & WEIGHT LOSS**

SHRADHA DANG

Intermittent fasting or IF is rapidly becoming the most widespread fitness and health trend. Many people are using IF to lead a better lifestyle, improve health, and lose weight.

There are several studies that have demonstrated the powerful effects that occur on the brain and body due to intermittent fasting. Some studies have even shown that IF can help you live longer.

The following information is your beginner's guide to intermittent fast-

What is Intermittent Fasting?

This is an eating pattern that cycles through periods of eating and fasting. The Intermittent Fasting plan doesn't specify exact foods that you need to eat, but when you ought to eat them. On this plan, a whole food, nutritious eating regimen is recommended. Hence IF is not a conventional diet, but an eating pattern or habit. In this method, fasting occurs for either 16 hours a day or 24 hours, two times per

Fasting is not an unfamiliar practice in human evolution. In fact, it is more commonplace than we know. Our ancient hunter and gatherer humans didn't have refrigerators, year-round foods or supermarkets. Sometimes they couldn't find food to eat. In response to this scenario, they learned to function without food for lengthy periods of time.

In modern society, we see fasting occurring for spiritual or religious reasons. For instance, regular fasting is a common practice in many world religions such as Hinduism, Buddhism, Islam, and Judaism. In fact, when you think about it, periodic fasting is more natural than consuming 3 or more meals every single day.

Intermittent Fasting Methods

There are several ways to perform intermittent fasting. The most popular methods are:

16-8 Method

This is also called the Leangains protocol. To follow, you will skip breakfast and restrict your eating period to

For example, you may eat between 1 to 9 pm but then you will fast for the remaining 16 hours.

5:2 Diet

In this method, you normally eat for five days and restrict your calorie intake to 500 to 600 calories on two non-successive days in the week, i.e. Tuesday and Thursday.

Eat-Stop-Eat

On this plan, you will fast for 24 hours, either once or twice a week Then eat regularly on non-fasting days.

On intermittent fasting, you're reducing your calorie intake which leads to weight loss. However, it will only work if you're not overindulging on junk food or compensating by eating more during allowed eating periods.

Most people prefer the 16-8 method because it's more sustainable, simple, and easy to follow. It's no wonder that it's also the most popular!

Is Intermittent Fasting Good for Health?

To determine the answer to this question, let's examine what occurs at the cellular and hormonal levels when you fast intermittently. Many things happen at the molecular and cellular level when you fast.

For instance, your body begins to adjust its hormone levels so that it can make all stored body fat more easily accessible. Then your cells initiate vital repair processes and alter gene expression.



Here are a few changes that are occurring while you're fasting:

The levels of the Human Growth Hormone (HGH) skyrocket; sometimes increasing as much as 5 times. This benefits muscle gain, and fat loss.

Your insulin sensitivity will improve By fasting, your insulin levels will drop significantly, which helps make stored body fat easy to access.

When you fast, your cells trigger cellular repair. Autophagy is an example of cell repair. In this process, old cells are removed and digested, including dysfunctional proteins that have accunulated inside

Intermittent fasting contributes to changes in gene expression which promotes longevity and protection against many diseases.

These changes that occur at the cell, hormone, and gene expression levels 2. Anti-Aging all contribute to the many health benefits of this fasting method.

Does Intermittent Fasting Help in

Losing Weight? Most people attempt intermittent fasting because of the weight loss that occurs when you follow this plan. By eating fewer meals, intermittent fasting leads to a reduction in caloric intake. This directly affects hormone and insulin levels which aid weight loss.

In addition, fasting also helps trigger the release of norepinephrine; a fat-burning hormone. Even if you fast for a short period, your metabolic rate jumps up by 3.6 to 14%. By eating fewer calories, and burning more calories, you're effectively changing the calorie equation and promoting weight loss.

Many studies have demonstrated that intermittent fasting is an effective weight loss tool. According to a 2014 study conducted at the University of Illinois at Chicago, intermittent fasting caused up to 8% of weight loss over a 24-week period.

This is a notable amount of weight loss compared to other methods. This same study found that people followlose up to 7% of waist and belly fat. which is a known contributor to diseases. The participants in this study were **5. Inflammation** losing approximately 0.55 pounds each week

It is also important to exercise along with IF, this has been proven to help with fat loss and muscle gain. So in a nutshell, intermittent fasting can and will help you lose weight provided you don't compensate by over-eating during the allowable periods. In addition to weight loss, there are significant benefits to metabolic health and the prevention of chronic diseases.

Benefits of Intermittent Fasting for Healthy Life

The benefits of intermittent fasting have been demonstrated in both human and animal studies. There are powerful positive effects on weight control and brain and body health as well. In addition, did you know that

intermittent fasting can also help you live a longer life?

Listed below, are just a handful of fasting:

1. Insulin Resistance

Intermittent Fasting reduces insulin resistance and helps lower blood sugar levels by up to 6%. Fasting insulin levels are reduced by up to 31%. This provides significant protection from type 2 diabetes.

According to this research, it may be considered an auxiliary treatment to prevent the occurrence and development of chronic diseases related to Fruits blood sugar and lipids in patients with metabolic syndromes.

Gaps between eating boost metabolism, inducing our bodies to break down nutrients and burn calories more efficiently. It also affects DNA repair positively and slows down its degradation thus working as an anti-ageing

Research indicates that intermittent fasting also increases the levels of antioxidants that fight against the free radicals which cause cell damage and lead to various health issues and skin conditions linked to ageing.

3. Brain Health

When you fast, BDNF hormones increase in the brain. This promotes the growth of new neurons and also provides protection against Alzheimer's disease.

Studies show that intermittent fasting increases neuroplasticity in the brain. It optimizes brain functions and increases its resistance to injuries.

4. Heart Health

It has been proven by research that fasting helps reduce LDL cholesterol, blood sugar, inflammatory markers, insulin resistance, and blood triglycing intermittent fasting were able to erides; all risk factors that contribute to heart disease.

by cells called monocytes. Studies during intermittent fasting. They keep have shown that fasting contributes to a reduction in the release of these inflammation markers which are a key cause of several chronic diseases.

6. Weight Loss

Perhaps the most noticeable benefit of all, on intermittent fasting you will lose belly fat and visceral fat.

Intermittent Fasting Diet Plan – What to Eat and What to Avoid

When we opt for intermittent fasting, it takes some time for our bodies to adjust to the new schedule. Over time, it adapts to the changes and realigns

The food we consume during our eating hours is systematically broken

hours to meet the energy requirements of the body. Thus, it's crucial to be conscious of what we eat, how much of it is required by our body and how it affects our system.

For example, if we consume too many calories, they will be stored in our body as fat but a calorie deficit will make you feel fatigued and nauseous.

To ensure that you get the most out of intermittent fasting, it's vital to consume nutritious foods and beverages during the eating periods. Although there is no water-tight diet plan, including some foods and avoiding a few others will ensure your goal is achieved in the healthiest way pos-

Foods To Have During Intermittent

Unsweetened Beverage

Keeping your body hydrated is of paramount importance when it comes to fasting. A lot of people assume that they are not supposed to have even liquids during intermittent fasting but health benefits from intermittent that's not the case. Have as much water as possible. You can also go ahead and enjoy your cup of herbal tea or black

However, remember not to mix sugar as it counts as calorie intake and will break your fast. You can also savour coconut water, buttermilk, black coffee and fresh lemon water (without sugar) during your hours of fasting. These drinks will also keep your hunger pangs at bay.

It goes without saying that fruits are the go-to food item during fasting. However, there are a few fruits that stand above others when it comes to their nutritional value. For example, avocados, which are rich in unsaturated fat, should be your first choice during intermittent fasting.

Research suggests that unsaturated fat keeps you fuller for longer. Another great option is berries. They are a great source of flavonoids and thus help regulate cellular activities in our body during the fasting hours when our bodies are susceptible to oxidative damage. Furthermore, choosing fruits that are low in fructose (fruit sugar) promotes better metabolism without ncreasing your calorie intake.

Vegetables

Vegetables are another obvious addition to this list. You may consume all types of vegetables during your eating hours. Cruciferous vegetables like cauliflower, broccoli, Brussel sprouts etc. in particular should be a part of your diet during intermittent

According to studies, these fibrerich vegetables ensure you feel fuller for longer. Additionally, they add bulk to your stool and ensure a smooth bowel movement even when your food intake is restricted to only a few hours.

Whole Grains

Inflammation in the body is caused whole grains are your best friends out action plan designed and customyou full for longer, ensure your energy requirements are met and keep your digestive system healthy even while you switch between eating and fasting. Opt for food items made from whole grains such as buckwheat, barley, quinoa, oats, brown rice, etc.

Lean Protein

Lean protein foods like paneer, egg whites, skinless chicken, fish, etc. are also rich in vitamin B. Vitamin B regulates energy levels, supports brain functions and induces proper metabolism.

It also assists in healthy digestion. Protein takes longer to break down and thus curbs cravings. Consuming lean proteins replenishes the essential vitamins and minerals needed to keep

your metabolism running efficiently.

Legumes

We often hear our parents and adults saying that legumes like beans and lentils are good for health but did you know they can go a long way during intermittent fasting?

Their negligible fat and cholesterol content along with high protein and folates like zinc magnesium and iron make them a tough contender against meat protein. Being high in protein and fibre, keep your hunger at bay and your calorie count under check.

Foods To Avoid During Intermittent Fasting **Processed Food**

Processed foods of any kind should be off your list if you're on an intermittent fasting routine. It has been subjected to a heavy manufacturing process where it loses its health benefits

and is packed with empty calories. Research suggests that heavily processed foods cause overeating and subsequent weight gain. Choose healthier options like whole wheat flour or healthy grains instead of refined flour and refined grains.

Sugary Products

Sugar is broken down very quickly by our systems. This not only causes a spike in blood sugar but even leaves us feeling hungry in a very short span of time. Furthermore, sugar doesn't contain any minerals and nutrients but only adds to the calorie count. Thus, it's advisable to abstain from having food hiah in suaar.

Junk Food/ Convenience Food

You must realise that with every bite you take of junk food you're missing out on nutrients that you could have otherwise consumed. As mentioned above, our bodies utilise the energy from the food we consume to keep our system functioning smoothly during hours of fasting. Make mindful decisions about what you put on your plate. Not just while you're fasting but life in

Other Do's and Don'ts of Intermittent

Intermittent fasting is a safe and sustainable way to lose weight, improve health, and adopt a healthier lifestyle. Although this method is safe to follow for most adults, it is advisable that you speak to your general practitioner

before attempting intermittent fasting. This is especially important if you have underlying health conditions like diabetes, heart disease, eating disorders, low blood pressure, etc.

Intermittent fasting is not recommended for women who are breastfeeding, pregnant or trying to have a baby. If you experience adverse effects while fasting or have concerns about this regimen, then do consult your

As stated earlier, to experience the maximum benefits of this health plan. you must have a clear understanding of Packed with both protein and fibre, what is required of you with a mapped ized by a certified nutritionist

Intermittent fasting is quickly becoming a health and lifestyle trend all around the world. Although there are many types of intermittent fasting, the 16-8 method is the most popular. It enables you to consume whole foods during an 8-hour period and fast for the remaining 16 hours. You can consume non-caloric beverages such as water, green tea, and coffee without sugar during the fasting period.

Intermittent fasting has many proven health benefits such as weight loss, disease prevention, reduction in inflammation, improved blood sugar levels and brain function. More importantly, it can increase both the quality and longevity of your life.

BEST HOMEMADE WEIGHT LOSS DRINKS

Now that you are aware of the power of weight loss drinks, you should add them to your diet. Make sure you exercise every day to boost the effects of these beverages. Given below are a list of the drinks that make you lose weight, along with recipes to prepare them.

APPLE CIDER VINEGAR WITH BERRIES AND LEMON

Ingredients 2 tbsp of frozen berries

1 tbsp of lemon juice

1 tbsp of apple cider vinegar

Ice and water 1 tbsp honey (optional)

Preparation

Add the berries to a cup of your choice. With the help of a spoon, mash the berries. If you want to make this weight loss drink sweet, add honey to the mixture. Pour lemon juice and apple cider vinegar to the cup. Add the ice, before filling it with water, all the way to the brim. Mix all the ingredients with a spoon for at least a minute, before consuming it.

CINNAMON RAW HONEY MIX

Ingredients

2 tbsp of cinnamon

1 tbsp of honey 1 cup or 250 ml of warm water

Preparation

Heat water and add cinnamon to it. Before you add honey to water, make sure you cool it down for at least half an hour. The heat deactivates the powerful enzymes present in honey. Mix the ingredients and consume this beverage.

You can also store it in the fridge and have it the next day, 30 minutes before you eat breakfast.

DARK CHOCOLATE COFFEE

Ingredients 1 cup/250 ml of water ½ tsp flaxseeds (ground) ¾ tsp dark chocolate (grated)

1 tsp black coffee Preparation

Add black coffee and hot water into a cup. Mix it well, before adding the flaxseeds. Stir the ingredients, before coating it with dark chocolate.

GRAPEFRUIT WITH CUCUMBER

Ingredients 1 cucumber

1 lemon, sliced 1 medium-sized grapefruit

1 cup/250 ml of water

Preparation

Cut all the ingredients. Add them to a blender, along with water. Blend everything until it becomes smooth.

You can consume these weight loss drinks by keeping it in the fridge for a while. By serving it cold, it kick-starts the metabolic process of your body, which allows you to lose weight faster.

GINGER LEMON WATER

Ingredients 1 cup/250 ml of cold water

34 tsp of roasted cumin powder 1 tsp of lime juice

1 inch of ginger root Preparation

Cut the ginger into small pieces. Add it to a blender, along with cold water. Blend these ingredients until it becomes smooth. Pour the ginger water into a glass. Add roasted cumin powder and lime juice. Mix the ingredients well before consuming.

GREEN TEA WITH MINT & LEMON

Ingredients 1 cup/250 ml of hot water

6-7 mint leaves 2 tbsp green tea leaves

1 whole lime

Add water and mint leaves to a utensil of your choice. for at least five minutes. Switch off the gas and add green tea leaves. Allow them to soak for a minimum of five minutes. Remove the leaves with the help of a strainer and pour it into a cup. Drink while it is hot, to observe its benefits.

PINEAPPLE WITH CINNAMON

Ingredients Black salt (to taste) ½ tsp of cinnamon powder

2½ tbsp of lime juice 1½ cup pineapple Preparation

Cut the pineapple into small pieces and add them to the blender. Blend this fruit, until it becomes smooth. Pour the juice into a glass and add lime juice, and cinnamon powder. You can top it off with black salt, as per your preference. Mix all the ingredients.

Honey Roasted Peanuts for your Health

GUNJAN SOODEN

eanuts (scientific name: Arachis hypogaea) are a part of the legume family. They are also known as groundnuts and earthnuts, which is why many people confuse them with belonging to the nut family. In addition, peanuts are a popular and nutritious snack. You can eat

them in a variety of ways. Some people like to eat them raw. Others like roasted peanuts. Also, roasting peanuts changes their chemical composition and texture and adds taste and aroma. One popular way of roasting peanuts is with honey. It allows you to have a healthy snack and simultaneously satisfy your sweet tooth. This article looks at the nutritional profile of honeyroasted peanuts, their health benefits, possible allergies and side effects, and how to prepare them.

Nutritional Profile

As per USDA, the following is the nutritional profile of dry honey roasted peanuts per 100 grams.

Energy: 571 kcal Protein: 21.43 g

Carbohydrate: 28.57 g Total dietary fibre: 7.1 g Sugars: 14.29 g Potassium: 571 mg Sodium: 286 mg The HealthifyMe Note Honey-roasted peanuts are

rich in fibre. Therefore, it is an excellent snack option. It can offer satiety and can be beneficial for weight loss. They also contain trace minerals that are good for the body. However, these benefits are there when you eat them in moderation. It is because honey is high in sugar, which can harm the body when taken in excess.

Health Benefits of Honey Roasted

As is clear from the nutritional profile, honey-roasted peanuts are rich in various nutrients. As a result, they have wide-ranging health benefits for you. The health benefits of honey-roasted peanuts are similar to those of raw peanuts. Some of them have been mentioned below in brief:

Aids Weight Loss

peanuts may not look like a ing blood pressure levels due

great option to reduce weight to the presence of minerals like due to their high unsaturated fat magnesium and potassium. and carbohydrate content. But research has shown that eating honey-roasted peanuts in moderate quantities is linked to weight loss. However, there is another aspect to it that explains the effectiveness of honey-roasted peanuts in weight loss. They are high in protein content. Also, they are high in dietary fibre content. Fibre does not get digested easily. It increases the feeling of satiety and decreases the desire to eat more. There is some evidence for it as well. One study suggested that a handful of peanuts can help prevent obesity in the long term. **Heart-Friendly**

Heart disease is a significant cause of death worldwide. Honey-roasted peanuts can help you protect your heart in various ways. Atherosclerosis is a condition in which fatty deposits build up inside the arteries near the heart. High levels of bad cholesterol mainly cause it. Peanuts have monounsaturated fats that ed that increased dietary protein lower bad cholesterol levels. In intake may help decrease the risk On its face, honey-roasted addition, peanuts help in reduc-

Research suggests that peanuts effectively lower blood pressure levels even in patients with hypertension. Peanuts also help keep the endothelium (the inner layer of arteries) healthy. Amino acids and phenolic compounds present in peanuts are responsible for this function. In addition, components like arginine, magnesium, and phenolic compounds guard against inflammation, which as per research, is a cause of various heart conditions.

Useful for Diabetics

••••• ♦ CMYK ♦ •••••

Foods with a Glycemic Index (GI) of less than 55 are considered ideal for people with diabetes. For example, peanuts have a GI of just 7. However, there is no standard GI noted for honey-roasted peanuts. In the case of honey-roasted peanuts, the GI would be higher due to the sugar content in honey. But due to high amounts of protein, it is likely to be lower than most other foods. A study suggestof type 2 diabetes.

It helps prevent gallstones.

Gallstones are mainly composed of cholesterol and bilirubin. They can cause severe pain in the bladder. As per a study, honey-roasted peanuts can help reduce the size of these stones and make them small enough to pass quickly. Also, this is quite effective for both men and women. Another study showed that peanuts could help reduce gallstone size substantially.

May Enhance Cognitive Health a crucial component that is useful As per studies, it may help preneeds of Vitamin E and hence and enhancing cognitive health.

Rich in Antioxidants

Free radicals are unstable atoms that cause oxidative stress in your body. Sufficient research has shown that excess free radi-

veratrol, isoflavones, phytosterols, and phytic acid. Therefore, it helps protect your body from the damage of free radicals. **Prevents Cancer**

Vitamin B3 is known to play an essential role in improving the brain's functioning. Vitamin E is for enhancing cognitive health. vent cognitive decline and conditions like Alzheimer's in old age. Regular intake of honey-roasted peanuts can help fulfil the daily play a key role in maintaining

••••

diseases. Antioxidants are essen-**Possible Allergies and Side Effects** tial for your body as they protect Though honey-roasted peathe body against free radicals. Peanuts are rich in antioxidants. nuts are highly nutritious, some They contain coumaric acid, respeople may have allergic reac-

Research has shown that eating peanuts can help reduce cancer risk, especially oesophagal and gastric cancers. The antioxidant resveratrol is responsible for the cancer prevention properties of peanuts. It does so by cutting off blood supply to growing tumours. In addition, some theories say that compounds known should avoid all peanut products. as phytosterols are responsible for the cancer-prevention properties of peanuts.

Honey roasted peanuts can help you lose weight, enhance heart health, lower blood sugar levels, deal with gallstones, improve cognitive health and prevent certain cancers. They are also rich in plant-based antioxi-

dants that counter free radicals.

tions. Here are some allergies and side effects that you may get from honey-roasted peanuts.

Peanut Allergy Studies have suggested that peanuts are a common allergen. The symptoms of peanut allergy are mostly mild. They can cause itching, hives, wheezing, and swelling. However, in rare cases, a peanut allergy may become lifethreatening if it results in a condition known as anaphylaxis. So, if you have a peanut allergy, you

Poisoning due to peanuts It is similar to food poisoning.

For example, sometimes peanuts can be contaminated by mould, producing aflatoxin. Aflatoxin poisoning can cause symptoms like jaundice and loss of appetite. Research says that in extreme cases, it can lead to fatal conditions like liver failure.

Cong will vigorously counter BJP Govt's false narratives, expose its misdeeds: Hari Singh

JI NEWS SERVICE JAMMU, FEB 29

The Jammu and Kashmir Pradesh Congress Committee (JKPCC) has strongly condemned the BIP government at the Centre alleging that the period of ten years of NDA govern-

munal polarisation. false narratives making province now. tall claims of its so called achievements while the leader asked that if the that the information proreality remains that it has Govt is claiming normalcy vided by the Central Govt Singh Chib emphasized beyond any doubt proved in J&K then why the people Minister to the members that Congress will continits Govt to be merely a of this region are being of Parliamentary Commit- ue to vigorously counter 'Jumla Govt'. He said that denied the democratic tee regarding recruitment the fallacious agenda of



misgovernance, sky rock- and its Govt about restor- can give for not holding benefits to J&K people is eting inflation and com- ing normalcy in Jammu Assembly elections here Speaking at the meet- tory while the situation on to hold the Parliamentary ing held here today, Hari ground is quite contrary. elections. Singh, Party Vice President He said that despite giving JKPCC, while questioning a free hand to the secuthat the height of things is the Bharatiya Janata Party rity forces the terrorists that the Govt is projecting present regime. on its promise of 'Achhe continue to strike at their wrong figures regarding Din' to the people before free will resorting to the economy, employment elections accused the saf- targeted killings that have and other significant fron party of only creating reached even the Jammu issues even in the Parlia-

every other day claims government. He said that of lakhs of youth and that the saffron party.

ment has been marked by are being made by the BJP what justification the Govt Article 370 having brought and Kashmir Union Terri- despite having decided

Hari Singh Chib stated

ment and before the Par-The senior Congress liamentary panels. He said

only a fallacy. He said that terrorism has not stopped in J&K after Art 370 abrogation and the number of unemployed youth has further gone up during the

Asserting that BJP has been befooling the people of the Jammu and Kashmir by propagating false narratives of unprecedented development and transparency in this UT, Hari

Cabinet approves PM-Surya Ghar: Muft Bijli Yojana for installing rooftop solar in One Crore households

NEW DELHI, FEB 29

The Union Cabinet, Minister Shri Narendra Modi, has approved PM-Surya Ghar: Muft Bijli Yojana with a total for installing rooftop solar and providing free electricity up to 300 units every month for One Crore households. The Prime Minister had launched the scheme on 13th February, 2024.

The major highlights sizes, benefits calculaof the scheme include: Central Financial Assistance (CFA) for Residential Rooftop Solar

The scheme provides a CFA of 60% of system cost for 2 kW systems and 40% of additional system cost for systems between 2 to 3 kW capacity. The CFA will be capped at 3 kW.

for 2 kW systems and areas, chaired by the Prime Rs 78,000 for 3 kW systems or higher. The and Panchayati Raj Instiing in reduction of 720 households will apply for subsidy through the from incentives for pro-equivalent emissions National Portal and will moting RTS installations over the 25-year lifetime outlay of Rs.75,021 crore be able to select a suit- in their areas. able vendor for installassist the households in renewable energy serevant information such as a fund for innovative and other services.

> tor, vendor rating etc. able to access collateral-free low-interest loan products of around 7% at present for installa- through sale of surplus raising awareness and tion of residential RTS systems up to 3 kW.

A Model Solar Village will be developed At current benchmark in each district of the will result in addition of under the scheme.

The scheme proas appropriate system projects in RTS.

Through this scheme, Bijli Yojana Households will be the households will be able to save electric- has launched a masity bills as well as earn sive campaign since the additional income launch of the scheme for Other Features of the to generate more than holds. Households can

prices, this will mean country to act as a role 30 GW of solar capacity Rs 30,000 subsidy for 1 model for adoption of through rooftop solar in kW system, Rs 60,000 rooftop solar in rural the residential sector, generating 1000 BUs of Urban Local Bodies electricity and resulttutions shall also benefit million tonnes of CO2 of rooftop systems.

It is estimated that ing rooftop solar. The vides a component for the scheme will create National Portal will payment security for around 17 lakh direct iobs in manufacturing, their decision-making vice company (RESCO) logistics, supply chain, process by providing rel-based models as well sales, installation, O&M

> Availing Benefits of Outcome and Impact PM-Surya Ghar: Muft

power to DISCOMs. A 3 generating applications kW system will be able from interested house-300 units a month on an register themselves on average for a household. https://pmsuryaghar. The proposed scheme gov.in to avail benefits

Asir Kishtwari featured in "Meet the Author" series organized by JKAACL

JI NEWS SERVICE

JAMM. FEB 29

The Jammu & Kashmir iconic figure was born to Academy of Art, Culture, Kh. Ghulam Qadir Batt and Languages (JKAACL), Berwari at village Berwar organised Meet-the- kishtwar on 2nd of August Author program at JKAACL 1954. Aseer Kashtwari premises in Jammu. The has several books to his series intends to have a credit and is acting as a direct interaction of the research guide for the writer with the audience, research scholars and and these interactions other stakeholders. His shall aid the exploration book 'Tareekh-e-Auliya-eof various life aspects Jammu wa Kashmir', was Zaban-O-Adab (Tawareekh Harmain, Zikr-O-Fiqr, a special skill," mentions the author/writer. Under state Award from J&K this initiative, every week- Academy of Art, Culture &

Wali Mohmad Aseer

name in Kashmiri, Urdu literature and history of Jammu and Kashmir. An



and works which acts as chosen as the Best Urdu Te Tanqeed) recieved Sah- Jamis-Te-Kashir Manz the Secretary. He, in his a creative inspiration for Book of 2015 and received itya Akadmi Award for the Kashir Zabban-O-Adab address, further added year 2020. His other works include Zilla Doda ki Adabi end, the JKAACL shall Languages. In the book he Shinakhat (Literary idenhost meet the authors of has introduced more than tity of Doda District) was seven different languages: 400 Awliyas with their published in the year 1993, Urdu, Hindi, Kashmiri, shrines located in different it carries write ups on the Dogri, Punjabi, Gojri, and parts of the State including Chenab valley's history, based on Sahitya Akademi and across the Line of book contains 495 pages in a heartfelt cordial wel- they had faced. It shall be occupied Kashmir (PoK). Farsh-e-Gul, Jamme-Sub- sent the inner thoughts of journeys. His another Kashmiri hik Kaeshir Kalamkar, the social fabric through

(History & Criticism), Kishtwari, Monograph on Janbaaz Kishtwari, Nishat Kishtwar (Monography)

At the outset, Shri Bharat Singh (JKAS), Sec-Kishtwari is a renowned book "Jamis Manz Kashir Yaad-e-Nadeem, Safr-e- their ink, and it is indeed

that we (at JKAACL) start-Monograph of Nishat ed this series to promote the direct interaction with the author whom we have read in books; this would

tured Dr Om Goswami, a Kashmir.

noted author of the Jammu & Kashmir, read the paper on the life and works of Prof. Veena Gupta. Alongside this, several prominent writers of different languages attended the event at K.L. Saigal Hall in Jammu. The dignitaries and writers at the event included Padamshree Dr Jitender Udhampuri, Professor Archana Kesar, Professor Sushma Sharma, Dr Sandeep Dubey, Dr Padam Dev Singh, Dr Chanchal Bhasin, Vijya Thakur, Sunita Badwal, P.L. Parihaar, Dr. Sushma Rani, Krishna Prem, Santosh Sangra, Susheel Begana, and many more. enable the audience to Dr Rattan Basotra conknow about their life, liter- ducted the proceedings of Pahari. Today's event was Jammu, Kashmir, Ladakh culture and literature. This retary (JKAACL), gave ary intellect, and struggle the programme. And the conclusive vote of thanks Awardee Jenab Wali Mohd Control (LoC) as well. The which the light has been come to everyone. While a source of inspiration for was presented by Dr Bhat(Asir Kishtwari), 848-page book, published thrown on local poets and addressing the audience, all. It is a priceless oppor- Shahnawaz. The unprecformer Director General in 2013, is an authentic their literary contribu- he expressed that authors tunity to interact with edented literary initiative Accounts and Treasury, document on Sufism in tions. Other books include are the face of society. these authors/writers and of JKAACL is receiving an eminent Urdu/Kashmir state of J&K and Pakistan Tareekh-i-Ishat-i-Islam, "They (authors) repre- learn from their literary rounds of appreciation from the art and literature The inaugural event fea- community of Jammu &

CUJ felicitates CTET Qualifying Students



JAMMU FEB 29

The Department of Educational Studies, Censuccess by qualifying the ties of the students. Teacher's Eligibility Test

in their maiden attempt. ing the goal to become a also present.

teacher. To achieve exceptional goals Prof. Mantry stressed how their success will serve as an inspiration for the other students of tral University of Jammu the department and of the organised a programme to university at large. Furfelicitate the students of ther, he threw light on the B.A B. Ed course for qualivision of the patron of the fying CTET exam in their university, Prof. Sanjeev first attempt. The total Jain, Vice-Chancellor who 20 students of B.A B.Ed has always been a guiding course made the depart- force to promote the acament proud with their demic and literary activi-

On this occasion Prof. Ritu Bakshi Dean Stu-In order to encourage dents' Welfare, Prof. J N the scholarly streak of Baliya, Dr. Kiran the conthe students, Prof. Asit vener of Co-Curricular Mantry, Head of depart- Committee, Dr Ravi, Dr ment, acknowledged the Aman, Dr Yadram, Dr remarkable performance Mohan, Dr Arushi, Ms of students for achiev- Shivali, and Dr Anil were

Disabled People matter! Disability groups launch a first-of-its kind Manifesto asking for a seat on policy table

JI NEWS SERVICE JAMMU, FEB 29

tiative in the country, a Manifesto - Manifesto For and By Citizens with Disabilities - was launched on Thursday by disability rights groups, led by National Centre for Promotion of Employment for Disabled People (NCPEDP) in collaboration with the National Disability Network (NDN), urging political parties to prioritise and address the issues of disabled community in the upcoming Lok Sabha

elections. Emphasising the

need for equal treatment,

disability rights advocates

called on political parties

In a first-of-its-kind ini-

a decisive voting bloc. ulation of India and there Director of NCPEDP. are more than 1 crore regof persons with disabili- with a diverse array of 10 critical demands and

cussions around the 2024 ing the pressing concerns people across the country, General Elections. This and demands of the dis- was formulated.

to prioritise the agenda of is not only because they abled community across persons with disabilities represent sizable votes India. NCPEDP, in collaband to seriously consider but, more importantly, oration with the National persons with disabilities as because they are a large Disability Network (NDN) consumer of goods and and the National Commit-"As the Lok Sabha Elec-services and thus contrib-tee on Rights of Persons tions 2024 draw near, utors to socio-economic with Disabilities (NCRPD), citizens with Disabilities, development and GDP," invited inputs from more which form 7% of the pop-said Arman Ali, Executive than 10,000 people with & without disabilities across The disability manifesto the country. Based on istered voters, as per the represents the culmina- these inputs, the ground-Election Commission, it tion of extensive national breaking Disability Maniis essential that the voices and regional consultations festo of India, comprising

The manifesto emphasises the critical need for political parties to prioritise mainstreaming of people with disabilities in their 5- year action plans for the upcoming elections. The Disability Manifesto addresses a wide spectrum of issues ranging from budgetary allocation to health insurance, accessibility, social security, socio-political inclusion, economic participation, ties are heard in the dis-stakeholders, encapsulat-representing the voices of climate change, gender equality, sports, and edu-

Vikar Rasool reviews preparation for upcoming LS elections

SRINAGAR FEB 29

J&K Pradesh Congress Committee (JKPCC) President Vikar Rasool Wani





Sindhu Border fighting for Congress party assures their rights for the last two the farmers of the counyears in which 700 people try that Minimum Support got killed. Their only fault Price will get legal guaranwas they were demand- tee, it will be implemented ing legal guarantee on in new Govt formation at MSP, but in response they Centre, then the farmers seat sharing in J&K, Wani were being assaulted and will be free to sell their said that seat sharing for tortured for projecting production wherever they upcoming Lok Sabha Electheir demands.

that farmers are being attacked through drones, besides the concertina part of the country. wire and other instruments used to stop them, which shows how antiwill not back up, they will

Wani further said that of the BJP Govt is coming review meeting.

will like. Congress will tions will be announced It is very unfortunate ensure equal treatment shortly. INC, NC and PDP and redressal of griev- will fight the elections with ances to farmers from any

of democratic rights in Sabha seats in J&K with a J&K, Wani said J & K has thumping majority. farmer is BJP Govt at been without any repre-Centre, they (farmers) sentation for the last seven Peerzada Mohd Sayeed, Sr. years. The BJP Govt from Vice President G.N.Monga, fight for their rights and time to time used the secu- JKPCC Vice Presidents, Now that the second term and others attended the

to an end, besides the code of conduct is being enforced again in view of the Lok Sabha Elections, the ECI should also conduct assembly elections in I&K to ensure that public elect their own Govt without any further loss of time. When the situation is conducive for Lok Sabha Elections, why not for Assembly elections, why the BJP Govt is shying away from Assembly elections in J&K, Wani questioned and said that BJP know people of J&K have rejected them for adopting anti-people policies and dividing the full-fledged state into two UT, besides snatching the democratic rights.

On the question of great vigor, will ensure victory of INDIA Alliance Referring to the denial candidates on all five Lok

Former JKPCC President

Symposium on Smart Technologies for Sustainable Agriculture concludes at CSIR IIIM

JAMMU, FEB 29

A three-day symposium symposium highlight and on the theme "Translating strive to address one of the Technology into Practice: pressing challenges to feed The Smart Know-Hows the burgeoning global popof Soil and Crop Manage- ulation while maintaining ment" concluded today the ecological balance at CSIR-IIIM, Branch Sri- and sustainable utilization nagar. Prof. Mohammad of the depleting natural Zahoor Chishti, Professor resources, he added. Prof. of Kashmir was the chief scored the importance of guest at valedictory ses- innovative approaches to sion and Prof. Raihana H. soil and crop management Agriculture, SKUAST-K, smart soil and crop man- for revolutionizing agriculhonour. Addressing the agriculture. She also com- deliberations and the scitory function, Prof. Chishti organizing the important the course of technical sesstressed upon the applicae event. Earlier, Dr. Shahid sions has generated valuattended by 70 registered tion of scientific knowledge Rasool, in his address high- able insights and advanced and advanced technolo- lighted the importance of knowledge-set for optimizgies to cope up with the translating technologies in ingresource use and maxigrowing challenges posed precision farming, smart mizing crop productivity. tural/ farm engineers, to the mankind as a con-sensors and IoT devices, He congratulated the par-plant science faculties, ing, climate change, envi- ponics, blockchain and ing team for the success- agricultural and horticulronmental degradation, supply chain traceabil- ful conduct of the sympo- tural technocrats. In a

challenges. The themes deliberated upon in the Emeritus at University Raihana H. Kanth, under-Kanth, Dean, Faculty of and the need to implement Wadura, was the guest of agement for climate smart ture. He informed that the delegates at the valedic- plimented the CSIR IIIM for entific interactions during sequence of global warm- vertical farming, hydro- ticipants and the organizthat scientists are globally management into practice Technology into Practice: sium aimed to brainstorm horticulture delved into Principal Scientist.



The Smart Know-Hows of ideas and discussions on Soil and Crop Management technology-driven innowhich was inaugurated by vative approaches for soil Dr Zabeer Ahmed, Direcand crop management, emphasizing the transition tor, CSIR-IIIM which was from traditional methods participants that included to advanced agro-technolresearch scholars, agriogies for achieving profitable yields and long-term entrepreneurs, agriculthree-day symposium, agriculture scientists, and desertification, and bio- ity, data analytics and AI, sium. Pertinently the three press handout it was men- fields of agricultural engi- vote of thanks given by diversity loss and exhorted smart irrigation and water symposium on Translating tioned that the sympo- neering, agriculture, and Dr. Khurshid Ahmad Bhat,

sessions. The sessions covered themes on climate smart agriculture, spatiotemporal variability in soil fertility, sustainable soil health, remote sensing and GIS techniques for soil monitoring and management, smart soilless crop production technology, drone technology, genome editing for crop improvement and sustainable agriculture, on-farm composting, maximizing fruit multiplication rates, organic farming, strategizing water use, combating pathogens, sustainable spice farming, pollinator protection, and assessing crop maturity. The event was conducted under the agro-ecosystem sustain- supervision Er. Ab Rahim ability. Throughout the Head, IIIM (Br) Srinagar. The welcome address was prominent subject matter given by Dr. Iqra Farooq, experts from different Sr. Project Associate and

cision agro-technologies

during the ten technical

Farooq, Omar express grief over passing away of Sham Dass Mahajan

JI NEWS SERVICE JAMMU, FEB 29

National Conference President Dr Farooq Abdullah and Vice President Mr Omar Abdullah expressed grief over the passing away of Sham Dass Mahajan elder brother of Jugal Mahajan Treasurer and senior leader JKNC and conveyed condolences to the bereaved family. In their messages, Dr Farooq Abdullah and Mr Omar Abdullah prayed for peace to the departed soul and expressed solidarity with other members of the family. In the condolence message, General Secretary Haji Ali Mohammed Sagar, Dr Sheikh Mustafa Kamaal, Ajay Kumar Sadhotra Additional General Secretaries, Rattan Lal Gupta Provincial President Jammu Province, Sheikh Bashir Ahmed Provincial Secretary, Babu Rampaul former minister and Central Zone President, Ajaz Jan Provincial President YNC Jammu, Ayub Malik, Pardeep Bali Provincial Secretaries, Bimla Luthra Ex-MLA, Deepinder Kour Ex-MLC, Satwant Kour Dogra Provincial President Women Jammu Province, Vijay Laxmi Datta Sr. leader, Ankush Abrol Joint Secretary Jammu Province, Vijay Lochan Chairman SC Cell, Abdul Gani Teli Chairman OBC Cell, Chander Mohan Sharma District President Jammu Urban, Raghvir Singh Manhas District President Jammu Rural "A" have also expressed grief and prayed for peace to the departed soul.

Theft case solved, stolen gold recovered by PS Gandhi Nagar Jammu

JI NEWS SERVICE

JAMMU, FEB 29

On 25-02-2024, an applicant namely Bhavish Mehta S/o Mohinder pal Mehta R/O Reshamgarh Colony Jammu produced a written complaint regarding theft in his jewellery Store Talla jeweller at Auqaf Market Gandhi Nagar. On this, case FIR No.44/2024 U/S 381 IPC got registered at PS Gandhi Nagar and investigation started. After this special police teams of PS Gandhi Nagar led by SHO PS Gandhi Nagar did strenuous efforts and with the help of CCTV footages of area finally arrested one person namely Viney Kumar Chouhan S/o Vinod Kumar Chouhan R/o New Geeta Colony Jalandhar who was servant of said jewellery shop. During questioning accused confessed his involvement in the above case and on his disclosure 12 tolas of gold worth Rs. 09 lakh was recovered from Muthoot Finance Company Jalandhar Punjab. Further investigation of the case is going on.

Two missing minor girls reunited with their families by Jammu Police

JI NEWS SERVICE JAMMU, FEB 29

Two missing minor girls reunited with their families by Jammu Police in the areas under the jurisdiction of PS Janipur and PS Bakshi Nagar. Two different complaints were lodged at PS Janipur and PS Bakshi Nagar by legal heirs of both minor girls stating that they got missing from their respective homes. In this regard, two different cases i.e case FIR No. 31/2024 U/S 363/IPC got registered at PS Janipur and case FIR No. 23/2024 U/S 363/IPC got registered at PS Bakshi Nagar and investigation got started. On this special police teams led by SHO PS Janipur and SHO PS Bakshi Nagar did strenuous efforts and finally traced both the missing minor girls. Subsequently families of both the missing minor girls were informed and the traced minor girls were handed over to their family members after completing all the legal formalities.

SMVDU celebrates National Science Day in collaboration with JAKEDA

JI NEWS SERVICE

JAMMU, FEB 29

Institution Innovation Council and Faculty of Sciences in collaboration with Jammu and Kashmir Energy Development Agency (JAKEDA) jointly celebrated National Sci-JAKEDA, Prof. Ashutosh, urged everyone to weigh Dr. Kuldeep Raj, Head

ence Day activities at Science Day is to ignite solar, wind, geothermal on the theme "Energy SMVDU. The inaugural an interest in science, and hydrogen energy session commenced with inspire people, especial- for economic growth Dr. Kamni Pathania, coor- ly students, to perform and prosperity of UT of dinator of the event, who new experiments, and J&K. Dr. Yugal Khajuria, extended a warm wel- make them aware of the Dean International and come to the distinguished latest developments in Alumni Affairs, SMVDU guests which include science and technology. spoke about the greater Chief Guest, Prof. Pragati He reminded the students participation of students Kumar, Vice-Chancellor of the efforts and achieve- in scientific activities SMVDU, Guest of Honour, ments made so far, in and urged all students to Dr. Prithvi Raj Dhar, CEO, the field of science and develop scientific mind. about the program objectfuture and Viksit Bharat. public welfare. tives and highlighted the He discussed how, in the

Day. She also apprised and security, their orga- 'Life of Sir C.V Raman' objective of National include hydropower, tion. A poem recitation Sandeep Sharma.

Conservation" was presented by Sadhvi Sharma of School of Physics. A Quiz Competition was also organized by the Research Scholars of the faculty of Sciences to make science an interactive aspect of their life. A poster presentation on the theme "Indigenous Technologies for Viksit Chairman IIC, SMVDU, up the implementation School of Mathematics Bharat" and "Energy Heads of faculty of Sci- of different technolo- emphasized the relevance Conservation" was disences, faculty members, gies. Dr. P. R. Dhar gave a of scientific celebrations played at Matrika audienthusiastic students and detailed presentation on and motivated students torium. The prizes were team JAKEDA. Dr. Kamni the importance of Solar to dig deeper into science also given to the students briefed the audience Energy for sustainable & learn its utilization for in each category of the competition. The ses-NSD 2024 started with sion progressed with an importance of celebra- pursuit of sustainable ashort cartoon-artistic interesting Exhibition on tion of National Science energy development documentary on the solar technology devices displayed by team the audience about the nization encourages the and 'The Establishment JAKEDA. The event was various activities for the widespread adoption of ISRO' to fascinate and jointly coordinated by event. Prof. Pragati Kumar and usage of all forms of encourage the young Dr. Kamni Pathania, Dr. highlighted that primary renewable energy, which minds of the institu- Rakesh Thusoo and Dr.

Free Medical camp organized by 162 Bn CRPF at Waskura Handwara

check-up camp was during the Civic Action Programme conducted by the 162 Battalion Central Reserve Police Force (CRPF) at ITI Handwara and distributed free medicines The camp was inaugurated by Commandant 162 Battalion CRPF Shri Vinod Kumar , Second Wuskura Handwara gramme". Shahzad Ahmad Dar, Assistant Commandant programmes is to have

camp and more than Kumar.

Speaking on the occa-A free medical health sion Commandant Shri Vinod Kumar of 162 Batorganized on 29-2-2024 talion remarked "CRPF runs various schemes for assisting the needy and merging with the local population and for having better coordination with them. Today

220 people took advan-

tage of the camp.

we have organised a free medical camp and consultancy for those who require medical assistance and you see a in command Shri Rajiv large number of people Kumar, Lambardar turned up in the pro-"The aim of such

R K Malik , Assistant good relations with Commandant Abishek locals and also help Yaudv , Medical Offi- them in difficult times. cer Dr Ajay , Dr Javid It's a continuous pro-Ahmad, and other officess and 162 Battalion cers graced the occa- is periodically consion by their presence. ducting community During the medi- outreach programs in cal camp a number of one or other way. In people including the the past also such free ladies, children and medical camps were senior citizens of the organised in different area gathered in large areas in Kupwara disnumbers for the health trict", added Shri Vinod

Unveiling Empyrean 2024 at IIM Jammu: A Celebration of Talent, Artistic Expression and Creativity

JI NEWS SERVICE

JAMMU FEB 29

much-awaited annual thing for everyone. cultural extravaganza, "Empyrean 2024". Empyshowcase the talents and dance, fashion, comedy, unite individuals from all Ernest to Perform Live walks of life. Promising activities, Empyrean is High Note set to captivate audiences

Event Highlights:

three days of astonishing Performances by Popular enthusiasm that Empy- of students, followed by performances, artistic Singer Aditi Singh Sharma rean 2024 will bring." showcases, and engaging to Close the Festival on a

formances to exhilarating their passions and showing festival." Prof. Jabir Ali, Dean

•Mesmerizing Kavi Academics, IIM Jammu, rean is the flagship cultur- Sammelan and Soul-Stir- mentioned, "Empyrean | Friday al festival of IIM Jammu, ring Band Performances is more than just a festicelebrated annually to to Kickstart the Festivities val; it's an embodiment of with a mesmerizing Kavi •Enthralling Group the spirit of collaboration Sammelan at the Auditocreativity of students. Dance Competition and and camaraderie among rium, featuring renowned With a diverse lineup of Envie: Fashion Show our students. It provides events spanning music, Showcase Student Talents a platform for them to audience with their lyrical •Renowned Playback express themselves, conprowess. Following this, and more, the event aims Singer Ankit Tiwari and nect with each other, and the Main Stage will come to inspire, entertain, and EDM Sensations Johnnie celebrate their unique alive with a soul-stirring talents. We're excited to Band Performance, show-•Battle of Bands and witness the energy and casing the musical talents

Chairperson, Student attendees dance the night Prof. B.S. Sahay, Direc- Affairs, IIM Jammu, men- away under the stars. from March 1st to March tor, IIM Jammu, men-tioned, "Empyrean 2024 is 3rd, 2024, at its Jagti tioned, "Empyrean 2024 the culmination of months Saturday is a celebration of diver- of hard work, dedication, Empyrean 2024 boasts sity, creativity, and inno- and creativity from our action-packed lineup, talented musicians will events, Empyrean offers out on this unforgettable a diverse itinerary that vation. It's a testament to students' team. It's a cel-starting with a Group vie for the title of the ulti- a plethora of engaging event!

for everyone involved."

Day 1 | March 1, 2024,

The festivities kick off poets who will enthrall the an electrifying set by DJ Dr. Ashish Kumar, Muneca, ensuring that

Day 2 | March 2, 2024 |

tastes and interests. From Jammu, where students talent, and collaborative will showcase the grace, Following this, the Main festival. Attendees can captivating musical per- are encouraged to explore spirit. As Chairperson of rhythm, and synchroni- Stage will come alive with participate in IPL Auction Student Affairs, I couldn't zation of talented dance performances by playback The Indian Institute of dance battles and thought- case their talents. We look be prouder of their troupes. The fashionistas singer Aditi Singh Sharma, Netflix Name Game, and Management, Jammu, is provoking competitions, forward to welcoming efforts, and I'm confident among us will be treated whose versatile voice tran-various other interactive thrilled to announce the the festival offers some- everyone to this exhilarat- that Empyrean will be an to Envie: Fashion Show, scends genres, and EDM events hosted in the classunforgettable experience where students will strut sensations Johnnie Ernest rooms. The Open Area the runway in stunning & Lera Nova, who will ensembles. The evening close the festival with an Rap Battle, Bollywood melodious performance by the renowned playback singer Ankit Tiwari, whose soulful voice tinue to showcase talent platform for students to promises to stir hearts and evoke emotions. Additionally, the Second Stage will host captivat- laughter and entertain- It embodies the spirit of ing solo performances in both song and dance categories, highlighting the individual talents of our students.

Day 3 | March 3, 2024 | Sunday

Empyrean 2024 features and Other Engaging Activthe highly anticipated Saturday promises an Battle of Bands, where

dancing into the night. The Second Stage will con-Talent and the final round ment till the very end. Additional Attractions:

flix Name Game, and More Interactive Events

ities in the Open Area

promises to cater to all the vibrant culture of IIM ebration of their passion, Dance Competition that mate musical maestros. activities throughout the

2.0, Offline speed dating, will feature activities like will crescendo with a exhilarating performance Antakshari, Paper Dance, that will have attendees and more, ensuring nonstop entertainment for all.

Empyrean serves as a with Empyrean's Got showcase their talents, foster creativity, and of LaughCraft, ensuring forge lasting connections. celebration and camaraderie, bringing together •IPL Auction 2.0, individuals from diverse Offline Speed Dating, Net-backgrounds to celebrate the richness of Indian culture and creativity. Join us •Rap Battle, Bollywood for three days of talent, The grand finale of Antakshari, Paper Dance, creativity, and celebration as we showcase the richness of Indian culture In addition to the main and creativity. Don't miss

Dr. Rachna elected Staff Secretary of **GDCW Kathua** JI NEWS SERVICE

JAMMU, FEB 29

In an election held at Government Degree College for women Kathua today, Dr. Rachna Devi Department of Education was unanimously elected as staff secretary of the college for the session 2024-25. The election for the post of staff secretary was held under the supervision of the Election Commissioner, Prof.Ashwani Sharma and under the overall guidance of senior faculty members Dr.Inderjeet kour and Dr.Babita Mahajan. Dr. Rachna delivered

her maiden speech, thanking the teaching fraternity for their support and trust. She emphasized his commitment to serve as a bridge between the administration and the staff, promising transparency, integrity, and dedication in his role

NEWS

BJP OBC Morcha organized Samajik Sammelan in Jammu Border

JI NEWS SERVICE

JAMMU, FEB 29

Sunil Prajapati, President BJP OBC Morcha and Sunil Shastri, District President Jammu Border were Present main in the Program. The Program was organized by Ashok Virdhi (District President OBC Morcha Jammu Border.

Sunil Shastri, on this occasion highlighted the dedicated efforts of Modi Government for ensuring Justice and welfare of people of J&K UT by undertaking various projects under Kaushal Vikas yojana and constructed various of Roads including Highways, overhead bridges, development of Railway Stations and railway tracks in the UT as well as launching of various welfare schemes for the People of J&K including Ayushman Bharat. Arogya Yojna, and Kishan Samman Nidi Yojna. He also emphasized the welfare schemes for specially for the women such as; Ian Dhan Yojana, Beti Bachao and Beti Padhao, Ladli Beti, Ujjwala Yojana as examples of initiatives aimed at empowering the women across the Nation. The Sammelan was attended by a large number of people including the women and West Pakistani Refugees (WPRs) from the adjoining Areas.

Sunil Prajapati on the occasion said that it is the duty of every party worker to disseminate every information of the Government's welfare schemes to ensure that it reaches every individual of the Society. He also highlighted the dedicated efforts of the Modi Government towards the development of Jammu and Kashmir following the revocation of Article 370. He also expressed that it is only the Modi Govt who has granted the domicile right to West Pakistani Refugees (WPRs) after 7 seven decades of their settling in J&K, who were migrated during partition of India during 1947 and settled in the adjoining areas of International Border, mostly in the Border District Jammu. He accused that the previous Govts led by NC-Congress never considered them as resident of I&K and denied all constitutional rights including residentship, proper education, right to own immoveable property and even the voting right for State elections.

Sunil Prajapati said that the previous governments led by NC-Congress and PDP, have exploiting the sentiments and future prospectus of the people of J&K mostly the Other Backward Classes (OBC), who were denied the very constitutional right to reservation to the OBCs under the guise of Article 370 and 35A. He stressed that the communal differences were deepened during the NC-Congress era in comparison to the Modi Government's to foster the unity among people of the different religious backgrounds in both the region of the J&K UT. He expressed that it the Modi Govt who granted the reservation to OBC category for the first time after passing the J&K Reservation (Amendment) Bill 2023. He added that the Modi Govt has also extended reservation for OBCs in the elections of Panchayats and the Municipalities.

Bali Bhagat accuses Farooq of doing nothing for J&K's minorities

JI NEWS SERVICE

NAGROTA, FEB 29

Senior BJP leader and former minister Bali Bhagat in a hard hitting statement has reminded Farooq Abdullah that people of Jammu and ing for the upliftment of miris with daily Bandhs, Ladakh, especially the these communities. He strikes and stone pelting minorities, were treated said that these two parlike second class citizens ties who ruled the roost in for the last seventeen erstwhile State of Jammu years during the NC-Con- and Kashmir are wholly gress rule. He said that and solely responsible for these parties brought only the miserable living condestruction to the erst- ditions of refugees of 1947 he held the NC responwhile state while Modi led in their own country for sible for killing of more Govt restored peace and seven decades, their only stopped further destruc- fault being that they were

He launched this scath-

has been nominated as and POJK displaced after Election Prabhari for seventy years of misrule Nagrota Assembly Con- by the NC and Congress ing terrorism into Jammu

The senior BJP leader and Congress did noth- of hard-working Kash- ther destruction.



He asserted that it is ing attack while address- the Bharatiya Janata Party ing a gathering today at Govt that restored all the genuine rights to these It is pertinent to mendeprived sections includtion here that Bali Bhagat ing Gaddi, Sippy, Balmiki

vehemently castigated heavily on the NC leader mately resulted in total Farooq Abdullah for Farooq Abdullah, Bali destruction of the erstlooting Gujjar and Bak- Bhagat said that it stands erwal votes in the name amply proved today that people are grateful to the of religion in every elec- Farooq regime was respon- PM Modi government for years. He alleged that NC business establishments the people of J&K from fur-

by hobnobbing with the separatist and secessionist groups.

Asserting that NC's hands are soaked with blood of innocent people, than forty-three thousand people of Kashmir and other terrorism affected areas of this Union Territory during the last over three decades. The former Minister said that in the upcoming parliamentary and other elections people will teach the NC and Congress a lesson for importand Kashmir and carried Further coming down it for 25 years which ultiwhile State. He said that tion during last seventy sible for shutting down restoring peace and saving

Avinash Choudhary lays foundation stone of lane in ward-02, Pyt - Chak Salarian

JI NEWS SERVICE

RAMGARH, FEB 29

Chairman of Border Welfare Organisation, Avinash Choudhary laid the foundation stone of a lane to be built at a cost of about Rs 48 lacs in the ward number 2 of Chak Salarian Panchayat under Ramgarh Assembly. Noteably from of Ward No. 2 in Chak Sal- ment to serve the comaria have grappled with munity. numerous challenges, for assistance.

ple's pleas, Avinash Chouding point for Ward No. 2, personally engaging with conditions and enhanced district-level and higher quality of life for its resiauthorities to address the dents. pressing issues plaguing and bureaucratic red tape, jeet Singh, expressed never wavered.

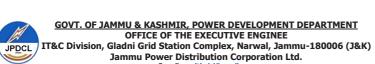


After persistent efforts,

Local The challenges faced and relentless pursuit of by the residents, includ- their cause. They lauded ing the threat of diseases his leadership and perlike dengue due to water- severance, acknowledglogging and the absence ing that despite previous of proper roads, were appeals to authorities fall-

In response to the out-

pouring of appreciation, Avinash Choudhary reafincluding inadequate road Avinash Choudhary suc- firmed his commitment infrastructure and recur- ceeded in securing inclu- to serving the people and ring waterlogging issues. sion of the community's vowed to continue advo-Frustrated by the lack of concerns in the Capex cating for their needs. He action, the community Budget Action Plan and emphasized that his sole turned to social activist obtaining approval for objective is to serve the and Chairman of the funds totaling approxi- community and human-Border Welfare Organisa- mately 48 lakh rupees ity, pledging to work tion, Avinash Choudhary, for infrastructure devel-tirelessly to address and opment. This significant resolve all issues faced by In response to the peo- achievement marks a turn- the people. He also extended his gratitude to all the hary took a bold stand, promising improved living administrative officers for their assistance along with Special recognition to the efforts of LG adminresidents, istration including district the community. Despite including Sukhbir Singh, administration for their facing numerous hurdles Surinder Kour, and Har- approval and hoped for their continued support his unwavering determina- their heartfelt gratitude in his future endeavors of tion and advocacy efforts to Avinash Choudhary serving the community. for his tireless dedication Retired Captain Sukhbir Singh, Swaran Sharma, Ram kumar sharma, Das ram, Ravinder Kour, Raghubir Chand, Surinder Kour, Suman Sharma, Renu Kumari and other immense. However, Aviing on deaf ears, Avinash locals were also present nash Choudhary remained Choudhary's intervention and applauded his efforts.





CANCELLATION NOTICE

Sub: Refurbishment of IT Billing Centre at Electric Sub Division Udhampur I & II of

The e-NIT No.: 14 of 2022-23 Dated: 20-10-2022 is hereby cancelled.

Sd/-**Executive Engineer** IT&C Division, JPDCL Jammu

NO: IT&CD/CancellationNotice/J/317-321 DIP/J-5557-P/23 Date: 29-2-24

Dated: 28-02-2024

J&K Police rewards Rs. 03 lakh cash to informer of Pak Drone in Ramgarh Sector

JI NEWS SERVICE

JAMMU, FEB 29

Jammu and Kashmir Police has today rewarded cash of rupees three lakh to the person who provided information about Pakistani drone and subsequently its recovery by security forces in Ramgarh sector of district Samba.

On the occasion, Senior Superintendent of Police Samba, Shri Vinay Kumar, JKPS has presented a cheque to the tune of rupees three lakh as reward amount on behalf of ADGP Jammu Zone to the informer in a felicitation ceremony organized jointly by Samba Police & BSF which was attended by IG BSF Shri D.K Boora, near IB in curbing the for his noble cause and about inter-state narcotics DIG BSF Jammu Sector Shri Chitter Pal, CO BSF 148 Bn. Shri Kamal Rawat, Tehsildar Vijaypur, SDPO Vijaypur, SHO Ramgarh, respectable persons and large number of people from village Dug & adjoining villages. The reward was given as a part of J&K Police's policy recently announced by DGP J&K.

It is pertinent to mention that on 18.01.2024, the informer, a local resihas noticed a suspicious object lying in his field near Border out Post (BoP) Chamliyal. On seeing suspicious object (drone), the informer immediately rushed to the nearest BSF unit manned by about drone lying in his occasion and thanked the receiving drone deliver-



the informer. Speaking on the occasion, SSP Samba sought from general public living menace of narco-terrorism sponsored by Pakistan, SSP Samba further apprised the general public about different types of rewards DGP J&K for people who will provide information & intelligence on transborder tunnels, drones, narcotics, terror activities and terrorists.

In addition to this, IG local public and urged and extra vigilant and land near International Border.

camera from the field of security forces in thwart- the said intelligence gets

FELICITATION CEREMONY

ANAND JAIN, IPS.

The awardee expressed Police in rewarding cash committed to serve the nation in future also.

has recently announced reward which includes: Ramgarh, Shri Darshan able intelligence about reward will be provided as BSF 148 Bn and informed Singh also spoke on the person connected with per category of A, B and C.

ing nefarious designs of corroborated during further action. Cash reward of Rs 2 lakh each has been cooperation and support his gratitude towards J&K announced for people providing information modules, people talking to Pakistan based terror-It is worthwhile to men- ists and separatists in jails tion here that J&K Police and persons talking to or communicating with terrecently announced by different types of cash rorist handlers across the border or with their agents Cash reward of Rs 5 lakh within J&K and branding for those who provide citizens as informers. information about trans- Police also announced Rs border tunnel used by 1 lakh cash reward for per-Anti-National Elements to sons providing informatransit terrorists, explo-tion about those inciting BSF also interacted with sives and contraband con- and encouraging people signments. Cash reward to join terrorist ranks and dent of village Nandpur, upon them to remain alert of Rs 3 lakh to those: a) to pick up gun. Rs 2 lakh to who sights a drone flown Rs 12.50 lakh reward has ensured full cooperation from across the border to been announced for those of BSF to the people espe- drop narcotics or explo- giving specific information cially those who cultivate sive material and which about presence of terrorleads to the recovery of ists, resulting in successthe said dropped mate- ful operation leading to Ex-BDC Chairman rial, b) who gives action- arrest or combat, and cash



UNION TERRITORY OF JAMMU & KASHMIR

OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION CHENANI SHORT NOTICE INVITING TENDER

e-NIT No. 24 of 2023-24 Dated 28.02.2024

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K. CPWD, Railways, MES and other State/Central Governments for each of the following works:-

S.	Name of Work	Advertised	Cost of	Earnest	Time	Class of	Head of
No.		Cost	document	Money	Allowed for	Contrac	Account
		(Rs. in lacs)	(in Rs)		completion	-tor	
1.	2.	3.	4.	5.	6.	7.	8.
1.	CONSTRUCTION OF BOYS,	19.09	600/-	@2% of	04 Months	"B/C"	SAMAGRA
	GIRLS TOILET AND			advertised			
	BOUNDARY WALL AT HIGH			cost			
	SECONDARY SCHOOL						
	DHANAS						
2.	CONSTRUCTION OF 02	20.84	600/-	@2% of	04 Months	"B/C"	SAMAGRA
	ADDITIONAL CLASS ROOM			advertised			
	AT M S JIG.			cost			
3.	CONSTRUCTION OF 02	20.84	600/-	@2% of	04 Months	"B/C"	SAMAGRA
	ADDITIONAL CLASS ROOM			advertised			
	AT M S KUD.			cost			

Position of AAA:-Accorded Position of T.S:-Accorded Position of Funds:-Available

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website http://jktenders.gov.in as per below schedule:-

1	Date of Issue of Tender Notice	28-02-2024			
2	Period of downloading of bidding documents	From 28-02-2024 to 11-03-2024 1400 Hrs			
3	Date, Time and place of pre-bid meeting.	-			
4	Bid submission Start Date	28-02-2024 from 1300 Hrs			
5	Bid Submission End Date	11-03-2024 up to 1400 Hrs			
6	Date & time of opening of Technical Bids	11-03-2024 on or after 1500 Hrs in the Office of			
	(Online)	Executive Engineer PWD (R&B) Division, Chenani.			
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.			
1	D:1				

Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, name of work duly crediting to 0059 (Revenue) favoring Executive Engineer PWD (R&B) Division, Chenani uploading a copy of treasury challan and EMD/Bid Security in the shape of CDR/FDR (The date of Treasury Challan/ Bid Security/Affidavits between date of start of bid submission and bid submission end date) duly pledged to Executive Engineer PWD (R&B) Division, Chenani as mentioned in the bid documents. The earnest money of the unsuccessful bidder shall be released only after submission of Treasury Challan.

- The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder need not make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential- submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.
- The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of Responsive bidders shall be opened online in the Office of Executive Engineer PWD (R&B) Division, Chenani. The date for same shall be intimated separately.

No:- EE/C/4551-58 Dated: - 28.02.2024

Executive Engineer PWD (R&B) Division Chenani

DIP/J-15548/23 Date: 29-2-24

Sub-division Mahore at DPHQs, Reasi

JAMMU, FEB 23

The Senior Superintendent of Police (SSP) Riasi, Mr. Mohita Sharma-IPS, convened a comprehensive crime review meeting

and other officers.

tigation cases related prevention, rehabilitation to ULAP(A), NDPS Act, and enforcement. Excise, bovine smuggling



was attended by the SDPO emphasizing the impor-SHO Chassana, IC PPs, IO's ing law and order. Measures to tackle drug abuse

Strategies to strengthen posal of these cases needs specific CASOs in vulner

of Sub-division Mahore at community policing and improvement and stressed District Police Headquar- enhance public safety upon them to adopt the ters in Reasi. The meeting were deliberated upon, latest techniques and standard operating practices Mahore Sh. Ajaz Choud- tance of community which would bring better hary-JKPS, SHO Mahore, involvement in maintain-results in investigation

SSP Reasi, directed During the meeting, within the district were the participating officers the status of under inves- discussed, with a focus on to remain extra-vigilant, strengthen nakas/check points, and generate Addressing the offiactionable intelligence so and Crime against women cers, SSP Reasi said that that the nefarious designs & children were reviewed. the Investigation officers of anti-national elements The progress made in must take all the measures can be thwarted. She furongoing criminal investi- to improve investigation ther directed the officers gations was discussed to and disposal of cases. She to take the lead while conensure timely resolution directed that the quality ducting area domination/ and justice for victims. of investigation and dis- patrolling and speculative/

Rural areas witnessing unprecedented devp under Modi Regime: Col Mahan

JI NEWS SERVICE

PLAKH (BASOHLI), FEB 28

Col Mahan Singh (Retd), DDC Chairman Kathua today inaugurated a 1.5-kilometer-long concrete road connecting the remote habitations of Sanki, Gujjar Mohalla, Mann, Marthni, and Wadi in Plakh and Pretha Panchayat today. This momentous occasion was met with cheers, slogans, and jubilation from the villagers who have been waiting for this day to arrive Narendra Modi, Dr. Jiten-

for decades. tion fulfills a long-stand- unwavering commitment ing dream for isolated to developing far-flung ney towards bridging the communities in the area, areas and providing funds who have struggled with for improving rural road difficulties in transporting connectivity. He also highbuilding materials, thresh- lighted the significance ing crops, commuting, of this development and and rescuing patients. The stated that it is a testament road promises to alleviate to the Modi government's these struggles and pro- dedication to inclusive vide better accessibility to and sustainable develmainstream opportunities opment. Accompanied the marginalized sections for the residents, predom- by Capt Harnam Singh, and fulfilling their longinantly from ST, Minority Mohd Deen, Badri Badu, standing dreams.



sections.

Speaking on the occasion, Col Mahan Singh expressed gratitude to PM dra Singh MoS PMO, and The road's inaugura- LG Manoj Sinha for their

communities and weaker and others, Col Mahan Singh reiterated his assurance to the residents that this concrete road would mark the beginning of a brighter future for these remote areas. The development marks a significant milestone in the jourgap between isolated communities and mainstream opportunities, he added.

He said that the unprecedented development in the rural areas under the Modi regime signifies the government's determination towards empowering

Phia Foundation through HDFC Bank Parivartan, **Unveil Project-HIMALAYA: Transforming** Agricultural Practices in Leh Ladakh



LEH, 29/02/2024

In a groundbreaking ini- chain development for tiative, the Phia Founda- milk and vegetables. tion, with support from cum exposure tour to

project aims to revolution- confidence in significant- the project aims to create ize agricultural practices ly boosting farm income a ripple effect, catalyzing in Leh Ladakh, fostering over the next three years. sustainable farming techniques and economic ager at Phia Foundation, empowerment.

ticipated in the trianing DIHAR to uplift the agri- thriving agricultural ecocum exposure tour.

invaluable knowledge on ing practices, we are not erations to come.

Technical experts

Mohd Ali, Project Man- across the region.

organic cultivation, inno- only enhancing the livelivative vegetable farming hoods of our farmers but techniques, and value also fostering sustainable development within the region.'

Project-HIMALAYA rep-HDFC Bank Parivartan, from DIHAR shared their resents a holistic approach has launched Project- expertise, leaving farm- to rural development, HIMALAYA in Ladakh ers inspired and empow- emphasizing community with a one day Training ered to implement diverse empowerment and envifarming techniques. The ronmental sustainability. and the Defence Institute feedback from partici- Through the formation of High Altitude Research pants expressed immense of producer groups and satisfaction with the train- the adoption of modern This transformative ing program, highlighting agricultural techniques, socio-economic progress

As this journey unfolds, commented, "This initia- the initiative implement-86 enthusiastic farm- tive signifies a remarkable ed by Phia Foundation ers from project villages collaboration between and supported by HDFC within Kharu, Thiksey, Phia Foundation, HDFC Parivartan remains comand Chuchot blocks par- Bank Parivartan, and mitted to nurturing a cultural landscape of Leh system in Leh, empower-The training session Ladakh. By harnessing the ing farmers to realize their was a resounding success, power of knowledge-shar- full potential and cultivate providing farmers with ing and innovative farm- a brighter future for gen-

SSP Reasi convenes crime review meeting of Bhatnagar releases Promod Jains "Book Lockdown and other Poems"

JI NEWS SERVICE JAMMU, FEB 29

J&K Academy of Art, Culture and Languages successfully organised book release of "Lockdown and other poems", authored by the Sh. Pramod Jain. The book was released by the Chief Guest Sh. R.R. Bhatnagar, IPS (Retd.), Hon'ble Advisor to the Hon'ble L.G,J&K in the presence of SH. B.R. Sharma, IAS (RETD.), Hon'ble State Election Commissioner, J&K, who preside over the function and Sh. Bharat Singh Manhas, JKAS Secretary. The book release function, held on 29th February, 2024, at K.L.Saigal Hall, Jammu, was a resounding success, guests, literary enthusi-

poems is a captivating masterpiece that With its thought-provoking narrative and eloquent Poetry , the book promises to resonate with readers of all backgrounds.

The event was graced by the esteemed presence

JI NEWS SERVICE

Two Day International

Conference on "Comput-

ing, Communication and

Cyber Security (IC4S'05

Volume 1)" from 29 Feb-01 March was inaugu-

rated at the "High End

Computing AI and Deep Learning Lab", Shri Mata

Vaishno Devi University,

sponsored by Higher

Education Department

Govt. of J&K UT in asso-

session was graced by

JAMMU, FEB 29

the literary achievements R.R. Bhatnagar delivered inspiring remarks, highlighting the importance of literature in today's society and commending Pramod Jain for his exceptional contribution to the literary world.

During the function, insights into the creative process behind book asts, and members of the offering glimpses into the Lockdown and other inspiration and challenges encountered along the way. He expressed gratitude to his supporters, collaborators, and readers, emphasizing the profound ing our understanding of members of the press. the world.

ciation with Springer. The cation Department Govt the delegates presented

conference inauguration of J&K UT for funding of the papers to the ses-

the Patron, Prof. Pragati and Deep Learning Lab". nator also extended his

Kumar, Honorable Vice Prof. Phalguni Gupta, sincere appreciation to

Chancellor SMVDU; Co- Vice Chancellor GLA all the resource persons

Patron Kumud Ranjan University flagged off the Dr. Manju Khari, Profes-

Jha, Dean FoE SMVDU, keynote session with an sor JNU and Dr. Puneet Guest of Honor Prof. Phal- Introduction to Neural Goyal, Assistant Profes-

guni Gupta, Vice Chancel- Networks focusing on the sor IIT Ropar. The coor-

lor GLA University, Gen- basics of Convolutional dinator also appreciated

eral Chair Dr. Baijnath Networks. His expertise the organizing Secretar-

Kaushik, Coordinator Dr. was very valuable to all ies-Dr. Akshma Chadha,

Ajay Kaul and Dr. Sakshi the participants. The Dr. Yusera Faroog Khan,

Arora. The inaugural ses- conference is dedicated Abhigya Mahajan, sion commenced with to addressing the latest Tavneet, Subha. The

Dr. Ajay Kaul, Associate developments in com- volunteers Pushpesh, Professor, SoCSE, extend-puting, communications Rhythm, Shashwat,

ing a warm welcome to and cyber security on a Tushar, Rajat, Hridyans-

the distinguished guests, global scale. By bringing hu, Vanshika, Subhag,

along with faculty mem-together experts from Achyut, Rudraksh, Rudra

bers, resource persons, these areas, the confer- for their support in this

and students. The Vice ence seeks to foster dis- International Conference

Chancellor SMVDU cussions on cutting-edge on Computing, Commu-

expressed his gratitude research and innovations. nication and Cyber Secu-

"High End Computing AI sion chair. The coordi-

International Conference on Computing,

Communication and Cyber Security

(Retd.), Hon'ble Advisor lively discussions, book to the Hon'ble L.G.J&K, signings, and networkwho joined in celebrating ing, further enriching the experience and fostering of Sh. Pramod Jain. Sh. a sense of community among literary enthusi-

"We are thrilled to celebrate the release of and to showcase the talent and dedication of Pramod Jain," said Secretary Sh. Bharat Sing Manhas, "This book represents a signifiattended by esteemed Pramod Jain shared cant milestone in his literary journey, and we are confident that it will leave a lasting impression on readers worldwide."

Pramod Jain extended heartfelt appreciation to everyone who contributed to the success of the book release unction, including impact of poetry on shap- publisher, attendees, and

The proceedings of the Attendees had the event were ably conductof Sh. R.R. Bhatnagar, IPS opportunity to engage in ed by Ms. Mitali Gupta.

Youth need to become entrepreneurs by acquiring different skills: Malhotra



JI NEWS SERVICE

JAMMU, FEB 29

Rakesh Malhotra inaugurates a mobile service in Akhnoor market. This as well as other youth. DN Abrol and dignitar- families.

ies. Rakesh Malhotra congratulated Vishal Sharma, owner of Mobile Mechanics, for the new venture. He said Vishal Sharma is a center in Akhnoor market. certified professional who Akhnoor. Rakesh Mal- has received training in hotra, Managing Director Delhi, Bhopal and other and former councilor of states. He said that today Shub Tilak Multi Specialty the youth should become Hospital, Akhnoor, today entrepreneurs like Vishal inaugurated the Mobile so that they can provide Mechanics Service Center employment to themselves will be the first of its kind Rakesh Malhotra appealed service center in Akhnoor to the youth of the area region where hardware, to learn various skills to software and chip based become self-employed. He mobile issues will be fixed. requested Vishal Sharma While inaugurating the ser- to provide training to the vice centre, Rakesh Mal- local youth in this area so hotra was accompanied that they can become a by former NAP Chairman source of income for their

Indian Army inaugurates Open-Air Gym in Vill Garadh for community fitness



JI NEWS SERVICE KHOUR, FEB 29

ment and encourage a fitness goals.

healthy lifestyle. machines and facilities. Garadh Village. The gym is designed to training programs.

are delighted to inaugu- Village.

rate this open-air gym in Garadh Village. It is our hope that this facility will The Indian Army, in a bid encourage the residents to to promote health and fit- prioritize their health and ness among the residents well-being. Regular exerof Garadh Village, has cise is essential for maininaugurated an open-air taining a healthy lifestyle, gymnasium. This initiative and we believe that this aims to provide the local gym will provide the comcommunity with access munity with the necessary to modern fitness equip- resources to achieve their

The open-air gym is The open-air gym, part of the Indian Army's located in the heart ongoing efforts to proof Garadh Village, is mote health and fitness in equipped with a range of rural areas. The gym will state-of-the-art exercise be open to all residents of

The Indian Army is cater to people of all ages committed to supporting and fitness levels, offering the health and well-being a variety of workouts and of the local community and looks forward to Speaking at the inaugu- seeing the positive impact ration ceremony, senior of the open-air gym on Army official said, "We the residents of Garadh

Passion Unleased: Pir Panjal Volleyball League for Girls

towards the Higher Edu- In the afternoon session, rity (IC4S'05)

JI NEWS SERVICE SAMOTE: 29 FEB 2024

ing skill.

The positive impact that sports can have for the empowerment of girls have been acknowledged for decades. Participation in sports can break gender stereotypes, improve girl's and women self- esteem and contribute to the development of leadership and strategic think-

The same was witnessed during the conduct of Pir Panjal Volleyball Legue organised by Indian Army at Samote, Rajouri with effect from 27 Feb 2024. This two day sporting event was a landmark step in empowering young girls to build a career in

The event witnessed



cheered for all the partici- Cooperative School pating teams displaying emerged victorious and great enthusiasm & sports-rightful owner of the manship.

In the nail-biting final lades by beating JNV, huge resident crowd who match girls of Budhal Kotranka team.

ornate trophy and acco-

Sculptor Ganesh Sharma Honoured as "Peacemakers in the World" by UNESCO, UNICEF

JI NEWS SERVICE JAMMU, FEB 29

Ganesh Kumar Sharma well known eminent senior con- bitions / art events orgatemporary Internationally nized by international art acclaimed sculptor, son of organizations as well as the soil, has been honoured International art groups, / recognized as "Peace- / galleries, online as well makers in the World" by as physically in India and the administration of the abroad. "Global Peace Coalition" , the administration of the been awarded / honoured "UNESCO" and the man- from so many art organiagement of the "Croatian zations, at State, National University of Zagreb " for and International levels.

World Peace makers. honoured / recognized as online and offline in India World Peacemakers in the and abroad. His art works field of art and culture, are in permanent collecunder the supervision of tions in so many art gallerthe, Doctor, Chairman, ies in India and abroad. of the Board of Directors, Ben Mariam Perfume.

is working in the field of events.

art and culture from more than forty five years and participated in thousands of international art exhi-

Ganesh Sharma has He has organized about 30 Ganesh Kumar Sharma solo shows of his art works,

Presently residing at " Union of Ravdin Lions", Hiranagar and participating regularly in major inter-Sculptor Ganesh Sharma national art exhibition

Secy DMRRR conducts mega public outreach camp in Khoon block

JI NEWS SERVICE

UDHAMPUR, FEBRUARY 29

Secretary Disaster Management, Relief, Rehabilitation and Reconstruction (DMRRR), Anil Koul, today convened public outreach programme at Sundla panchayat during his extensive tour to Khoon block.

Additional District **Development Commission**er, Ghan Sham Singh, DDC members, Amit Sharma and Jasvir Singh along with various district and block level officers besides former PRI representatives and locals participated in Government High School on the spot directions to Sheep Husbandry to raise the program.

lighted their issues and pumps, speedy completion wellness buildings, staff several areas. shortage in government Anganwadi centers, acute assured them that their



The participants high-School, installation of hand addressing the same.

Responding to the

to Higher Secondary the concerned officers for

Secretary had an excluconcerns including filling of PMGSY roads, coverage sive interaction with the of vacant posts in educa- of left out beneficiaries attendees during the tional institutions, black- under PMAY, opening of darbar, promptly resolving topping of roads, early a bank branch at Dhema many issues and providing completion of health and and water pipe leakage in clear directions for the remaining concerns.

Anil Koul also inspected schools, construction of demands and grievances the stalls established, on government buildings for of the public, Secretary the occasion, by different over power tiller machines government departments shortage of drinking water issues would be prioritized like Agriculture, Horticul- Bharat Sehat cards among in Babey village, upgrading for redressal, while issuing ture, Health, Animal and the beneficiaries.

awareness among the common masses regarding their schemes. He interacted with the staff members and beneficiaries of various schemes and had a detailed review of implementation of these schemes besides seeking feedback from the beneficiaries.

Later, Secretary handed and distributed Ayushman

Webinar on Changing Dynamics in Health, **Education Sectors held at Kishtwar**

JI NEWS SERVICE

KISHTWAR, FEBRUARY 29

In an insightful event, a pivotal webinar shedding light on the evolving landscape of the health and education sectors in India was held here today.

The webinar was attended by DY. CMO, Dr. Balbir Singh, staff of the health department, education department, and other departments besides the students. Many others joined through the virtual mode.

The webinar delved into critical discussions aimed at understanding the dynamic shifts impacting these vital sec-

Led by Dr. Amirullah Khan, a 1993 Batch IAS Officer, joined virtually as the Guest speaker. Dr.Amirullah is among the top economists of the country and has served as senior advisor and strategic head at Bill & Gates foundation. He has also worked with World Bank, IMF, USAID, Planning commission and its new

Avtar Niti Ayog on educa- Sem), Dr. Wajid Kelam, tion and health related Tanveer Ahmed Zargar, issues. The guest speaker Rashid Doolwal, Ziama shared valuable insights Khawaja, Abroo Wajid, on the importance of Nitin Tiwari and others proper nutrition, enrollput up their questions ment of students in edubefore the guest and got cation (especially in the their answers appropri-6-14 age group), and other ately. The event aimed related important aspects to foster dialogue and explore innovative solu-

& Answers session was challenges. The session ended with also conducted after the webinar in which many a vote of thanks by Patron listeners like Dr. Arif, of Lyceum Study Group Isha Atri (Student 3rd Arif Mir.

A special Question tions to address emerging

GDC Ramgarh organises Seminar on Voter Awareness

JI NEWS SERVICE

SAMBA, FEBRUARY 29

Government Degree College Ramgarh on Thursday organised a Seminar on Voter Awareness under the aegis of SVEEP (Systematic Voters' Education and Electoral Participation Program). The program was organised under the guidance and supervision of the College Principal Prof. (Dr.) Geetanjali Andotra. The motive of this event was to educate the students about the importance of their participation in the elections.

The Seminar was organised by the Department of Political Science and the resource person was Dr. Shivali Choudhary. She spoke on the theme "Chunav ka Parv, Desh Ka Garv". An interactive session followed wherein she highlighted the Importance of Voting and said that the Right to Vote is a constitutional right and it is guaranteed under

Delegation from J&K SDD participates in International Conference at Bharat Tex Expo-2024, New Delhi

JI NEWS SERVICE

NEW DELHI, FEBRUARY 29

A delegation from the Union Territory of Jammu and Kashmir Sericulture **Development Department** (SDD), headed by Director Sericulture J&K, Ajaz Ahmad Bhat participated in International Conference on 'Global Scenario and Sustainable Solutions in Silk Industry' held at Bharat Tex Expo 2024 in New Delhi.

Speaking on the occasion, Director Sericulture J&K said that these kinds of events provide a plethora of opportunities for business and manufacturers to gain global visibility pating in the event, show- on B2B platforms to widen and publicity among the cased his stall of silk prod- and expand the area of focused audience and ucts. He informed that his network in contemporary considering organizing Bengaluru. These eminent expand their customer unit produces 20 MT Silk global business scenarios. base across the globe.

one of the Automatic his optimism that by virtue across the country and the for the revival and growth the overall success and Reeling unit holders M/S of these events the busi- world actively took part of the Silk Industry in the



Srinagar, Kashmir partici- to conduct transactions yarn for weaving of quality

During the occasion, silk cloths and expressed national delegations from certainly act as a catalyst expertise, contributing to Bombyx Mori, Khanmoh, ness gets the opportunity in the Expo, besides, the region.

Unit holders from differand potential of the Silk

J&K Sericulture Develop- occasion included Dr. ment Department in this H. Kinoshita, Consulting global event reflects the Engineer (Silk Reeling commitment to explore sustainable solutions and Dr. Chyuki Takabayashi, foster collaboration for the Director of Okaya Silk growth and development Museum, Okaya, Japan; of the silk industry.

on the silk industry, and from CSTRI, Central Silk said that the Department Board, Ministry of Texof Sericulture is actively tiles, Government of India, similar Expos in Jammu individuals shared their The National and inter- and Kashmir which will valuable insights and

During the occasion, ent parts of the country the Director Sericulture including Jammu & Kash- further emphasized that mir showcased their stalls strenuous efforts are being to highlight the diversity made to revive the Sericulture industry in J&K

Distinguished person-The participation of the alities present on the Technology) from Japan; Dr. Rangam Rajkhowa, Director Sericulture Associate Professor at J&K while expressing his the Institute for Frontier views, underscored the Materials, Deakin Universignificance of such Expos sity, Australia; and Dr. G and their positive impact Hariraj, Scientist -D (Retd.) knowledge-sharing atmosphere of the conference.

DDC Reasi flags off Run for Fun to promote anti-Drug abuse campaign

JI NEWS SERVICE REASI, FEBRUARY 29

General Zorawar Singh Degree College Reasi, in collaboration with District Youth Sports and Services Reasi and Education Department, organized /Run for Fun against Narcotics with the slogan Say No to Drugs, at General Zorawar Singh Sports Stadium Reasi.

The event aimed to not only promote health and but also to provide a

enthusiastic participa- youth. tion of students in the great energy and zeal, ties, stating that sports er Kour, Principal GGHSS making it a spirited affair. can play a pivotal role in Sushma Mawa, Teachers

Run for Fun was flagged from drugs. He also coment on the occasion.

off by the District Devel- mended the efforts of the opment Commissioner district administration

Speaking on the occasion, DDC Reasi highlighted the grave issue of drug abuse among the fitness among the youth the need for parents to all eligible students to be vigilant and monitor cast their votes in the platform for students to their children's activi- upcoming Lok Sabha showcase their athletic ties to ensure they stay Election, emphasizabilities and sportsman- away from drugs, as ing the importance of a

The Youth Conclave keeping the youth away and students were pres-

Reasi, Vishesh Mahajan. and the Police Department in their relentless pursuit to make Reasi a drug-free district.

Furthermore, DDC youth. He emphasized Vishesh Mahajan urged drug abuse can severely strong government for The event witnessed hamper the future of the the betterment of society. District Youth Ser-DDC Mahajan urged all vices and Sports officer schools and colleges, students to actively par-who joined the run with ticipate in sports activi-Degree College Parbind-

12 Govt educational institutions in **Poonch get Smart Classroom facility**

POONCH, FEBRUARY 29

Deputy Commissioner Poonch, Yasin M. Choudhary on Thursday inaugurated Smart Classroom facility in 12 Government educational institutions across Poonch District.

Provided with hi-tech digital tools, the facility was established in Girls G&B Hostel Poonch, Boys G&B Hostel Poonch, Girls Pahari Hostel Poonch, Boys Pahari Hostel Poonch Parisha Child Care, Palash Child Care, KGBV-Balakote, KGBV-Saral, KGBV-Mendhar, Eklavya- Mendhar, KGBV - Loran and KGBV-Surankote

as part of its Corporate learning more engaging LED smart TV, printer, and Social Responsibility (CSR) and efficient. Program - Saksham aided these institutions.

tal and IT skills as well as teachers. enable the educators to



opportunity to learn digi- alongside their peers and and certification.

tal tools into their teaching smart classroom has been Indus Towers Limited, methodologies, making equipped with a computer, with a specific focus on an android box containing Aligned with GoI's Digidigital learning resources. tal India initiative, the The project will also help The program, under the program aims to provide enhance the capabilities guidance of Deputy Com-school children with addi-of the instructors to teach missioner - Poonch, aims tional opportunities to digital literacy by providto provide the students an engage with the content ing counseling, training,

Deputy Commis-With the support of NIIT sioner - Poonch said, to improve the teachingeffectively integrate digi- Foundation, a teacher-led "We are happy to state learning process".

that the education in these schools will now incorporate new technologies, taking the learning models into higher level for students and enabling the capacity of teachers to deliver the bestin-class through digital medium of education. We appreciate the efforts taken by Indus Towers in remodeling the government schools with smart classroom program." Harvinder Singh,

Circle CEO, Upper North, Indus Towers said, "Indus Towers is actively involved in

a range of CSR initiatives education and skill development. Recognizing the pivotal role of education, digital and creative literacy are key in shaping our nation's future and we are committed to empowering students with an all-encompassing digital learning solution designed

Div Com calls for promotion of Suchetgarh to attract maximum Tourist footfall



JI NEWS SERVICE

JAMMU, FEBRUARY 29

Divisional commissioner Jammu Ramesh Kumar chaired a meeting to discuss the promotional plan ist footfall to Suchetgarh

The meeting was attended by Director Tourism, CEO Jammu Smart City Limited, Deputy Comfor witnessing the Beating missioner Jammu, SSP Jammu, Senior Officials

departments.

sustained publicity camto attract maximum tour- held four days a week at ignate buses for the tourists to reach Suchetgarh Shivratri in Jammu.

cies and other concerned PWD for early completion drive around the temples, of essential items.

Retreat ceremony.

of upgradation work on especially where a large sioner asked the Tourism He was further asked to expected to pay their obeideveloping parking space to put in place proper paign to promote the Beat- and seating facility for arrangements of sanita-

Meanwhile, the Divi- health facilities for KPs. Octroi post Suchetgarh. sional Commissioner also He directed CEO Jammu reviewed the arrange- was asked to ensure avail-Smart City Limited to des- ments put in place for the ability of flowers to be forthcoming festival of offered in temples by the

The Divisional Commissioner directed the con-

The Divisional Commis- the road to Suchetgarh. number of devotees are department to launch a prepare a Master-plan for sance. He also asked them ing Retreat ceremony to be tourists at the Octroi Post. tion, power, water and

> Director floriculture devotees on the auspicious festival of Shivratri.

Directions were also Directions were issued cerned officers to launch a issued for fixing and keepof BSF, Executing Agen- to the Chief Engineer sanitation and cleanliness ing a check on the prices