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Lt Governor launches 'New Jammu & Kashmir Start-up **Policy-2024-27**'

JAMMU, MAR 3

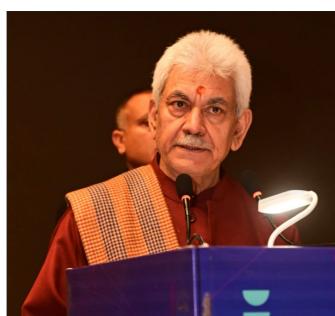
Lieutenant Governor Shri Manoj Sinha today launched the much-awaited 'New Jammu & Kashmir Start-up Policy- 2024-27', at the Avinya Startup Summit.

The Lt Governor congratulated the young entrepreneurs and innovators on the historic occasion.

"New Start-up Policy aims to establish J&K as one of the leading start-up ecosystems by 2027. It is a giant leap for startups and innovators of Jammu Kashmir," the Lt Governor said.

He said the Policy has been meticulously drafted to establish 2,000 startups in J&K by 2027, underscoring the commitment of the UT Administration to foster a dynamic entrepreneurial ecosystem.

Highlighting the key features of the new J&K Start-Up Policy, the Lt Governor said the policy aims to set up a Rs. 250 Crore Venture Capital Fund, with an initial infusion of Rs. 25 Crores from J&K



Administration.

This fund will provide crucial support for growth, earlystage financial handholding and it will encourage growth of viable business models, he added.

The Lt Governor reiterated the commitment of the UT Administration to establish and empower new incubation centres, seed funding through JKEDI for developing prototype of innovative products and provide additional support to female entrepreneurs, through the new startup policy.

New policy will provide patent-related assistance, financial assistance for

CONTINUED ON » PAGE 4

Woman, 3 daughters killed in house collapse after heavy rains in Reasi

JI NEWS SERVICE

JAMMU, MAR 3

A woman and her three daughters, aged between two and five, were killed after their 'kutcha' house collapsed in Jammu and Kashmir's Reasi district, officials said on Sunday.

Moderate to heavy rains lashed several parts of Jammu and Kashmir on March 1 and 2. Dozens of structures including residential houses were also damaged by strong winds and



hailstorm in different parts of Jammu region.

In the Reasi incident, Phalla Akhter (30), her

daughters Nasima (5), Safeena Kousar (3) and Samreen Kousar (2) lost their lives when their house in Kunderdhan Mohra village in Chassana tehsil collapsed following heavy rains, the officials said.

Two elderly members of the family - Kalu (60) and his wife Bano Begum (58) suffered injuries in the incident and were taken to hospital, they said.

The bodies were retrieved from the debris by rescuers,

CBI arrests NHAI general manager in Rs 20-lakh bribery case

AGENCIES

NEW DELHI, MAR 3

The CBI has arrested a general manager of the National Highways Authority of India (NHAI) in an alleged bribery case of Rs 20 lakh in Maharashtra's Nagpur, officials said on Sunday. Arvind Kale, who is also a project

CONTINUED ON → PAGE 4

Lt Governor hands over appointment letters to NoKs of civilians killed in Poonch

JI NEWS SERVICE JAMMU, MARCH 03

Lieutenant Governor Shri Manoj Sinha today handed over the appointment orders under SRO-43 to the next of kin of the civilians killed in Poonch.

The appointment orders were handed over to Mst. Zareena Begum, wife of Sh Safeer Ahmed; Sh Mohd

CONTINUED ON → PAGE 4



Weather improves after rains, snow lashes in Kashmir

JI NEWS SERVICE SRINAGAR, MAR 3

Weather improved on Sunday after three days of moderate to heavy rains that lashed plains and snow over a few places, including the ski resort of Gulmarg in Kashmir.

The inclement weather cut off the valley by surface transport with the rest of the country following the closure of the Srinagar-Jammu national highway and the Srinagar-Leh

"Jammu-Srinagar NHW is still blocked. People are advised to avoid journeys on NH-44 till the road is clear," traffic police posted on X

The Meteorological Centre Srinagar said that the ski resort of Gulmarg in north Kashmir's Baramulla district received 35cm of snowfall and 44 cm of rainfall during the past 24 hours till 0830 hours on Sunday.

Srinagar and other plains of the Kashmir Valley experienced moderate to heavy rains, resulting in the inundation of several low-lying

Srinagar received 38.9mm of rainfall during the

CONTINUED ON → PAGE 4

Over 10L pilgrims visit Shri Mata Vaishno Devi in 2 months of 2024



JI NEWS SERVICE

More than ten lakh pilgrims have paid obeisance in the first two months (January-February) of this year at Shri Mata Vaishno Devi Cave Shrine nestled in Trikuta Hills of Katra town in Reasi district of Jammu and Kash-

Official sources said that In January and February, total 10,49,534 pilgrims visited the cave shrine.

Last year, during the same time period, 9,38,621 devotees offered prayers at Bhawan, which showed an increase of 110913 pilgrims in the first two months of the current year, they said. They

revealed that in the month of January this year, 616609 and in February, 432925 pilgrims paid obeisance at the Cave Shrine, adding, "a total of 1049534 pilgrims visited the Bhawan.'

In January last year, official sources added that 524184 devotees visited Shri Mata Vaishno Devi Bhawan and 414432 devotees in the month of February.

"The rush of pilgrims will decline for a brief period in view of examinations across the country but there will be an increase in the number of pilgrims after April," they added. In 2023, notably, 95.22 lakh pilgrims, the highest number in the past decade, visited the shrine.

J&K, Himalayan states fountainhead of aroma StartUps: Dr Jitendra

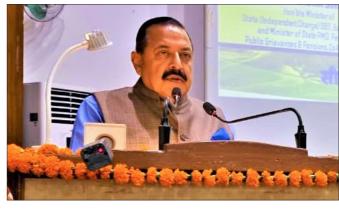
NEW DELHI, MAR 3

Jammu & Kashmir and Himalayan States like Himachal Pradesh, Uttarakhand and Arunachal Pradesh

are the fountainhead of Aromatic StartUps who have emerged as a new genre after the popular "Purple Revolution" from a small town of Bhaderwah in district Doda.

This was stated by Union

Minister Dr Jitendra Singh while interacting with members of civil society organisations at an outreach pro-



had devoted a substantial slot in his "Mann Ki Baat" broadcast to describe the virtues of raphy and climatic conditions

He said PM Narendra Modi lavender farming undertaken in Bhaderwah.

The Minister said, the geog-

cultivation of medicinal and aromatic plants and these can be developed into Agri-tech StartUp enterprises. This is especially relevant given the recent interest in medicinal plants in following the COVID The Union Minister of State

of these States favour the

(I/C) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said that this interaction with the NGOs is part of an outreach programme to have a dialogue

CONTINUED ON » PAGE 4

chairs council of

ministers' meet,

'Viksit Bharat'

Brainstorm Over

PM Modi

Vision

AGENCIES

NEW DELHI, MAR 3

Security forces put on alert ahead of PM Modi's Srinagar visit

SRINAGAR, MAR 3

Security forces have been put on alert ahead of the visit of Prime Minister Narendra Modi, who is scheduled to address a public rally at the Bakshi Stadium here on Thursday, officials said on Sunday.

The deployment of security personnel has been increased around the renovated Bakshi Stadium with barricades set up for checking the vehicles passing through the venue of PM Modi's rally, the officials said.

Police and paramilitary forces are conducting random checking of vehicles at dozens of places in the city and elsewhere, the officials said.

Special check points have been set up at various places in the city, including the entry and exit points as a precautionary measure, they said.

The security forces have increased patrolling around the venue of the rally as part of area domination exercise to ensure a smooth and incidentfree visit of the prime minister.

This will be the prime minister's first visit to the Kashmir valley after the abrogation of Article 370 in August 2019.

This will be his second visit to Jammu and Kashmir in as many months. PM Modi had visited the Jammu region last month to inaugurate several development projects. He also addressed a public rally

Prime Minister Narendra Modi on Sunday chaired a day-long meeting of his Council of Ministers as they brainstormed over the vision document for "Viksit Bharat: 2047" and a detailed action in Jammu. plan for the next five years.

Sources said a 100-day agenda for immediate steps to be taken after a new government is formed in May was deliberated upon during the meeting for its quick implementation.

Modi, they said, asked his ministerial colleagues to go all out to win people's support during the polls, as he spoke about numerous measures taken by his government to boost development and ensure welfare of all sections of society.

Government sources said the roadmap for "Viksit Bharat" is a result of more than two years of intensive preparation and involved a "whole of government" approach involving all ministries and wide-ranging consultations with state governments, academia,

CONTINUED ON » PAGE 4

Parents of missing Navy sailor demand CBI probe, pray for his safe return

JI NEWS SERVICE JAMMU, MAR 3

The parents of Indian Navy sailor Sahil Verma, who has been missing for a week, on Sunday demanded a CBI probe into the circumstances leading to his "mysterious disappearance" at sea from an Indian naval ship while on

deployment. Verma, a seaman in the Indian Navy, went missing from a naval ship on February 27 and a massive search operation has been launched to trace him.

His father Subash Chander and mother Rama Kumari



– who live in the Ghou Manhasan area of Jammu have sought the intervention of Prime Minister Narendra Modi, Defence Minister Rajnath Singh, Home Minister Amit Shah and Jammu and

Kashmir Lt Governor Manoj

Sinha to ensure the safe return of their missing son.

"It is astonishing that a soldier went missing from his naval ship and is not traceable. I have been told that the CCTV cameras installed

CONTINUED ON → PAGE 4

Jammu-Srinagar highway remains blocked amid heavy rain, stranded passengers rescued

JAMMU, MAR 3

NHAI authorities on Sunday morning stepped up efforts to resume traffic movement on Jammu-Srinagar national highway following improvement in weather, officials said. As the 270-km highway, the only all weather link connecting Kashmir with the rest of the country, remained shut for a second day, police shifted a large number of stranded passengers, including over 200 tourists to safer places in Ramban district, they said.

The highway was closed early Saturday following landslides, mudslides and



shooting stones, triggered by heavy rainfall at over a dozen places between Nashri and Banihal including Dalwas, Mehad-Cafetia and Hingni in Ramban, the officials said

A portion of the road near Panthiyal was also washed away, they said. The traffic department said

the highway continues **CONTINUED ON >> PAGE 4**

IPPI drive

Lakhs of children administered polio vaccine across Jammu Division on day one







JI NEWS SERVICE JAMMU, MARCH 3

dren commenced today conducted on the 4th and

dren were administered 53,589 children aged 0-5 Tehsildar and BMO, inauparamount importance of polio drops at booths, years across the district gurated the program. while a door-to-door cam- will receive polio drops. the left out kids.

AT REASI: District sioner Vishesh Mahajan Kathua, Ranjit Singh, the vaccination drive. inaugurated the Inten- inaugurated the Pulse

tance of the program, stat- 20 transit teams, and 129 ing that no child should be left unvaccinated. He high- with the support of teached to reach areas without Chairman, Dharanter within the district. On the First day chil- booths. Approximately Singh Kotwal, alongside lished in the district.

DDC stressed the impor- Gandhi Child and Mater- Polio Programme in the successfully vaccinated their respective areas.

Notably, the DDC Chair- ing the unwavering compaign would be conducted To facilitate this, 387 polio man took the initiative to mitment of the district for the next 2 days to cover booths have been estab- personally administer the administration to safe-AT KATHUA: Addition- drops to children, empha-Development Commis- al Deputy Commissioner sizing the importance of

nity Hospital.

ADC informed.

The 3-day Pulse Polio

He highlighted that as

supervisory staff, along

Immunization Drive will

cover 101,534 children in

sified Pulse Polio Pro- Polio Immunization Drive Development Com- Pulse Polio Immunization Medical Superintendent. gramme (IPPI) at Govern- by administering polio missioner Rajouri, Om Drive, as many as 27,999

achieving an impressive 73 percent coverage on the first day. The success unfolded

across Kishtwar District

through 370 Polio Immunization booths and 2 transit camps, strategically positioned, including Kishtwar Bus Stand and Chatroo Bus Stand. As many as 11 Mobile teams, 1480 Manpower, and 74 supervisors worked tirelessly to ensure the smooth execution of the immunization drive.

The drive's momentum will continue with Houseto-House immunization activities on March 4th and 5th, 2024, aimed at addressing any remaining gaps as part of mop-up rounds.

The initiative was officially launched from the District Hospital Kishtwar by the Deputy Commissioner, Dr. Devansh Yadav in presence of key figures, including CMO Kishtwar Dr. Rajinder Kumar, BMO Dr. Sat Lal Manhas, Dy CMO Dr. Balbir Kumar, MS DH Kishtwar Dr. Yudveer Singh Kotwal, and DIO Dr. Sajjad Hussain.

AT RAMBAN: A commendable achievement was recorded in Ramban district, where 45,194 children received polio vaccine on day-one despite adverse weather conditions. The number represents approximately 79% of the targeted 57,288 children in the 0-5 age group. Baseer ul Haq Choud-

hary, Deputy Commission-The Health Department er of Ramban, lauded the frontline workers of the health department, suplished 580 booths, the ing Oral Polio Vaccine to ported by ICDS (Poshan), emphasizing that the health care of the district remains a top priority.

PO ICDS, Jahangir Hashmi, informed that the vaccine was provided With the resolve to wipe lighted that polio drops ers have been deployed 125 supervisors overseeing at 444 vaccination booths out polio from the Coun- are being administered at to ensure comprehensive operations, the program across the district's four try, the polio immuniza- booth levels, while a door- coverage, especially in is meticulously planned medical blocks of Gool, tion for 0 to 5 year old chil- to-door campaign will be identified High-Risk Areas. to ensure comprehensive Ukhral, Batote, and AT DODA: Intensified coverage. This initiative Banihal. Additionally, a across Jammu Division 5th of March to ensure all Pulse Polio Immunization is further bolstered by the dedicated team of 1,776 under the 3- day Nation- children are covered. He (IPPI) program took off at establishment of 12 tran- members and officials, wide ambitious Intensified informed that 12 mobile the Sub District Hospital sit points and a targeted supported by 87 supervi-Pulse Polio Immunization teams have been constitut- (SDH) Bhaderwah. DDC focus on 32 high-risk areas sors, diligently executed the drive to ensure its effi-DDC underscored the ciency and success.

> Earlier in the day, the this initiative, emphasiz- District Development Council Chairperson, Dr. Shamshad Shan, inaugurated the IPPI program pulse polio immunization guarding children from at the District Hospital the debilitating effects of Ramban, accompanied by Dr. Kamal Jee Zadoo, the Chief Medical Officer, and AT KISHTWAR: As a AT RAJOURI: District part of the Nationwide Dr. Virender Trisal, the

Sub-divisional Magisment High School Gair drops to children here at Prakash Bhagat inaugu- children aged 0-5 years, trates and Tehsildars also the Government Mahatma rated the three-day Pulse out of total 38,336 were spearheaded IPPI drives in

The J&K Sports Council, Khelo India Kabaddi it to different J&K Kabaddi teams during the 2023-24 cycle under different cat- ship.

the Prime Minister, Naren-Governor Manoj Sinha for Shadipora, she added. providing opportunities and platform to them to showcase their talent.

cil, Nuzhat Gull who has been very supportive all

On the occasion, Nuzhat Gull while appre- in the National Kabaddi Centre Shadipora, Ban-ciating the commitment of Championship. Similardipora, celebrated the players said that though ly, Gazala Gulzar hailing remarkable achieve trainees of the centre from Mujgund of district ments of its trainees, who hail from diverse back- Srinagar was selected for displayed dedication and grounds, yet they are AKFI and represented the perseverance during their united in their passion J&K Junior Kabaddi team training period and made for Kabaddi, showcasing at the same venue. exceptional dedication, discipline and sportsman-

Ecstatic with the formance of our players at derbal, were selected for results. Coach Firdous the national level is a tes- SGFI Nationals in the U-19 Ahmad said that trainees tament to their hard work category and represented express their gratitude to and the affective training the J&K team at Mandiya, provided in the Khelo Karnataka. Mehran Ali dra Modi, and Lieutenant India Kabaddi Centre, and Aakash Bashir hailing

> training and the support system provided by J&K Sports Council.

Firdous said that his entire Shadipora and Danish AKFI Sub-junior National centre is also thankful to Ali Waza from Kawapora Kabaddi Championship

for SGFI Nationals in the U-17 category and represented J&K Team at Telangana Hyderabad

Arif Hussain Kawa hailing from Kawapora, Bandipora, and Shahid Man-The commendable per- zoor from Kachan Ganfrom the same place were Nuzhat Gull said that selected for SGFI Nationthe achievements of train- als in the U-14 category ees reflect the quality of and represented J&K at Ranchi.

Three more trainees, Shahid Zahoor, Nazia The trainees Tabasum Lateef, and Minhar Mohi-u-Din hailing from Mushtaq made it to the

Khelo India Centre Shadipora

expresses gratitude to PM, LG

JI NEWS SERVICE

SRINAGAR, MARCH 3

egories.

While expressing gratefulness on behalf of players to Khelo India and J&K Sports Council for all facilities and opportunities, Secretary Sports Coun- Bandipora were selected held at Patna, Bihar.

Int'l Women's Day Week at Kishtwar: NABARD honors women Trainees at RSETI Kishtwar

JI NEWS SERVICE

KISHTWAR, MARCH 03

To mark International Women's Day Week, a noteworthy program was orchestrated by DDM NABARD here at SBI-RSETI Kishtwar. The event aimed to recognize and applaud women trainees who, post their training at the institute, have embarked on successful entrepreneurial journeys.

Welcoming the dignitaries and accomplished caninstitute's operations. He development, especial- entrepreneurship. extended heartfelt con- ly in entrepreneurship. gratulations to the trainees DDM NABARD distributed en's achievements and confor their triumphant com- momentos to acknowledge tributions aligns with the pletion of the training and the achievements of suc-spirit of International Womconveyed best wishes for cessful women entrepre- en's Day, recognizing the their future entrepreneur- neurs, highlighting their indispensable role women ial endeavors. The Director contributions to the busiemphasized the institute's ness landscape.



and sustaining their ven- nity to motivate new traintures.

LDM Kishtwar Pankaj ee candidates, encourag-DDM NABARD, Nikhil ing them to explore credit Sharma, speaking on the facilities from banks to occasion, extended con- kickstart their entrepregratulations to the women neurial ventures. The participants and women event served as a platform didates at the RSETI prem-globally on International to inspire and empower ises, Director SBI RSETI Women's Day. The address women to actively engage Kishtwar, Vikash Sindhu, underscored the pivotal in all spheres of life, with provided insights into the role of women in social a particular emphasis on

> This celebration of womplay in shaping a vibrant

Kishtwar Admin takes concrete measures to help out rain affected people

JI NEWS SERVICE

KISHTWAR, MARCH 03

The District Administration Kishtwar has taken Tehsil Kishtwar. concrete measures to help out people as heavy Rain were reportedly affect- strongly advised to avoid and Flash Floods persist ed across the district, unnecessary travel to vulin the region.

Katcha houses were par- Devansh Yadav.

tially damaged in Nagsani tehsil, while 39 Sheep, 3 actively involved in deliv-Goats, and 2 Cows were ering relief material and lost due to heavy rains in essential support to those

Yesterday, 14 structures to houses and livestock in places. The rescue opera- at the following num-01 Pacca House and 07 District Magistrate, Dr. Contacts: - 9906154100,

The Red Cross team is affected.

The public has been prompting the administra- nerable spots. In case of The reports from Teh- tion to relocate the affect- emergencies, citizens can sildars indicated damage ed families to nearby safe contact the control room Nagseni and Kishtwar Tehtion was conducted under bers: 01995-259555 or sils. Officials reported that the overall supervision of 9484217492. PCR Kishtwar 01995-259193, - 100.

National Immunization Day

Secretary H&ME launches campaign at Srinagar

JI NEWS SERVICE SRINAGAR, MARCH 3

Secretary Health and Medical Education (H&ME), Dr. Syed Abid Rasheed Shah today launched the immunization campaign, commemorating the National Immunization Day, from Children Hospital, Bemina here. Director Family Welfare, MCH and Immunization, Dr. Tabasum Jabeen and other officers and officials of the department were present on the occa-

After launching the campaign, the Secretary appreciated the contribution of health workers for making pulse polio a great ing and appreciating the child in queue. ground level workers who



on the need for encourag- vaccination to the last cal Education, Amarjeet visits to ensure coverage 100% immunization cover-Similarly, Special Sec- Health Services Jammu, booth activity.

success. He emphasised risk their lives to ensure retary Health & Medi-conduct house-to-house

Dr. Rakesh Magotra launched the Jammu.

district, underlining its

an estimated Ninety thou-

sand Children at 647 vac-

infrastructure, including

2588 team members and

Backed by a robust

critical role in the eradi-

cation of polio.

the district for which the has undertaken the ambi-

administration has estab- tious task of administer-

many as 7 mobile teams, cination booths.

Deputy Commissioners.

The first day of the campaign featured booth activities with a targeted child population of 19,35,358, aged 0-5 years. On the

2nd and 3rd day,

the teams will Singh alongwith Director of those missed during the

A total of 10,799 booths, manned by 42,929 trained campaign at Gov- Health Workers/Vaccinaernment Hospital tors and 2,169 Supervisors, Gandhi Nagar, along with 549 mobile and 835 transit teams, At District were deployed across the headquarters, Union Territory of Jammu the campaign and Kashmir. Ample quanwas inaugurated tity of pulse polio doses by the respective have been made available at designated booths throughout the territory.

At the end of the first day, reports reflected that 16,81,808 children (87%) were administered polio drops at the booths established across Jammu & Kashmir.

For the next two days, the door-to-door campaign will continue, with efforts intensified to achieve age for all children across the Union Territory.

More than 500 political, social personalities joined BJP in 4 programmes

JI NEWS SERVICE JAMMU, MAR 3

More than 500 people joined Bharatiya Janata Party (BJP), Jammu & Kashmiri in four different joining programmes, in which former Sarpanches, political and social per-

joined BJP. Trikuta Nagar, Jammu.

supporters, joined BJP at Morcha President Rankuta Nagar, Jammu.

supporters joined BJP at headquarters, Trikuta unparallel. He said that that they can serve the party headquarters, Tri- Nagar, Jammu. BJP Vice- the Modi government society and nation while kuta Nagar, Jammu. Anil President & former Minishas earned the respect working in the BJP.



sonalities along with hun- Singh Chib, senior NC ter Sham Lal Sharma, Joindreds of their supporters leader from Marh, along ing Committee Incharge with more than 200 & former MLA Balwant Ram Saroop, former supporters joined BJP Singh Mankotia, former Sarpanch Pargwal (Distt at Akalpur (Marh). BJP MLA Shiv Dev Singh, Akhnoor/Chhamb) along Vice-President & former party Spokesperson Adv with supporters joined Mayor Chander Mohan Abhinav Sharma, District the strong leadership BJP at party headquarters, Gupta, joining Commit- President Omi Khajuria, tee Incharge & former senior leader Rajinder Sardar Gurnam Singh, MLA Balwant Singh Singh Chib welcomed the former Sarpanch Ranjit- Mankotia, Committee new entrants in a joining pur, Jammu, along with co-incharge & Minority programme at Marh. Sham Lal Sharma. party headquarters, Tri- jodh Singh Nalwa, Com- while welcoming the tia said that notable permittee co-incharge Neha new entrants, said that sonalities from political Romesh Kumar Gupta, Mahajan, welcomed the the popularity of Prime and social backgrounds former Sarpanch of Dis- new entrants in 3 join- Minister Narendra Modi are approaching the party trict Kathua, along with ing programmes at party led Union government is leadership as they know

of the people through its public welfare works that have directly benefitted the poor and the needy population, which was consistently ignored since India's independence from the British. Chander Mohan Gupta

also welcomed the new entrants and said that the nation has witnessed unprecedented development since 2014 and realized the real potential of every single Indian under of PM Modi. This resurgence is recognized by the people from all corners and they are joining BJP in large numbers. Balwant Singh Manko-

constituency.

Raj Sharma visits Khanpur area in Nagrota, meets people



JI NEWS SERVICE

Apni Party's Provincial President of Apni Trade Union, Raj Sharma today visited Khanpur area of Nagrota in Jammu East

During his visit to the issues. Khanpur area, he met the people of different

segments of society, and ous other issues. listened to their problems

On hearing them regarding development patiently, Raj Sharma etc. The people informed assured them that he that more than 11 families would highlight their in Khanpur have been issues before the confacing problems due to cerned authorities for irregular and shortage the early redressal of the of clean drinking water issues. Sharma was accompanied by the Party's Dispeople also trict President, Anirudh informed him about vari- Vasist.

CPI(M) demands relief for gusty wind affectees in J&K

JI NEWS SERVICE

SRINAGAR, MAR 3

CPI(M) Secretary Ghulam Nabi Malik has expressed deep concern over the massive damage caused to households, orchardists, whose residential houses, structures, rooftops and orchards got damaged due to heavy windstorm and incessant rains across Jammu and Kashmir since yesterday. He said that administration must direct the Revenue authorities to assess the losses immediately so that compensation and relief is provided to the affectees well in time. He also demanded relief for those who died in Chassana area of Reasi district when their house collapsed. He demanded immediate resoration of National Highway as hundreds passengers are stranded at Jammu who were planning to reach Kashmir.

Jugal Kishore Sharma inaugurate Jammu South Lok Sabha, election office of Bahu Constituency

JI NEWS SERVICE

JAMMU, MARCH 3

Forthcoming election of Lok Sabha polls in District Jammu South, today Jammu parliamentary constituency candidate Jugal Kishore Sharma inaugurated its election office, in Gandhi Nagar area of Bahu Constituency, of District Jammu South organized under the presidentship of District President Rekha

Former Minister and Condent Jammu South Rekha victory in the upcoming elections, and once again

The opening of elec- Mahajan, District Secre- elections, declaring, that our vibrant leader Narention offices is seen as tary, and Prabhari Ayod- he asserted that we have dra Modi, will be sworn in

an endeavor by the BJP hya Gupta, Vice President sounded the bugle for a leadership to expand BJP Aseem Gupta, Former massive election victory in its outreach in J&K. The MLC Vikram Randhawa, upcoming polls. He highinauguration ceremony, Former MLC Sr.Charanjeet lighted the inauguration all the activities for the held with fervor and Singh Khalsa, Former Dy of election offices in both enthusiasm, witnessed Mayor Baldev Singh Bil- constituencies of district elections will be coornent leaders from District Gupta, Vistarak Inderjeet the expectations of the Jammu South. Candidate Sharma, General Secre- common masses. for Jammu lok sabha seat tary Akash Chopra, Rikki Ex Dy CM J&K Kavinder Mandal Presidents Neeraj relentless efforts to for-

Jugal Kishore Sharma forthcoming elections. He

as Prime Minister of India.

Devender Singh Rana said from today onwards, upcoming Parliamentary

nificance of these election present on the occasion.

offices in expanding BJP's presence in Jammu and Kashmir. "The opening of election offices is seen as an endeavor by the BJP leadership to expand its outreach in Jammu Kash-

Rekha Mahajan highlights the newly inaugurated offices of the BJP Office for the Jammu-Reasi Parliamentary Constituency in both constituencies of Jammu South, marking a pivotal moment in the party's preparations for the forthcoming Lok Sabha

Former Councillors Neena Gupta, Rahul Kumar and Rajkumar Tarkhan, Ankush Gupta, Nitish Mahajan, Narindthe presence of party lowaria, Seh Prabhari Jammu South and plays a dinated through these er Gupta, Shalu Gupta, members, and promi- Jammu North Vinay crucial role in delivering offices of District Jammu Karuna Chetri, Sardar South. She said that this Paramjeet Singh, Rohin office will play an impor- Chandan, Abhinav Anand, Kavinder Gupta empha- tant role in solving the Rajesh Gupta, Neeraj Jugal Kishore Sharma, Gupta, Shailja Gupta, sized the party cadre's problems of the public and Dewan, Amit Sharma, will fully achieve the goals Pardeep Sharma, Sandeep Gupta, Former Minister puri, Bharat Bhushan were tify the organization and of the BJP in the coming Gupta, KK Uppal, Satvir Devender Singh Rana, present on the occasion. ensure success in the parliamentary elections. Singh, Monika Khosla, Expressing his enthu- Ritika Tehran, Indu puri, stituency Incharge Priya articulated the BJP party's added that BJP will win siasm for the endeavor, Rachit Khosla and other Sethi, BJP District Presistrong determination for 400 seats in the coming Priya Sethi added the sig-party karyakartas were

BJP flags off party Vistaraks for Lok Sabha elections to different areas

JI NEWS SERVICE JAMMU, MAR 3

Bharatiya Janata Party (BJP), Jammu & Kashmir, flagged off party Vistaraks (whole timers) for upcoming Lok Sabha elections to different areas of J&K, today, from BJP headquarters, Trikuta Nagar,

accompanied by Jugal Kumar Manyal, General to booth levels.

among those present on votes. Ashok Koul further the occasion included said that the party relies Manyal asked the Vista-



Ashok Koul, General off for the Jammu-Reasi

Dr Rohit Gupta kick starts membership drive in

Vistaraks is being flagged regions.

Jugal Kishore Sharma Secretary (org), J&K BJP, Parliamentary constitu- said that the Vistaraks will ency and a similar group reach up to the ground Kishore Sharma, MP (Lok will be deputed for the level and work in con-Sabha) and Dr Devinder Kathua-Udhampur con- nivance with other party stituency in a day or two. activists to fill up any gap Secretary & former Min- Their main task is to stay that is still left behind. ister, and Vistarak Yojna in a particular area, con- He said that these party Incharge Pawan Sharma, tact the local leaders, Vistaraks will ensure that flagged off a group of Vis- take stock of the organi- the good decisions and taraks for Jammu-Reasi zational set-up, check the unprecedented develop-Parliamentary constitu- voter lists, and perform all ment of the Modi govency, who will reach up other activities related to ernment reach up to the the election campaigning public and gets converted Prominent leaders till the date of counting of to record number of votes. Dr. Devinder Kumar

BJP State Office secretary on its full-time workers raks to undertake exten-Tilak Raj Gupta, former to streamline organiza- sive touring and reach VC Balbir Ram Rattan, tional issues, help identify out to every Booth-level Media Incharge Dr. Pard- areas that need attention worker and engage them eep Mahotra, Jammu Dis- and aid in strengthening for groundwork, keeping trict President Parmod the party's presence at in view the approaching Kapahi, Inderjeet Sharma, the booth level. He also Parliamentary elections. Rajinder Singh Chib, Raj praised the party whole- Pawan Sharma asked Singh Langeh and others. timers for their dedication the Vistaraks to increase Ashok Koul, while in carrying out the party their activities in their speaking on the occasion, activities at the ground respective constituencies said that the first batch of level even in the remotest through their movement.

BJP opens Parliamentary election office for Ramgarh Assembly Constituency



SAMBA, MAR 3

Bharatiya Janata Party (BJP), Jammu & Kashmir opened up its Parlia-Constituency in district

MC Ramgarh, Choudhary now on.

Shiv Kumar, Shamsher and other senior leaders to ensure that the Modi inaugurated the office.

significance of these elec- office they will deliver tion offices in the upcom- their best. Ravinder Raina, Presi- ing Parliamentary elecformer Minister, Chander ground level in the respec- for the masses. Prakash Ganga former tive Assembly constituen-

Surjit Singh Salathia Singh & Kulbhushan Jas- said that BJP workers rotia Mandal Presidents, are enthusiastic to work government returns to Ravinder Raina, while power with a greater vicmentary election office congratulating the party tory margin than 2019 for Ramgarh Assembly leaders, highlighted the and through this election

Dr. Devinder Kumar dent J&K BJP, accom- tion. While stating that Manyal said that through panied by Surjit Singh BJP is opening up these these election offices, Salathia, Vice-President election offices to facili- party workers will ensure & former Minister, Dr tate and to give pace to that voters get to know all Devinder Kumar Manyal, the election management- about what the Modi gov-General Secretary & related chores on the ernment has been doing

Chander Prakash Minister, Keshav Dutt, cies, he informed that all Ganga said that the party DDC Chairperson, Dar- the election works in the workers have been asked shan Choudhary, BDC Ramgarh Assembly area to pace up their work and Chairperson, Kamlesh will be managed through the election office will Kumari, Vice-President this election office from help them in their day-today election working.

Police arrests drug peddler in Baramulla; Contraband substances recovered



JAMMU, MAR 3

Continuing its efforts to eradicate the menace of drug peddler in Baramulla and recovered con- initiated. traband substances from his possession.

ered from his possession. criminals as per law.

He has been arrested and shifted to PS Kreeri where he remains in custody.

Accordingly, a case under relevant sections of drugs from the society, law has been registered at Police have arrested a Police Station Kreeri and investigations has been

We urge the common masses that if you wit-A police party of Police ness drug peddling or Post Wagoora headed by any other crime any-IC PP Wagoora at a check- where near you, feel free point established at Takiya to contact nearest police Wagoora, intercepted a establishment or dial 112. suspicious person iden- People are requested to tified as Gurmeet Singh cooperate with police in son of Ajit Singh resident curbing the menace of of Singhbagh Baramulla. drugs from the society. During search, 2.5 Kgs of We reassure the commu-Poppy Straw concealed nity members that police in a handbag, was recov- will act tough against the

JAMMU, MAR 3

JI NEWS SERVICE

Apni Party Provincial Secretary, and Incharge Membership Drive, Dr Rohit Gupta today conducted membership drive at Aithem Panchayat in Nagrota Block of Jammu East Constituency.

The meeting cum membership drive was organized by Dr Rohit Gupta in which dozens of people from Aithem Panchayat.

During the meeting, Dr Rohit Gupta was informed local population because of underdevelopment.

The people informed that they have problems of irregular drinking water he added. supply, power supply, ration supply, lanes and drains etc.,

The people also demanded a transformer in Aitham during the meeting. After listening to their grievances, he assured them that their issues would be highlighted before the concerned authorities for early redressal.

Meanwhile, he assured



the people that the Party Provincial President of will continue to support about the difficulties of the them regarding their Sharma, Provincial Secdevelopmental issues.

represent the people and dent Anirudh Vasisht and address their concerns," others were also present

On this occasion, meeting.

Trade Union, Jammu, Raj retary of Trade Union, "The Party aims to Daljit Singh, District Presiand they also spoke in the

NOTICE

I, Mohan Singh S/o Kala Singh R/o Nardi Bala, Nardi Jammu-181201 applying for the correction of my wife name and date of birth in my service records which is wrongly written as Surjeet Kaur instead of Surjeet Kour and Date of Birth is wrongly written as 16 June 1990 instead of 21 June 1990. Now, my wife correct name is Surjeet Kour and correct date of birth is 21 June 1990 as per Aadhaar Card bearing no. 2465 1156 4867. Objection, if any, may be conveyed to concerned authorities within 7 day.

FROM THE FRONT PAGE...

Lt Governor launches...

mentorship to recognised startups, facilitation for DPIIT registration and additional need-based support to start-ups working in diverse fields, he observed.

Addressing the entrepreneurs and innovators on the business can thrive, investment can prosper and entrepreneurs can actualise their aspirations.

He also talked about the challenges and growth opportunities in different sectors in Jammu Kashmir.

J&K UT has 722 registered startups, with a notable focus on gender inclusivity, boasting 254 women-led startups. The Jammu & Kashmir startup ecosystem exhibits a diverse landscape, with Construction & Engineering emerges as a key player, constituting 49% of the total startups, followed by Skill Development (12%), Oil & Gas Transportation (12%), IT Consulting (8%), Business Support Services (7%), Food Processing (6%), and Agri-Tech (5%). This showcases the entrepreneurial diversity and the presence of startups across various industries.

The Lt Governor said the policy reflects a comprehensive survey on government support, incubator collaboration, and policy requirements. Notably, 69% of startups seek support for Marketing & Branding, while the collaboration with incubators is at 7.89%, presenting an opportunity for increased engagement.

vital role in nurturing and guiding startups during their early stages, the Lt Governor said.

He said the ecosystem benefits from collaborations, with 16 partnerships and Memoranda of Understanding (MoUs) established with various institutions and organizations to provide additional support and resources.

I invite the potential investors from across the country to explore the unlimited possibilities present in the ordered. Union Territory and contribute to the growth journey of Jammu Kashmir, he said.

He further impressed upon the Financial and Academic Institutions to play their vital role in effective on-ground implementation of the new startup policy.

Sh Atal Dulloo, Chief Secretary; Sh Vikramjit Singh, Commissioner Secretary, Industries & Commerce Department; Sh Ramesh Kumar, Divisional Commissioner Jammu; Sh Baldev Prakash, MD and CEO J&K Bank; Prof BS Sahay, Director IIM Jammu; Sh Arun Manhas, Director, Industries Jammu; Sh Ishan Verma, President to him on Sunday (February 25) and nothing is known JK Startups Association, officials of UT Administration, (about) what happened to him." He said they want jus-SIDBI, Startup India and young entrepreneurs were

CEOs and representatives of various companies and Startup ventures like Via ENS, Branding Elves, Fast on duty and is missing," he added. Beetle, Fix and Ease, Pure Mart, MGM, Tramboo Sports were also present.

CBI arrests NHAI...

director, allegedly received the bribe from a private returns safe and sound," she added. company, they said.

The Central Bureau of Investigation (CBI) recovered Rs 45 lakh cash, including the bribe of Rs 20 lakh, during a search operation following Kale's arrest, the officials

A case has been registered against Kale and 11 others, including the private company, they said.

Lt Governor hands over...

Kabir, brother of Sh Shabir Ahmad; Sh Mohd Razaq, brother of Sh Showkat Ali, all residents of village Bufliaz, **Jammu-Srinagar highway...** Surankote, District Poonch.

were also handed over to the families for the residential pletion of the restoration work.

possible support from the J&K Administration in the up efforts to ensure early opening of the arterial road.

also present.

J&K, Himalayan states...

with those involved in social service. He added that suggestions for the government.

The Union Minister appreciated the work being done by the organisations and said that they provide streams and ponds. an opportunity to reach and influence people in the farthest corners of our nation. Speaking about the conducive climate of hill areas for aromatic plants, the Minister said that the Government has started an 'Aroma & Technology.

Dr Jitendra Singh said that CSIR is providing comprehensive handholding from product development to marketing. He said that our youth has made the nation a hub of start-ups in the last 10 years, but we need to expand our vision beyond the IT-enabled services sector and look at the Agri-tech sector for unleashing our untapped

The Union Minister also advocated that the NGOs working in the health sector explore telemedicine. He added that in hill States such 'Doctors-on-Wheels' can provide not only diagnostic tests but expert consultation relief to stranded passengers on the blocked highway within an hour's time.

Dr Jitendra Singh also said that in the last 10 years, PM Narendra Modi has sprung new hope in the nation's collective psyche. He added that the massive infrastructure Response Team and Quick Response Team, are on high development in the thus far neglected North-Eastern India is a testament to the will of the government to invest in all our people. Dr Jitendra Singh said that the minutes. Traffic on the Jammu-Srinagar highway has development of railway and air infrastructure in these parts has meant the end of their isolation from the rest

The Union Minister said that the focus of the Modi government in the last 10 years has been on employment generation and capacity building of our youth. The Union Minister further said that hard work being done for the people has led to faith in the leadership of PM Modi. He added that this new modus-operandi and a new culture of our polity have been endorsed by our citizens who have reposed their faith in Modi.

PM Modi chairs...

industry bodies, civil society, scientific organisations over scattered places during the intervening nights of normal of 2.2°C on Sunday. The sun appeared in Sri- on Sunday, the MeT office said.

and mobilisation of youths for inputs.

"More than 2,700 meetings, workshops and seminars were held at various levels. Suggestions of more than 20 lakh youths were received," one official said.

The roadmap for "Viksit Bharat" has a comprehensive occasion, the Lt Governor called for collective action to blueprint with clearly articulated national vision, aspirabuild dynamic economic environment in the UT where tions, goals and action points, the sources said, adding that its goals include areas such as economic growth, Sustainable Development Goals (SDGs), ease of living, ease of doing business, infrastructure and social welfare.

Several ministries articulated their ideas in the meet ing, which is likely to be the last such get-together before the Lok Sabha polls are announced.

Presentations were also made on various issues during the meeting.

The prime minister had earlier asked his Cabinet colleagues to come out with "actionable, measurable and clearly defined plans" for the new government.

He has repeatedly expressed confidence that his gov ernment will retain power for a third consecutive term and has set a target of winning 370 seats for the BJP and more than 400 for the ruling alliance led by his party in the Lok Sabha polls.

Parents of missing...

on the ship did not find anyone falling into the sea Jammu & Kashmir is home to 12 incubators, playing a Then where is my son?" Chander said at his residence in the outskirts of the city.

> Relatives and neighbours of the family are making regular visits to express their support and praying for Verma's safe return.

Terming the seaman's disappearance as "unfortu nate", the Mumbai-headquartered Western Naval Command has said a high-level board of inquiry has been

"In an unfortunate incident, Sahil Verma, Seaman II has been reported missing at sea from (an) Indian Naval Ship whilst on deployment since February 27, 2024. The Navy immediately launched a massive search operation with ships and aircraft, which is still continuing," it said in a post on X on Saturday.

Expressing resentment over the sketchy information shared with the family, Chander said, "We got a call on February 29 informing that our son went missing on board the ship two days before that ... we last talked tice and know the whereabouts of his son. "We want the government to hand over the case to the CBI (Central Bureau of Investigation) for a thorough probe. He was

Verma's mother said something is being concealed about her son's disappearance. "There were 400 people on board the ship and only my son went missing," she said.

"My prayers and demands are only that my son

Gautam, a maternal uncle of the missing seaman said his disappearance is a fit case for a CBI probe as we have heard that the ship returned to base for a day before leaving again". How is it possible that he went missing from the ship?" he asked.

"The family should have been informed and a board of inquiry ordered within 24 hours of the incident. But both of these things happened after two days," Gautam added. (Agencies)

to remain blocked and advised people to avoid jour-Allotment orders of land measuring one Kanal each neys on the highway, also known as NH44, till the com-

With the improvement in weather this morning, the The Lt Governor assured the family members of all National Highway Authority of India (NHAI) has stepped

While higher reaches experienced fresh snowfall, Ch. Mohd. Yasin, Deputy Commissioner Poonch was moderate to heavy rains lashed wide parts of Jammu and Kashmir on March 1 and 2. Dozens of residential houses and other structures, including several government schools, were also damaged by strong winds and

hailstorm in different parts of the Union Territory. The police have set up control rooms in all district these interactions also provide valuable feedback and headquarters after incessant rains flooded the water bodies to meet any eventuality, the officials said, request ing people to stay away from the swollen rivers, rivulets

> A police spokesperson said several families who were trapped in the Bowli Bazar area of Ramban due to a heavy mudslide were rescued late Saturday night.

Over 200 tourists from Kerala who were left stranded Mission' through CSIR in the Union Ministry of Science in Banihal on their return from Kashmir were relocated to a safe shelter house on Saturday night and provided with essential amenities like food, blankets, and quilts the spokesperson said.

He added that a vehicle got stuck in a mudslide at Cafeteria Morh along the highway but prompt action by the police rescued all the individuals safely.

In another instance, six men, four women and a child who were stranded at Nachlana due to heavy rain and shooting stones were rescued and shifted a safer place the spokesman said.

Expanding their efforts, the police provided essential offering water, food, tea, and more, he said.

Anticipating unforeseen circumstances due to heavy rainfall, the police, in collaboration with the Disaster alert, the spokesperson said, adding that these dedicated teams are prepared to reach any area within 15 been restricted to one-way since February 26 and was being used alternatively from Jammu and Srinagar after heavy rains and snowfall damaged the arterial road at several places last week.

Weather improves after...

past 24 hours till 0830 hours on Sunday, while Qazigund on the Srinagar-Jammu national highway in south Kashmir received 81.0mm, Pahalgam 39.5mm and 1.0cm of snowfall, Kupwara 445mm of rainfall and 9.0cm of snowfall, and 38.1mm of rainfall during the period, the MeT office said.

It said that there is a possibility of light rain or snow

Intensive Pulse Polio Immunization drive held across Kashmir Division

JI NEWS SERVICE

SRINAGAR, MARCH 03

The campaign for Intensive Pulse Polio Immunization (IPPI) was today held across the Kashmir Division to administer Pulse Polio (PP) drops to the children of age group 0-5 to protect them from vulnerability of the disease.

In Ganderbal, Deputy Commissioner, Shyambir inaugurated the Intensive Pulse Polio Immunization (IPPI) Programme at District Hospital.

He started the campaign by administering Polio drops to newborn infants in the presence of CMO Ganderbal Dr Afroza Shah; DIO Ganderbal Dr Bushra Yousuf; BMO Gan-I/C Medical Superintendent DH Ganderbal and other officers/officials.

Speaking at the occasion, the Deputy Commissioner said that special teams have been deputed to far flung areas of Ganderbal to ensure immunization of the children.

He stressed upon the concerned officers to ensure cent percent covlation of the children gramme besides directed them to conduct door to door survey to ensure that no eligible child is left out.

46689 children of the district shall be adminis- gible children. tered PP drops for which established besides

5 transit booths and 4 mobile booths have also effective and successful implementation of the program.

In Kulgam, Deputy Commissioner Kulgam, Athar Aamir Khan kickstarted the immunization tal Kulgam by administer- at Chief Medical Officer's ing PP drops to a newborn office where he adminisin presence of ADC, Viqar Ahmad Giri, CMO, Dr. and officials.



established across the dis- also present on the occatrict for which two thou-sion. sand workers have been administration.

In Bandipora, DC, Shakeel ul Rehman started Pulse Polio Immunization Campaign across the district from CHC Sumbal by administering oral Pulse Polio drops to newborn 0-5 years of district. infants.

Rafi Ahmad Salathi, Dy ser, DIO Dr. Rehana, BMO erage of the target popu- Dr. Idrees, SDPO sumbal, Medical and Paramedical under the Pulse Polio pro-staff of the hospital were present on the occasion.

> The Deputy Commissioner, on the occasion, stressed upon the extensive coverage of all the eli-

61528 children shall be cine booths have been Dr. Arshid Hussain. established while services lized for successful implementation of IPPI.

In Budgam, Deputy Commissioner, Akshay Labroo today launched National Pulse Polio tered PP drops to children.

Ayoub, Medical Superin- lished in the district. 88000 children in tendent District Hospital

Speaking on the occaderbal Dr Andleeb Bashir, deployed by the district sion, the DC said that 628 pulse polio booths have district to ensure no eligible child is skipped.

He stressed on door to age of all the children of

For the effective impleincluding 07 transit teams. In Shopian, Additional

(ADC), Dr Zakir Hussain Faaz today initiated Pulse Polio Immunization Pro-Polio drops to children below 05 years at DH

Dy. CMO, DH Shopian, been established for the of 1440 workers and 72 BMO, District Immunizasupervisors have been uti-tion Officer, besides Docof the Health department were present on the occasion. Speaking on the program at District Hospi- Immunization programme in the district to reach ciated District Hospital of

dren 238 Polio booths, Administration. Chief Medical Officer, including 3 transit polio Gulzar and other officers Budgam, Dr Mohammad booths have been estab- rated the campaign at Sub-In Anantnag, Deputy

Kulgam shall be adminis- Budgam, Dr Iqbal and Commissioner, SF. Hamid drops to newborn infants.

today inaugurated IPPI Programme by administering oral anti polio vaccine drops to the newly born infants of Migrant Laborers at Pazalpora Bijbehara in presence of CMO Anantnag and other Medical staff.

143554 children of the specific age group shall be administered pulse polio drops in the district during the campaign at 673 PP booths. 18 transit booths have also been setup for the effective and successful implementation of the program.

The district administration has deployed 2692 total workers including Anganwari workers, education workers, ASHA'S and health workers to monitor the programme.

DC directed the officers been established in the of the health department to ensure cent percent coverage and also asked for door to door survey to door survey for the cover- leave no child uncovered under the pulse polio programme 2024.

In Kupwara, Out of total CMO Bandipora Dr. mentation of programme, 1,30,677 targeted children 2609 including Health in the age group of 0-5, CMO Dr. Parveiza Koun- Workers, ASHA workers 1,17,139 were administered and ICDS workers were oral Pulse Polio drops on deployed at 628 Booths the first day of campaign.

> District Administration had made elaborate Deputy Commissioner arrangements across the district despite inclement weather conditions and heavy snowfall in upper gramme by administering belt snowbound areas of the district.

A total of 766 Booths 234 booths have been covered across the dis- Shopian here in presence and 17 Transit Points were trict for which 360 vac- of Chief Medical Officer, established, besides 3064 Health Workers, 1062 ASHAs and 548 Anganwari Workers were deployed to carry out the Pulse Polio tors and Paramedical staff Immunization programme in the district.

Additional Deputy Commissioner Handwara, Aziz occasion ADC emphasized Ahmad Rather inauguraton door-to-door campaign ed the drive at the Assoevery child in the district. GMC Handwara in pres-For 43000 eligible chil- ence of doctors and GMC

> CMO Kupwara inaugu-District Hospital Kupwara by administering the polio

Lok Sabha Election 2024: CEO reviews preparedness in Ramban district

JI NEWS SERVICE

RAMBAN, MARCH 3

Chief Electoral Officer, Jammu and Kashmir, P K Pole, today chaired a meeting at Ramban to review preparations being made for the ensuing Lok Sabha Election 2024 in the district.

District Election Officer, Baseer-Ul-Hag Chaudhary, Additional District Development Commissioner, Roshan Lal, Additional Mahajan and other officers attended the meeting.

Electoral Roll Processes, arrangements.

The CEO expressed satisfaction over the district administration's preparedness for the upcomtion of adequate human ing Election 2024. The resources, implementa-

district, being a crucial connecting link via road Additional SP, Gaurav tackle the road transport challenges and other logisdetailed review of the transparent upcoming District Election Manage- Lok Sabha Election while ment Plan for Ramban expecting voters high besides discussions on turnout in the district. He emphasised the rigorous logistical requisites, man-training of electoral manpower management, risk power both officials and assessment, EVM trans- non-officials and aware- the booth level, engag- preparedness and execuportation, polling staff ness of voters, especially deployment and security first time voters on EVM and VVPAT.

Other vital issues discussed in the meeting inter alia included allocation of Systematic Voters' Education and Electoral Deputy Commissioner, to Kashmir province, has Participation (SVEEP) Varunjeet Singh Charak, made a separate plan to plans at the booth level, formulation of a comprehensive material managetics, he added. He affirmed ment plan, secure route ment towards ensuring a The meeting had a conduct of free, fair and mapping and development of an extensive training regimen for Assistant Returning Officers (AROs). In a bid to bolster public

participation, AROs were Officer, in a PowerPoint tasked with executing Presentation, informed awareness campaigns at the CEO about the election ing Block Level Officers (BLOs), sports personali- the Election Department ties, government employ- from time to time.

ees, youth icons, influencers besides organizing sports events, rallies, competitions and door-to-door campaigns as per district SVEEP plan. Underlining the signifi-

cance of Adequate Minimum Facilities (AMF), the CEO directed the district administration to ensure clean washrooms, provision of drinking water, first aid facilities, and uninterrupted electricity for polling staff and security personnel on Election Day.

The meeting concluded with a reaffirmation of collective commitsmooth, transparent and participatory electoral process in the upcoming Lok Sabha Election 2024.

Earlier, District Election tion of directives issued by

settled at -2.4°C.

The minimum temperature at Gulmarg slipped down.

March 6 and 7, but there is no significant weather activity nagar after several days of wet weather on Sunday. till March 10 in Jammu and Kashmir.

most of the stations and stayed below normal in Kashmir Valley on Sunday.

Qazigund on the Srinagar-Jammu National Highway Meanwhile, the night temperature witnessed a drop at had a low of 2.0°C, and Kokernag in south Kashmir

The MeT office said that the minimum during the 10.6°C, and it was 6.1°C below normal of -4.5°C on intervening night of Saturday and Sunday in Srinagar Sunday. The mercury at the tourist resort of Pahalgam was recorded at -0.6°C, and it was 2.8°C below the was recorded at -2.4°C, and Kupwara had a low of -1.3°C

Cardiovascular symptoms - challenging and misdiagnosed: Dr Sushil

JI NEWS SERVICE

JAMMU, MAR 3

In view of very less awareness regarding the cardinal symptoms of cardiovascular symptoms among general masses as well as many times misdiagnosed Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health Check up Camp at Govt High

people with risk factors for CVDs. People in low- and most important behav- although these are the middle-income countries ioural risk factors of heart most common ones. who suffer from CVDs and disease and stroke are other non communicable unhealthy diet, physical are no symptoms of the diseases have less access inactivity, tobacco use and underlying disease of the to effective and equitable harmful use of alcohol. blood vessels. A heart health care services which The effects of behavioural attack or stroke may be respond to their needs. As risk factors may show up in the first sign of underlya result, for many people in individuals as raised blood ing disease. Symptoms these countries detection pressure, raised blood glu- of a heart attack include: is often late in the course cose, raised blood lipids, pain or discomfort in the veer Singh, Rajinder of the disease and people and overweight and obe-centre of the chest; and/or Singh, Rahul Vaid, Rohit die at a younger age from sity. These "intermedi- pain or discomfort in the Nayyar and Nirvair Singh



Tikri Udhampur so as car- in their most productive facilities and indicate an addition the person may years. A person may be increased risk of heart nised at an earlier stages symptomatic (physically attack, stroke, heart failand patient is referred to experiencing the disease) ure and other complicanearby cardiac facility at or asymptomatic (not tions. Symptoms will vary the earliest thereby reduc- feeling anything at all). depending on the specific ing morbidity and mortal- Heart attacks and strokes condition. Some condiare usually acute events tions, such as diabetes or While interacting with and are mainly caused by hypertension may initially the people Dr Sushil stated a blockage that prevents cause no symptoms at all. that at least three-quarters blood from flowing to the However, typical sympof the world's deaths from heart or brain. The most toms of an underlying car-CVDs occur in low- and common reason for this is diovascular issue include: middle-income countries. a build-up of fatty deposits pain or pressure in the People living in low- and on the inner walls of the chest, which may indicate middle-income countries blood vessels that supply angina/pain or discomfort often do not have the the heart or brain. Strokes in the arms, left shoulder, benefit of primary health can be caused by bleeding elbows, jaw, or back shortcare programmes for early from a blood vessel in the ness of breath, nausea and detection and treatment of brain or from blood clots. fatigue lightheadedness

CVDs and other non com- ate risks factors" can be arms, the left shoulder, Bali.

School, Kotli Jijjan, Block municable diseases, often measured in primary care elbows, jaw, or back. In He elaborated that the or dizziness cold sweats

He added that there

experience difficulty in breathing or shortness of breath; nausea or vomiting; light-headedness or faintness; a cold sweat; and turning pale. Women are more likely than men to have shortness of breath, nausea, vomiting, and back or jaw pain, he

Prominent members of the area Rameshwer Singh, Jagmohan Singh, Raghuveer Singh, and Ashok Kumar appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health checkup camp in their locality for the welfare of people and the

Others who were part of this Camp includes Dr Venkatesh Yellupu. Paramedics and volunteers includes Raghav Rajput, Gourav Sharma, Vikas Kumar, Rajkumar, Param-

FCIK urges J&K Bank for revising Bancassurance agreement with Bajaj Allianz

JAMMU, MAR 3

The Federation of Cham- the customers." bers of Industries Kashmir of consumers.

industrial chamber has their arrangement.

selling insurance products settlements. of the Bajaj Allianz to its

takes due care of the finan- August last year. cial protection needed by

regretted that the current While commenting on The Association regretted The renewed agreement agreement looked more performance and ser- that despite actual loss should emphasize on to serve the interests of vices of Bajaj Allianz, of 53 lacs, the insurance settlement of claims in a Bank and the Insurance FCIK regretted that the company was adamant to time bound manner not Company leaving the con- apex body received regu- settle it at just 17.44 lacs on exceeding one month sumers to lurch at the time lar complaints from its the basis of unreasonable beyond which the com-"Whereas J&K Bank and members regarding appointed surveyor. gain additional revenue by delayed and unreasonable

FCIK, adding that "neither unfortunately gutted in a Malik.

the bank nor the company devastating fire incident in

According to Sarwar Malik, the General Secre-FCIK reminded J&K tary of Industrial Associa-(FCIK) has called upon Bank authorities of their tion Lassipora, there has J&K Bank to revise its Ban-responsibilities in guiding been almost a total loss to cassurance agreement their customers in selec- the factory building, plant Malik. with Bajaj Allianz insurtion of suitable insurance and machinery, raw mateconstituent associations assessment made by their

ten request made by the customers including bank The latest victim of the association on 5th Janucustomers, the insurance company's apathy has ary for re-assessment of urged upon the authorities company has the benefit been reported to be an the claim has so far been of Bajaj Allianz to revamp of selling these products to educated young man Tariq taken by the company its functionaries involved a wider base of customers Hassan of M/s Zaitoon Oil which speaks volumes at one place without much Mills at industrial growth about their seriousness company wanted the large of its efforts." observed centre Lassipora which and approach." informed

"On the other hand, the frustration of the young entrepreneur was brewing day by day with piling up of his debt and unprecedented delay in restarting of his business" informed

FCIK has sought interance company after duly products and services at rial and finished goods. He vention of the Managing incorporating provisions most competitive prices informed that the unit was Director and CEO of J&K deemed necessary for across insurance players financed by J&K Bank Las- Bank in the instant case safeguarding the interests keeping in consideration sipora Branch which also besides revisiting the that their customers trust- facilitated its insurance agreement with Bajaj Alli-In a statement, the apex ed them while going with through Bajaj Allianz for anz in order to ensure cusa total amount of 72 lacs. tomer friendly approach. pany should be held responsible for paying "No action on the writ- establishment cost of the interest. FCIK has also in the settlement if the customer base to continue their relations with it.

Nursing Association & PUCA welcomes Nursing Council President in Punjab

JI NEWS SERVICE SRINAGAR, MARCH 3RD

Indian Nursing Council (INC), President, Dr. T. Dileep Kumar was welcomed by a joint delegation of Nursing Training welcomed by the delega- nation as well.



Dr. Anshu Kataria, Pres-President NTIA elabo-be 1:20 instead of 1:10. Also ident, PUCA & Chairman, rated that the maximum according to the instruc- leges of Country.

Unaided Colleges Asso- President mentioned that GNM, B.Sc. Nursing, M.Sc. ciation (PUCA) led by Dr. in Punjab, we have enough Nursing go to foreign coun-Anshu Kataria in Chandi- infrastructure in the pri- tries and our colleges face garh. On the occasion Mrs. vate colleges & the state is difficulties for adequate to provide Healthcare Sarvajit Kaur Secretary becoming destination not staff. Therefore in our education and facilities. INC & Mrs. KS Bharti Joint only for nursing but also nursing colleges in Punjab The president, INC gave Secretary, INC were also technical students across which are according to the a patient hearing on this guidelines of INC, the fac- & assured to do the best Gurdayal Singh Buttar, ulty student ratio should possible in the interest of

tions of the Indian Nursing Council, the experience of the principal should be reduced from 15 years to 10 years.

Buttar mentioned that all the nursing colleges of Punjab are committed to provide quality education as well as practical exposure to the students. Not only this, the associations are working hard to strengthen the state more nursing students & col-

Panjvaktra Mahadev Temple Unveils Grand Maha Shivratri Mahotsav: A Spiritual Extravaganza of Music, Dance, and Tradition

JAMMU, MAR 3

In the aftermath of an enlightening press conference held earlier today, the Panjvaktra Mahadev Temple shared the details of its upcoming grand celebration of Maha Shivratri from March 6th to 8th, 2024. Revered for its rich history and spiritual sig-Wala Mandir' is set to host a three-day cultural extravaganza, combining spirituality with artistic expression.

The press conference, graced by Suresh Kumar Sharma, Retd Session Judge & Receiver, Panjvaktra Mahadev Mandir, Arun Gupta, President, Chamber of Commerce bearers of Chamber, Pooja Kapoor, President, Residency Bazar Association, President, Rajinder Bazar, Ashish Gupta, President,

Lower Raghunath Bazar, mances. Rajeev Gupta, President, Upper Gumat, Jammu, Ashutosh Sharma, Raj Kumar, Pankaj Pradhan(Renowned Musicians), Sanjay Tickoo, Senior Architect (Retd) and a large number of Prominent Devotees including Surinder Sharma, Pali Arora, Sunil Prajapati, Vicky Choudhary, Vipan Sharma.

This cultural extravaganza will be organized in collaboration with the Directorate of Tourism, Jammu, and J&K Academy of Art, Culture & Languag-

It was informed to the media that the festivities kick off with an inaugural ceremony on March 6th, 2024. Sh. Ramesh Kumar IAS, Divisional Commissioner Jammu will grace



nificance, the 'Rupaiye Jammu, and Sh. Bharat Pradhan with their tal-Singh Manhas JKAS, Secreented accompanists. The tary J&K Academy of Art, evening will come alive Culture & Languages, will be the Guests of Honor.

will be transformed into ity, with events happening daily from 11:30 AM to 8:30 PM. This cultural & Industries, with office for all, blending spiritual devotion with artistic ented artists will showcase their skills in various traditional and classical perfor-

Before the commencement of the main festivities, devotees are cordially invited to join Aarti accompanied by the unique 'Chetna Yatra' (Awareness Procession) on March 5th (Tuesday), dedicated to propitiating and March 8th (Friday), Kaliveer Ji. This sacred procession serves as an propitious beginning. The grand Mahotsav, fostering

with folk dances celebrating Mahadev by Jackson The temple premises & Group, Karkan by Sh. Girdhari Lal & Party, and a hub of cultural activ- captivating Bakh and Sh. Vijay Kumar & Party. ees during festivities. Renowned singers Ms. extravaganza promises Marina, Ms. Antu Kotwal, a delightful experience and Sh. Sham Manyal will Dogri bhajans, accompaexpression. Over 200 talnied by Sh. Kamal Sharma on dholak and Sh. Kishan Kumar on synth/harmonium. Witness a mesmer-

instruments. Over the next two days, March 7th (Thursday) array of cultural experiby Sh. Ramesh Kumar & Nath & Party. Renowned Rai IRS, Director Tourism, teshi Sharma & Sh. Pankaj dance. The evenings will ments.

culminate with Mahadev Aarti with instruments, followed by bhajans by Sh. Dharmesh Nargotra and his accompanists. Witness the traditional Shiv Vivah ceremony performed by Jangams on the last day of the festival.

Beyond the captivating performances, the festival offers a vibrant exhibition and sale showcasing traditional art and crafts, alongside delectable Dogra food delicacies, religious books, and literature. Adding to the spirit of community and inclusivity, the temple will be offering free "Langar Prasad," a tradi-Geetru performances by tional meal, for all attend-

The Mahadev Temple invites everyone to participate enthrall the audience with in this joyous celebration of Maha Shivratri. Come experience the spiritual significance of the festival, witness the captivating cultural performances izing Bharatnatyam per- by renowned and local artformance by Ms. Neetika ists, and immerse yourself Aggarwal before the day in the rich traditions of concludes with Mahadev Jammu.

Nestled in the heart of Jammu, the Panjvaktra Mahadev Temple is not only a place of worship but also a testament the revered Devta Bawa attendees can immerse to the city's rich history themselves in a diverse and spiritual heritage. Believed to be one of the auspicious prelude to the ences, including tradition- oldest temples in Jammu, Mahashivratri Mahotsav, al folk dances by Ms. Usha the Panjbhaktar Mandir invoking blessings for its Rani & Party and Karkan enshrines a self-manifest Shiva Lingam (Aap Shamb-Chetna Yatra also extends Party, soulful folk singing hu). Local legends and a warm invitation to all to by Ms. Sudesh Manhas & oral histories narrate the actively participate in the Party and Jattar by Sh. Lok visits of Adi Shankracharya and Guru Nanak Dev Ji a sense of communal cele-singers Dr. Rakesh Kalotra to the temple, adding to its bration and spiritual unity. and Dr. Roshi Shamino- spiritual significance. The The festival kicks off on tra will lead the bhajans, name "Panjvaktra" trans-March 6th (Wednesday) accompanied by a gifted lates to "five-faced," signiwith a captivating perfor- group of musicians. Wit- fying the five forms of Lord mance featuring a sym- ness captivating Bharat- Shiva - Rudra, Aghora, phony of traditional Dogra natyam performances by Vamdeva, Tat Purusha, instruments by Mohan Lal Ms. Pallabi Das Ghosh and and Ishana. These five the occasion as the Chief & Party, followed by soul- Ms. Priya Dutta's Nrityan- aspects also represent the Guest. Sh. Vivekananda ful bhajans by Dr. Muk- jali Academy of classical five Mahabhootas or ele-

GATT: a satirical masterpiece delights audience at Amar Mahal theatre

JI NEWS SERVICE JAMMU, MAR 3

Balwant Thakur's popular Dogri play 'GATT' was staged here today at Amar Mahal under Natrang's weekly theatre series 'Sunday Theatre'. The play was presented in connection with the ongoing Tawi Festival organised by Hari Tara Charitable Trust at Amar Mahal Museum. Based on Krishna Chander's famous Urdu classic short story 'Khadda' the play is a hard hitting satire on the decay of human values. Balwant Thakur has adapted it in such a contemporary manner that the audience instantly identifies itself with the play. It was a surprising theatrical treat for the people present at Amar Mahal who thoroughly enjoyed the performance and responded with repeated applause at the satirical punches of the

The play "Gatt" shows bilities and work and pass it on to others. Instead they indulge in high slo-



ers, cops, Political leaders and Pakistan, which side is over, the wooden planks by Chander Shekhar.

The person in distress is situation becomes more Singh, Arvind Kotwal and pleas for their inability in after a complaint from the extending help to him. public about the worsenthat one and all tend to The unemployed youth ing of the road condition, as Neta, Shivam Singh as of hunting for girls. The works department instead Avtaar Sharma as Karam-'Sadhu' showers blessings of taking out the man from chari 2, Sanket Bhagat fering masses. This is The police cop lodges an and create a stage for the Kaur as Foreigner, Meenfalling into a ditch whose to the police station know- Here the minister lists his Aadesh Dhar as Camerapleas to help him come ingly that he will never be development revolution man, Vishal Sharma as pass by him like surveyors, eigner lady enquired about government for political & Vansh Pandotra as Chela. young men, religious lead- his choice between India gains. The public meeting The show ably presented

are removed but no one pays any heed to the fallen-man in the ditch. The slogans of the up-liftment of the poor fades away with the flowing dusty wind. Finally a man from the audience appears and appeals to everyone to render a helping hand to this common man who is still in the ditch despite having celebrated sixty-four years of India's Independence. The play reflects the plight of the poor masses who continue to suffer for want of help from those at the helm of affairs.

Prominent amongst those who graced the occasion included Maj Gen Goverdhan Singh Jamwal, AVSM(Rtd), Dr. Jyotsna Singh,

Himani Khajuria, in power and a foreigner. he would like to take? The Suman Gupta, Martand given different excuses and dramatic when a minister, Sohan Baloria. Natrang actors who acted in the play included Neeraj Kant shirk their own responsi- are unable to find time makes a round of the area. Aadmi, Mohd. Yaseen out of their fixed schedule The workers of the public as Karamchari 1, Brijesh ganism, claiming to be and prays for his peace in the ditch put wooden as Aashiq-1, Kushal Bhat the redeemers of the suf- as and where condition. planks over the ditch as Aashiq-2, Kananpreet symbolized by a person FIR and asks him to report minister's public speech. akshi Bhagat as Reporter, out unanswered by one able to come out of the and lashes at his oppo- Police Cop and Sheryaar and all. Different people ditch on his own. The for nents for cursing their Salaria, Chaitanya Shekhar

EDITORIAL

Quell the surge of terrorism in its Infancy

The recent surge in terrorist incidents in the border districts of Rajouri and Poonch has raised significant concerns among security agencies. Over the past few months, there has been a noticeable increase in terrorist activities in the region. Pakistan, having failed to achieve its malicious intentions in the Kashmir Valley, particularly after the abrogation of Article 370, has now shifted its focus to other parts of the Union Territory to incite unrest and chaos. The situation in Jammu and Kashmir has long been marked by political tensions, conflicts, and security challenges. The region has been embroiled in a protracted political dispute between India and Pakistan, both claiming sovereignty over the territory. Moreover, internal conflicts involving various groups seeking greater autonomy or independence for Jammu and Kashmir have further complicated the situation. Terrorist incidents and violence perpetrated by terror groups have been reported in the region, with these groups receiving support from across the borders. The security situation in the area is closely intertwined with the broader geopolitical context, and addressing the issues in Jammu and Kashmir requires a multifaceted approach involving diplomatic, political, and security measures. Given the recent uptick in terror activities in Rajouri and Poonch, the Army has reportedly decided to bolster its presence in both districts. This decision comes in the wake of the December 21 ambush on two Army vehicles by militants in Surankote, Poonch, which resulted in the death of five soldiers. The rugged, heavily forested terrain in the area has made it challenging for security forces to track down the terrorists responsible for the attack, as they are believed to be hiding in the woods. The increased troop presence is expected to be temporary, aimed at scouring the forested areas of the region, including caves, which are natural hideouts for terrorists. The Pir Panjal range, which encompasses Rajouri and Poonch districts, is known for its tough topography and abundance of natural caves, which terrorists have used as hideouts in the past. The Army is now considering locating and destroying these caves in the coming days. Earlier this year, security agencies faced immense pressure to track down the terrorists responsible for the Dhangri massacre, where six members of the minority community were brutally killed in January. It took several months for the security agencies to apprehend the perpetrators of this horrific terror attack. Rajouri and Poonch districts have recently become hotbeds for terrorist activities. The successive deadly attacks on Army personnel in the region have exposed vulnerabilities in the security apparatus. The shift in tactics by terrorist groups poses a growing challenge for the security establishment and indicates their intent to instill fear among the local population in a bid to reignite terrorism in the otherwise peaceful border districts of Rajouri and Poonch. It is imperative that security agencies work in close coordination to eradicate terrorism from the region entirely.

Delhi's floral splendour: A tale of tulips and traditions

RAJDEEP PATHAK

heart of New Delhi's diplomatic enclave of Chanakyapuri, Shanti Path emerges as a mesmerizing canvas painted with vibrant hues, adorned by a tapestry of tulips in an array of colors - red, white, pink, yellow, and purple. The 'Delhi Tulip Festival', now in its second consecutive year, came to a close on February 21, 2024, having commenced on February 10. Visitors, drawn from distant lands, stood in awe at the spectacle of nature's grandeur, echoing the immortal verses of poets like P. B. Shelley and John Keats. As the festival unfolded, the city's roundabouts and parks, maintained by the New Delhi Municipal Council and the Delhi Development Authority, bloomed with the arrival of Spring, welcoming all with renewed grandeur.

But what is the story behind these tulips? Origi-

nating centuries ago in the ancient lands of Persia, estled within the tulips held significance as symbols of love and prosperity. Their journey along the silk routes carried tales of exotic lands and distant horizons, captivating hearts from Istanbul to Amsterdam. It was in the fields of the Netherlands during the Dutch Golden Age that tulips blossomed into a cultural icon. Despite uncertainty surrounding its introduction to Western Europe, the efforts of individuals like Botanist Carolus Clusius in the late 16th century popularized tulips, leading to the famous 'tulip mania' of the 17th century.

> centuries, tulip cultivation flourished in the Netherlands, solidifying its position as the world's leading producer. The association between tulips and the Netherlands was further immortalized with the iconic song 'Tulips from Amsterdam' in the 1950s.



diplomatic channels that tulips found their way into the gardens of New Delhi. Indo-Dutch relations provided fertile ground for this botanical ambassador to take root, inspired by festivals like the 'Amsterdam Tulip Festival' and Srinagar's Tulip Garden. By the 19th and 20th Imported from the Netherlands, these tulips have been lovingly nurtured by skilled gardeners trained by the NDMC's horticulture department.

As the sun casts its golden rays upon the city, tulips burst into bloom, transforming every corner into a canvas of nature's masterpiece. From the late bloomers, each tulip amidst the chaos of urban

picturesque avenues of Tulip Festival Garden, each location becomes a Engaging citizens through various competitions and a deeper connection to bonds of community.

NDMC Chairman, revealed that seven types of tulips were planted, with three lakh bulbs sourced from the Netherlands and an additional 40,000 bulbs donated by the Dutch Embassy. From early to of nature, standing tall

and renewal. This festival to a close on the Tulip Fesimportance of stewarding and protecting nature for future generations.

of urban elegance and ecological consciousness, enchanting visitors and serving as a beacon for sustainable tourism. Beyond Shanti Path to the vibrant its aesthetic charm, it stands as a testament to the power of beauty and testament to the enduring art in fostering global concycle of life and beauty. nections and enhancing a city's allure. As visitors from around the world events, the festival fosters gather to admire the kaleidoscopic beauty of tulips, nature's rhythms and the the festival becomes a celebration of global heritage, Sh. Amit Yadav, the transcending cultural barriers and fostering underamong people of diverse backgrounds.

In more ways than one, the festival symbolises the resilience and endurance

not only celebrates beauty tival, the flowers continue but also underscores the to adorn the cityscape with their vibrant hues. Amidst the bustling rhythm of urban life, the tulip stands The Delhi Tulip Festi- as a silent sentinel of hope, val epitomizes the fusion its petals a testament to the enduring spirit of life's eternal dance. Today, the tulip serves as a symbol of resilience and endurance, having traversed oceans and centuries to become a cherished emblem of beauty worldwide. While the curtains have been drawn on the Tulip Festival, the flowers continue to stand tall, adorning the cityscape with their vibrant hues. This festival is more than just a local event; it's a part of global heritage, a celebration where visitors from standing and appreciation around the world gather to admire the kaleidoscopic beauty of colors spanning far and wide.

(The writer is programme executive, Gandhi Smriti and Darshan Sansthan, views are personal)

MSP methodology and farmer demands

UTTAM GUPTA

Minimum Support Price (MSP) for all crops, another demand raised by the farmers relates to how the MSP is fixed. They want it to be calculated based on the recommen-(NCF) under Dr MS Swami-

sion for Agricultural Costs and Prices (CACP) - a statutory body under the Ministry of Agriculture & Farmers Welfare - has been setting MSP at the level of the so-called comprehensive cost or C2 cost. C2 is arrived at by adding three components viz. A2 covers all paid-out expenses, both in cash and in kind, call it to return on assets

takes care of all the costs and check. The big quesincurred by the farmer for tion is: Is giving the farmer growing the crop - both at least 50 per cent more paid out and own - besides than the 'C2' costs logical? including an element of profit i.e. RoA. That is why nale for giving 50 per cent C2 thus taking the total to by the then Union Finance ranted bonanza to the

hensive'. The formula was o-terminus with the used for determining MSP legal guarantee for till FY 2017-18. The Government normally accepts recommendations made

In its fifth report submitted in October 2006, the NCF recommended that MSP should be "at dations of the National least 50 per cent more Commission on Farmers than the weighted average cost of production". The recommendation did All along, the Commis- not specifically mention what 'measure of costs' would be used. However. Dr Swaminathan clarified: "When we recommended 50 per cent over costs, we meant complete costs called C2, which includes all assumed costs".

Can the clarification given by him many years after the report was finalized and submitted be incurred by farmers on taken to mean that the seeds, fertilizers, chemi- Commission had meant it and C2 costs: Rs 1,484 per profit, then this should be nathan committee of arriv- itous gain. cals, hired labour, fuel that way? A recommenda- quintal. In the total cost of applied only to the paid- ing at a profit by taking a and irrigation; FL is the tion emerges from delib- Rs 1,484 per quintal, the out costs namely A2. In percentage of the cost is trapped in the vicious imputed value of unpaid erations and is based on amount going towards other words, MSP should is susceptible to sharp cycle of having to profamily labour; and rental consensus among mem- the farmer's income was be set at A2+FL plus 50 per increases in payments to cure farmers' produce at value of owned land and bers. This also applies to Rs 644 per quintal (1484-cent of A2. On this basis, farmers. With every rupee ever-increasing MSP, now imputed cost that would a clarification given on an 840). Of this, Rs 277 per in the above example, the increase in the cost, farm- under pressure to pick up be incurred on owned important aspect of the fixed capital assets (OFCA), recommendation. That would not have been possible as you can't expect Put simply, MSP is Dr Swaminathan to go equal to A2 + FL + RoA. It back to other members

The purported ratio-

it is bandied as 'compre- extra is that she should Rs 1386 for each quintal Minister Arun Jaitley in his farmers by a correspondafter covering all paid-out costs. Profit as it is understood in business parlance is essentially meant to give a return to the owner for her invested capital. In the case of a farmer, her investment in crop growing business is by way of 'land' and 'OFCA' besides her labour. But, remuneration/return for all these is already incorporated under C2. To give a further sweetener (read: 50 per cent profit) over and above these would be illogical. Let us understand this with the help of

> In the case of paddy, the all-India weighted average A2 cost for the 2017-18 Kharif season, as estimated by the CACP, was Rs 840 per quintal; A2+FL cost: Rs 1,117 per quintal quintal (1117-840) was for FL and Rs 367 per quintal (1484-1117) for RoA. If one were to go by NCF

an example.

recommendation as clarified by Dr Swaminathan, the farmer would have to be given Rs 742 per quintal ised to implement NCF (0.5x1,484) in addition to recommendations on an income of Rs 644 per quintal already built into in this regard was made mula will give an unwar-

to 93 percent of C2 costs. the revised MSP of Rs 2226 per cent. Where does one get such a fantastic return? This is happening

because the farmer is over first under C2 and then a further profit of 50 way profit is calculated '50 per cent of C2', you end up giving a 'return on return': RoA component under C2 being Rs 367 per quintal, she gets a fortuitous gain of Rs 183.5 (0.5x367).

Unequivocally, there is a flaw in the above method. Either, the government should continue with the C2 for fixing MSP. On the tal (277x0.5). other hand, if, it wants MSP would be Rs 1537 per quintal (1117+0.5x840).

What did the Modi government do?

In its poll manifesto for MSP. The announcement cost of fertilizers, the for-

get a handsome profit of paddy. This translates Budget speech for FY 2018- ing increase in profit. At a Taken as a proportion of to a debate in Parliament, meant to reward an entity Jaitley clarified that 'the for the capital invested per quintal, this will be 62 production cost would be in any enterprise. This is taken as actual paid A2 precisely what was being plus FL'. In other words, A2+FL plus 50 per cent of for fixing the MSP) ought being remunerated twice A2+FL; it comes to Rs 1675 per quintal (1117x1.5).

imputed cost of family labor' which is unjustified. Have received wage/ income for the work done on the field, how can a farmer also earn a profit on it? In the above example, this fortuitous extant method of using amount is Rs 138 per quin-

fertilizers, there is a mas-

done before the FY 2018it decided to set MSP at 19. That formula (read: C2 to have been continued.

The MSP setting exer-The formula adopted cise suffers from another percent. Furthermore, the by the incumbent governaberration. The cost of ment also suffers from a producing a crop varies flaw to the extent that 'it from place to place also adds return on the depending on the soil conditions, weather, irrigation, price of inputs and so on. However, to arrive at MSP, the CACP takes the 'weighted average' (WA) cost of production. When the price determined in this manner is given to all farmers, those producing at a higher cost stand to Moreover, the very lose whereas others with to go for 50 per cent approach of the Dr Swami- lower cost make a fortu-

ers' profit will increase by 'all of it' at MSP which can 0.5 rupees. At present, denude the exchequer. most of the agricultural This, in turn, is because inputs are subsidized. On it is trying to substitute the role of the market. It sive subsidy (urea is sold at should disentangle from 2014, the BIP had prom- about 1/10th of its cost). If this trap and focus on the subsidy is slashed lead- agri-market reforms which ing to a steep rise in the alone can help farmers get a good price.

> (The writer is a policy analyst, views are personal)

Cherish the Instructions of God

verse # 3.8 of the tion." We all know what Himself. our duties are according to time, place and circumstances. We also know in which Lord Krishna that neglecting our duties impacts our maintenance. For example, a student ed attention, meditating does not pay attention to on Me, for these regular his studies. What happens subsequently? He finds it hard to maintain himself. does not have and provide For whose benefit was this verse spoken?

verse, which is very will fulfil all our desires, our endeavours. We would famous. I am referring to which are according to if we were aiming for what verse #2.47, which goes dharma. God couldn't be is according to morality, like this, "You have a right a party to anything against i.e. dharma. The same is in predetermining fruits. fourth verse in this con- need enough resources supreme peace and the cial favour. How else was nally. You should not speculate nection is: "Where there for our maintenance? Not eternal abode.' What is it He to reward anyone? Just

your attachment to inaction also should not be et me start with there." For whose benefit was this verse spoken? Do Bhagavad Gita, we have any other right which is, "You should except to do our duties? always do your duty. And we must not neglect Because action is superior to do them. As regards the to inaction. Maintenance results of our actions, the of the body will also not right to decide them has be possible through inac- been kept by God with The third verse chosen

by me is very telling,

promises, "People who worship Me with undividpractitioners of yoga, I help in getting what one security of what one has." Verse after verse the Lord Let me take another is cajoling us to do what



and where there is Arjuna be 'saubhagya' (good for-(meaning us), there will be opulence, victory, wealth and morality." (18.78) What are our desires generally? That we should succeed in only in action, not ever dharma. Could He? The about wealth. Don't we My mercy, you will achieve tions to qualify for His spe-

tune). Who benefits from all these? We do; God doesn't because He is complete in all respects. (3.22)

The next verse is about gaining peace and a perfect destination. Lord Krishna instructs, 'In all respects, take My shelter only. By

material needs, comforts, to do. etc.? It is peace, which is also assuring eternal

ness; become My devoto Me.' (18.65) One may No, far from it; they only purify our existence. And God had to set some condiabout the fruit of action; is yogeshwara Shri Krishna only wealth, there will that we lack after gaining focus on how easy they are

I will take up one more is what God is promis- verse, which is, 'Having ing. Not only that, God My consciousness, you will cross all impediments abode, which is free from by My grace.' (18.58) This the defects of this mate- is quite an amazing offer rial world. How nice it will from God. Aren't we all be to not be subjected to struggling with one probrepeated birth and death? lem or another throughout God is prepared to grant our lives? We do, but our ego comes in the way. We God is always wanting are not prepared to accept to give. He has so much to that somebody can be give if we become deserv- superior to us and to such ing. Isn't that fair? How an extent that we have to do we become deserving? take His shelter and His Lord Krishna describes, alone. (18.66) We would 'Develop My conscious- rather suffer but won't do as instructed by God. Do tee; make sacrifices for we realise that our acts Me; and offer obeisance will benefit the world if we obey God's instrucfeel that all these activities tions? We will become relate to God. Yes, they do better persons by followbut do they benefit Him? ing dharma - the rules for proper behaviour. We will fit in the System created by God, which is required for the creation to exist eter-

(The writer is a spiritual teacher, views are personal)

NAVY BEANS: BENEFITS, EFFECTS, **AND CULINARY METHODS**

PARUL DUBEBY

avy bean, also known as Haricot, Pearl Haricot bean, Boston bean, Pea bean, or White pea bean, is a dry variety native to the US. It is white in colour, small, oval, and flattened in shape. It can be served in dried form and along with soups and pies. The navy got its current name because it was a staple food in the United States of America.

These small white beans are perfect for eating in baked conditions. Dry navy beans are available yearround in pre-packaged containers and bulk bins. Canned navy beans are also available at local markets.

Navy Beans contain essential nutrients like Sodium, Magnesium, Zinc, Copper, etc. It is rich in fibre. Fibre helps facilitate excretion and supports bulking up the stool and Navy Beans Boosts Heart Health softening it so it can be easier to push and remove from the body. Patients looking for glycemic control can also use navy beans. It is also beneficial for Type 2 diabetes patients. It lowers cholesterol levels by reducing bad cholesterol or Low-Density Cholesterol levels.

Navy beans are anti-inflammatory as they contain a flavonoid called apigenin. As per research, apigenin is also an antioxidant. In addition, it has anti-inflammatory, anti-amyloidogenic, neuroprotective, and cognition-enhancing properties.

Note

beans, navy beans are one of 13,000 species of legumes or plants producing edible pods. Combined with whole grains such as rice, navy beans provide fat-free high-quality protein content.

Nutritional Properties of Navy

dry navy beans serving contains:

Water: 0 g Protein: 24.1 g Fat: 1.51g

Fibre: 4.3 g Vitamins and Minerals

Navy beans also contain fair amounts of vitamins and minerals.

Calcium: 229 mg Iron: 5.29 mg Magnesium: 180 mg Phosphorus: 523 mg Potassium: 1470 mg Copper: 1.14 mg Manganese: 2.22 mg Sulphur: 244 mg Nickel: 220 µg Molybdenum: 840 μg Cobalt: 38.9 µg Boron: 1220 ug

Health Benefits of Navy Beans Provides Enough Fibre

A significant amount of fibre in navy beans is sufficient to keep In addition, high fibre diets bulk the stool and make it softer, so removing this stool from the body becomes more effortless.

Consumption of Navy Beans is suitable for people suffering from diarrhoea, constipation, indigestion, acidity, bloating, and other gastrointestinal disorders. Accorddaily recommendation for fibre is and 38 grams per day for men.



A high-fibre diet usually boosts heart health. Also, it lowers bad cholesterol. These dietary fibres get fermented and produce shortchain fatty acids. They appear to be very beneficial as these act as a mediator by gut microbiomes. SCFA directly modulates host health through various tissuespecific mechanisms related to gut barrier function, appetite regulation, and obesity.

SCFA has a potential role in the cardiovascular system.

Benefits of SCFA produced by the fermentation of fibres present in Navy Beans

Metabolic Regulation: SCGA has Navy beans are pea-sized beans a vital role in obesity and metabolthat are creamy white. They are ic regulation. Acetate is essential mild-flavoured beans and are dense in central appetite regulation by and smooth. Like other common increasing production in the distal colon and promoting fat oxidation. Gut microbial function

Blood pressure regulation function: SCFA examined blood pressure regulation in animal models. Acetate and propionate regulate blood pressure.

Gut Barrier function: SCFA As per USDA data, 100 grams of and butyrate help maintain a good healthy gut.

Appetite regulation and energy intake: SCFA is beneficial for obese patients to reduce hunger levels. Helps Maintain a Healthy Weight

Navy beans have a high nutrient density and low-calorie count. Also, combining high fibre and protein content may promote a healthy body weight. Studies show that fibre intake is associated with lower body weight. Another study suggests that higher-protein diets may increase weight loss and

increase fat loss percentage. etc. Protein plays a vital role in the rice with navy beans. regulation of body weight. Multiple increased dietary protein regulating body weight. Research suggests that a moderate increase in dietary your digestive system healthy. protein alongside physical activity and a calorie-controlled diet may improve body weight and increase

Protein-rich foods link with a hormone called ghrelin also called hunger hormone. Consumption of a protein-rich diet over a long period may decrease appetite and lead to a natural loss of calories and ing to the Institute of Medicine, the weight. Research suggests people consuming Legumes are less obese at least 25 grams per day for women than those who are not. People who vegetables three days/week. Again,

systolic pressure than nonconsum-

Improves Cognitive Functions

Vitamin B is a crucial component in navy beans. Therefore, it plays a key role in ensuring the proper functioning of the brain. Also, it is found mainly in non-vegetarian food sources. But, thanks to navy beans, vegetarians do not have to forgo their benefits. Regular intake of these beans improves ing and prevents neurodegenerative diseases like Alzheimer's and Parkinson's.

Improve Diabetes Management and Prevention

Studies have shown that beans are a great option to control your blood sugar levels. Suppose you have diabetes and are vegetarian. In that case, you are likely aware that beans with rice provide a complete plant-based, protein-rich full meal. Furthermore, a study suggests that consuming navy beans or other legumes may improve glycemic control.

evidence that flavonoid is present in beans, an antioxidant, may help lower the incidence of type 2 diabetes. A diet higher in legumes but lower in refined grains and processed meats show a lower risk of Reduces Mortality Risk developing type 2 diabetes. Those who have diabetes improve both glycemic and lipid control.

A study in Nutrition Journal published in April 2012 tested the effects of white beans, northern beans, navy beans, etc., on blood sugar levels in people with Type 2 diabetes when consumed with white rice. After testing blood Bodyweight management is a sugar in participants who ate either complex task, including the inter- white rice alone or rice with navy play of behavioural components beans, the results showed blood

factors govern the mechanisms of Navy Beans Regulates Cholesterol

A study published in 2015 found that eating beans and legumes regularly helps lower LDL cholesterol levels. In addition, a meta-analy sis of 10 randomised, controlled trials in which subjects consumed legumes for a minimum of 3 weeks revealed that eating legumes has a cholesterol-lowering effect.

In another study, 31 subjects regimen for coronary illness or a similar eating regimen supplanting two servings of red meat with eat beans have better body weight. scientists saw enhancements with

waist circumferences, and lower—the vegetable gathering in LDL cholesterol and fatty oils, as well as in fasting blood glucose and insulin

Rich in Iron

Navy beans provide a slow-burning complex to carbohydrates. As a result, it increases your energy by replenishing the iron stores in your body. In addition, it increases the production of red blood cells and the transport of oxygen from the lungs to other body parts. Unlike memory and cognitive function- red meat, another source of iron, navy beans are low in calories and virtually fat-free and would be a good option for vegetarians. A onecup serving of navy beans provides 24% of the daily recommended intake for iron.

Antioxidant-Rich

Navy beans are a good source of copper and manganese. They are essential for producing critical oxidative enzyme cofactors called superoxide dismutase. Superoxide dismutase disarms free radicals produced inside the mitochondria. Copper is also necessary for the activity of lysyl oxidase. This In a study published in 2019, enzyme is involved in cross-linking of collagen and elastin. Collagen and elastin provide the ground substance and flexibility in blood vessels, bones, and joints.

Several studies have shown that legume intake causes a lower risk of mortality and death from certain diseases, such as diseases related to the cardiovascular system and cancer. For example, one study shows that Northern Beans consist of flavonoids, lowering the risk of death due to the cardiovascular

Reduces Mortality Risk

like metabolic, hormonal, genetic, sugar was lower in those who ate est beans with an exceptionally-ents and minerals. These Beans are their nutritional composition, navy beans lower cholesterol levels, prevent diabetes, reduce mortality risks and aid healthy weight man-

Ways to Eat Navy Beans

Navy beans cannot be consumed dry. They have a soft, velvety texture accompanied by a slightly nutty taste. They can easily absorb the flavour of other ingredients with type 2 diabetes followed either during the cooking process. This a vegetable-free therapeutic eating property makes them suitable for

Preparation Before Cooking

Soak these beans in enough water overnight or for 6 to 8 hours

till they turn tender and absorb Rinse thoroughly with three

cycles of water. Pressure cook for at least six whistles. Add three cups of water for each cup of uncooked beans.

Drain and rinse before adding to the dish of your choice.

If you buy in bulk, look for uncracked navy beans that do not get exposed to dust and moisture. You can also buy dried beans in pre-packaged packets. Store dried beans in an airtight container in your pantry or cool and dark place. If stored properly, navy beans should stay good for up to 12 months. If you cook great northern beans, they will stay fresh for about 3-4 days when refrigerated in an airtight container.

Potential Side Effects of Navy Beans

If you suspect you are allergic to Navy Beans or any other legume, speak with your healthcare provider to get a personalised diagnosis.

Navy beans or other legumes contain anti-nutrients that interfere with nutrient absorption. For example, phytates can decrease the absorption of minerals like iron, magnesium, zinc and calcium. This effect is shown by most of the legumes when taken in higher amounts. If you are taking any medications, consult with a doctor for possible drug interactions.

Gas and Bloating

Some people find eating navy beans causes bloating and indigestion. Also, fibre-rich foods produce more gas in the digestive tract, and excessive consumption may cause bloating. In addition, eating more navy beans leads to indigestion because the digestive enzymes in your stomach and intestines take more time to break down into simpler substances.

These undigested carbohydrates bypass digestion and remain relatively intact, eventually reaching your colon where resident bacteria digest them. These bacteria often create gas due to fermentation in the process. This gas causes bloating, and it releases as flatulence. Suppose you are already suffering from any gastrointestinal disorders. In that case, you can start having Navy Beans gradually so your body can adjust

Navy Beans can serve as a staple Navy Beans are one the healthidiet. Navy beans are rich in nutririch nutritional profile. Because of best for people looking to manage their weight and people suffering from hypertension and diabetes. They are high in protein and fibre, which is good for the digestive system and gut health. On the other hand, they may also cause indigestion if consumed in excess

Navy beans have a mild flavour and smooth texture. Therefore, one can include them in various dishes, from salad to soups and pasta. In addition, they can absorb the flavours of other ingredients easily. This property makes them perfect for a spicy curry. Navy beans are healthy and flavourful, and you must include them in your diet.

RECIPES

ibeye steak is a popular choice because it is Reflavorful and tender. There are many ways to cook ribeye steak, and one can use it in

Perfect Grill Ribeye Steaks



Grilling is a popular cooking method for many types of steak, and one can do it indoors or outdoors. For example, when grilling ribeye steaks, high heat is required to ensure that the outside of the steak gets browned, but the interior remains

Serves: 2 streaks Preparation time: 15 min

Ingredients Ribeye steaks1 thick: 2

Olive oil: 1 tsp

Steak seasoning of kosher salt & pepper, to taste Butter or herbed butter: 2 tbsp

Method of Preparation Remove ribeye steaks from the fridge at least

45 minutes before cooking. Now, rub ribeye steaks with olive oil and gener-

ously season to taste. Preheat the grill to medium heat, about 375°F.

Prepare the ribeye steaks as directed above, then grill for 5-6 minutes on each side for medium. Remove from the grill and serve with a pat of butter, covering loosely with foil. Before serving,

let the steaks rest for 5-10 minutes. Nutrition Facts per Serving Calories: 694 kcal Carbohydrate: 1 g Protein: 46 g Fat: 57 g Cholesterol: 168 g Sodium: 218 g

Potassium: 606 mg

Pan-Fried Ribeye Steak



Another popular way to cook ribeye steak is to pan-fry it. Pan-frying is a quick and easy way to cook steak, and it can be done either in a skillet on the stovetop or in a cast-iron skillet in the oven.

Serves: 2 servings Preparation time: 10-15 min

Ingredients

Ribeye steaks: 2 about 200 g and 2 cm thick Sunflower oil: 1 tbsp Butter: 1 tbsp/25 g Garlic clove: 1

Thyme, optional **Method of Preparation**

Before grilling, dry the steaks and season with salt & pepper for up to 8 hours.

In a heavy-bottomed frying pan large enough to accommodate both steaks, heat the oil over high Heat the oil in a heavy-bottomed frying pan

large enough to hold both steaks over high heat. Reduce the heat to medium-high and stir in the butter when the oil shatters.

When the pan is hot, carefully place the steaks, tucking the garlic and herbs in the sides. Standing over the steaks with tongs, sear and

turn them every 30 seconds to 1 minute to get a good brown crust.

Each steak will require 4 minutes total for rare, 5-6 minutes overall for medium, and 8-10 minutes Let your steak rest for 5-10 minutes after cook-

ing before serving, allowing the juices to redistribute throughout the meat. While the steaks are resting, prepare a traditional red wine sauce to complement them.

Cashew Butter - A Smooth Nut Butter with Benefits

PARUL DUBE

ashew butter is a food spread made from roasted or baked cashew nuts and oil with a creamy and smooth texture. You'll most likely find it in creamy sauces, nutty salad dressings, rice cakes and bakes, cornflakes, sandwiches, freshly baked cookies, or slathered over thick, wholemeal bread. You can prepare cashew butter at home or buy it from a convenience store.

Cashew butter is creamy, smooth, and has lower fat content than other nut butter. Also, it's one of the richest providers of monounsaturated fatty acids, vital amino acids, and magnesium, despite the lack of omega-3 fatty acids. These nutrients are good for blood pressure, sugar and cholesterol management, bone health, the immune system, and metabolism. It helps in maintaining a good body weight. In addition, copper, magnesium, manganese, iron, and antioxidants. It improves eve health and is beneficial for type 2 diabetes

Nutritional Properties of Cashew Butter

As per USDA, 100g of Cashew Butter holds the following nutritional values:

Energy: 587 kcal Protein: 17.6 g Carbohydrates: 27.6 g Fibre: 2 g Vitamins and Minerals Cashew butter also contains fair amounts of vitamins and minerals.

Calcium: 43 mg Iron: 5.03 mg Magnesium: 258 mg Phosphorus: 457 mg Potassium: 546 mg Sodium: 15 mg Zinc: 5.16 mg Copper: 2.19 mg

A small serving of cashew butter packs an impressive bunch of macronutrients, protein, vitamins, and minerals. This tasty spread is particularly rich in folic acid, iron, magnesium, phosphorus, copper, zinc, it contains various nutrients like and manganese, which usually help our bodies function.

Health Benefits of Cashew Butter Improves Eye Health

Cashew nuts contain antioxidants like lutein and zeaxanthin These two compounds are good for eye health. According to 2018 research, lutein is a carotenoid with

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anti-inflammatory properties. It has several benefits for eye It is known to improve or even

ders, which lead to blindness and vision impairment. Cashew Butter has positive tions, thus facilitating cognitive

prevent age-related macular disor-

functions. It decreases the risk of cancer and improves cardiovascular health. Briefly, consumption of a luteinbased diet may contribute to reduc-

ing the burden of chronic diseases.

Aids Healthy Weight Management

Cashew butter contains high-fat content but can help in body weight control. According to a study in 2019, increasing daily consumption of nuts like cashew or cashew butter is associated with less longterm weight gain and a lower risk of obesity in adults.

Therefore, replacing 0.5 servings/ day of unhealthy foods with cashew butter may be a simple strategy to prevent long-term weight gain and

Heart-Friendly

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butter may help you regarding this. A study performed in 2018 observed that people who added cashew butter to their diets had lower levels of bad cholesterol than those who did not.

Cashews are abundant with monounsaturated and polyunsatueffects in different clinical condi- rated fatty acids, associated with reduced cardiovascular disease risk. Approximately one-third of the saturated fatty acids in cashew butter is stearic acid, which is relatively neutral on blood lipids.

Promotes Muscle Building

Protein-based diets are bodybuilding diets that provide energy to function. For example, cashew butter is a fantastic source of healthy plant protein, with an impressive 4.9g of protein per 28g serving.

Our body uses protein to produce enzymes, build muscles, grow new hair, etc. So adding cashew nut to your protein shake or morning bowl of oats or cornflakes can instantly boost the protein content and give them a delicious creamy texture and rich taste.

Good Source of Antioxidants Cashew butter contains various

Maintaining a healthy heart is antioxidants. The compounds presessential to keeping bad choles- ent in cashew nuts protect your cells

•••• **♦CMYK** ◆ ••••

terol levels low. It turns out cashew from damage by neutralising harmful free radicals. Antioxidants such $as\,glutathione, thio redox in, as corbic$ acid, and enzymes counter oxidative stress and protect lipids, proteins, and DNA. These antioxidants such as ascorbic acid, carotenoids, flavonoids, and amino acids are also natural antioxidants in foods.

Antioxidants scavenge free radical and non-radical oxidants to protect them from oxidative stress and damage. In addition, antioxidants help cure various diseases like cancer, neurodegeneration, diabetes, etc. Studies suggest that cashew nuts lower levels of oxidative cell

Many studies show that oxidation and the level of plasma lipids are closely related to the development of coronary heart disease. Therefore, dietary almond supplementation and nuts like cashew may benefit CHD lipid risk factor levels and their susceptibility to oxidative modification. In addition, roasted cashews offer more antioxidants value. Cashew butter gets made using

roasted cashews, which contain phe nolic components. In a study in 2011. whole cashew nuts were subjected to low-temperature and high-temperature (H.T.) treatments to determine the antioxidant activity of the

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cashew nut extracted increased as rus helps maintain bones and teeth. the roasting temperature increased.

Beneficial for Diabetes Type 2

People with type 2 diabetes may add cashew butter or cashew nuts to their diets. Cashews are a good source of nutrients and fibre, which helps limit blood sugar levels. It offers a kind of protection to type 2 diabetes patients.

A study suggests that those consuming the highest amounts of dietary fibre, especially cereal fibre, may benefit from a reduction in developing type 2 diabetes. The study shows a slight decline in fasting blood glucose concentration and a small decrease in glycosylated haemoglobin percentage for individuals with type 2 diabetes who add -glucan or psyllium to their daily dietary

A study has concluded that people with daily cashew intake had lower insulin levels and marked blood sugar level control than those who did not consume cashews.

Cashew Butter provides a bunch of health benefits. Also, copper in cashew supports brain development, growth, immune system function,

products. Antioxidant activities of and blood clot formation. Phospho-Manganese helps the body perform chemical reactions and various enzymatic reactions, like converting food into energy. Magnesium supports the thyroid gland, which produces many hormones like thyroxine. So adding a spoonful or two to your daily diet could help you hit vour nutrition targets.

Ways to Include Cashew Butter in your **Daily Diet**

Cashew butter is easy to prepare at home. Many recipes suggest simply blending cashew nuts with oil or salt. Blend until it becomes a smooth and soft paste. Preparing cashew butter on your own allows you to control the taste and calorie intake according to your choice of

You can serve cashew butter with fresh baked cookies, bread, and toast, as well as in muffins and desserts. Also, you can add cashew butter to sayoury noodle dishes. smoothies, sandwiches, etc. You can go creative and add cashew butter spreads on crackers or in a bowl of fresh fruits as a snack. Finally, mix a spoonful of cashew butter into yoghurt or oatmeal for an extra pop of protein.

2 Day International Conference **Concludes in CUJ**

JAMMU, MARCH 3

Department of Zoology, Central University of

Jammu, organised two-day International Conference on advances in biological sciences for sustainable development ICABSSD - 2024 in the academic block of Central University

attended by renowned world food production. scientists, academicians, ence was graced by Prof. sor Noga elucidated the endocrinology. Sanjeev Jain, Hon'ble Vice impact of light pollution Chancellor Central Univer- on various species during the USA delivered a talk sity of Jammu.

Prof. Manoj Dhar, Director, AcSIR was the Chief of the sessions included guest of the inaugural ses- Dr. Roee Gutman Depart-Lal, Vice Chancellor, Clus- Natural Products, MIGAL, was Guest of Honour.

advances. Due to the large Yadav, GNDU, Amritsar, jeev Kumar Yadav, BHU. number of participants, Dr. Ramchandra Bhas-

comprised the keynote BHU, Dr. Vikas Babu, IIIM, talk delivered by Prof. Dr. Vinay Kumar Singh. Manoj Dhar, Director On Day 2 of the confer- Prof. Kuldeep K Sharma, Ms. Nitika Mehra, Mr.



her discourse.

Other eminent speakers Ltd. Dr. Shashank Maurya, The technical sessions BHU, Dr. Himanshu Yadav, India in the conference.

AcSIR on tackling global ence the three technical Vice Chancellor, Himala- Ashutosh and Mr. Rohit.

hunger through techno- parallel sessions began The mega event was logical interventions in with keynote lectures on and Ashutosh Mukhervarious fields of exper- jee fellow of ISCA and Second Keynote Speak- tise. The keynote speakentrepreneurs and indus- er was Prof. Noga Korn- ers were Prof. Bechan Lal, trialists across the country field - Schor from Faculty Vice Chancellor, Cluster and abroad. The inaugu- of Life Sciences at Tel Aviv University of Jammu who ral session of the confer- University, USA. Profes- delivered a talk on fish

Prof. Kevin Lin, from on Neurology. Other invited speakers were Prof. Neera Tiwari Singh from Michigan State University, sion while Prof. Bechan ment of Nutrition and USA, Dr. Ashish Dwivedi, from Michigan State Uniter University of Jammu Galilee Research Institute, versity, USA, Dr. Ratnakar Israel, Prof. Akhil Gupta, Tripathi, from Columbia Dr. Ashok Yadav the SKUAST, Jammu, Dr. Missouri, Prof. Singaraconvener of the confer- Raghav Mishra, BHU Vara- vel from BHU, Prof. S K ence gave an overview of nasi, Prof. B.K. Bajaj, Uni- Jha from JNU, Prof. Ranjit the conference empha-versity of Jammu, Dr. Felix Kumar, Central University sizing on the importance Bast, Central University of of Nagaland, Prof. Bikash of sustainable develop- Punjab, Prof. Santashree Mehdi, PGIMER, Chanment in the world of bio- Banerjee, Jilin University, digarh, Dr. Ashish Tyagi, logical and technological China, Dr. Suresh Kumar Texas, USA and Dr. San-

A total number of 120 the conference proceed- karan, Chief scientific offi- oral and poster presenings were carried out in cer and Lab director from tations were delivered three parallel technical Nucleome Informatics Pvt. by the participants from various universities across

valedictory session was Chib, Ms. Shaveta Padha,

yan University, Itanagar the guest of honour was

Life Sciences, JNU. The Convener of the conference read the conference report. The best young scientist awards in oral and poster presentations were announced in the valedictory session and were distributed by the chief guest. Prof. Kuldeep K Sharma. The conference proceedings culminated with vote of thanks by Dr. Stanzin Ladol and formal vote of thanks was presented by Dr. Dhanananjay Kumar, Co-convener of the confer-

Prof. S K Jha, School of

The overall program was successfully organized by the organizing secretary of the conference, Dr. Shvetambri Jasrotia and the organizing team Dr. Vinita Sharma, Dr. Stanzin Ladol, Dr. Dilip Mansotra, Dr. Khushaal Kumar, Dr. Nidhi Slathia, research scholars, Mr. Yogesh, The chief guest of the Mr. Tundup, Ms. Anchal

Operation lotus not working for AAP

JAMMU, MAR 3

Reacting to the chest thumping guarantee of PM Modi, at Bhopal & now in everywhere, regarding taking stringent action against corrupt politician in the country, the BJP government at the centre instead, is admitting all the scamsters & fraudsters into his Party and shamelessly claiming to give a guarantee to the countrymen to take strict action, is now fully exposed the countrymen as also the world that whatever BJP leaders assert is a JUMLAS & nothing short of it & the Modi's guarantees a bundle of openly declared that all lies, this was stated by Sr. AAP leader, Mr. Kulreferring to the height of hypocrisy in the part of BJP in general & PM Modi in particular where, Modi in his open speech in Bhopal, MP, on 27 June, 2023, he thumped his own chest and gave a guarantee to the country that will soon take action against the corrupt persons but to the astonishment of one & all, he inducted 9 cabinet Ministers in Maharashtra government by breaking NCP including Ajit Pawar against whom ED & CBI have registered scam, & made him Dy. CM, the Chhagan Bhujbal, Dhananjay Mudey, Hassan Mushrif & recently former Maharashtra Chief Minis-



BJP openly accused of in Council of Ministers & departments etc & U.T. WINE IN NEW BOTTLES".

seconds.

constructing 1 model vilinto "washing machine"

MLAs in Delhi & Punjab will be fast on the track of governments. He further progress and transparensaid that BJP led Govern- cy, is apparently a hollow ment has been completely slogan on the part of U.T. exposed because of white administration and in fact lies. What about the prom- nothing has changed on ises/JUMLAs/now guaran- ground and apparently we tees of, 15 lacs into the are in a situation of "Old accounts of each house wine in new bottles." The hold, doubling the income appointing, re-appointing of farmers by ending 2022, & rewarding to corrupt MSP to the benefit of farm- bureaucrats remained ers, 2 crore jobs every same as before abrogation year, removing corrup- of Art.370. The poor edupolitics, lowering prices eral & Kashmir in particuof Diesel, Petrol, domes- lar remained victims due tic gas, sand, Bajri, stones, to non seriousness of sucabout unemployment. every year? etc, and that marriages of some highly people are fed up with educated youths were not them and badly see an held at a proper time & it workers, laborers and towards drug addiction pro-people policies of & militancy. Mr. Rao said now and that all the mission based & caste people can't be befooled based political system. He for all the time as the has appealed to all those the game of polarization, politics of caste & religion Rao further said that the of all traditional Political & want peace, equality & BJP & Prime Minister Modi Parties so called the savior justice to all irrespective cannot talk about fight- of Hindus & Muslims. Mr. of caste, creed or colour in ing corruption now; the Rao further said that the J&K UT and want Kejriwal tainted leaders under the poor people of J&K have model of development scanner of ED & CBI for not got any benefit of Art. i.e world class education corruption have been put 370 before its abrogation & health in government & will never get any ben-schools & hospitals, free & cases in 70,000 crores & BJP's detergent washing efit after its abrogation. cheap electricity & water most infamous Irrigation powder cleans all spots in Only politicians got its etc in J&K UT too like benefit before its abroga- that of Delhi, join & sup-Strange, the Modi tion & will get benefit after port in the formation of washing powder & opera- abrogation too. The per- Aam Aadmi Party, in J&K tion Lotus failed to take ception that corruption UT. He further said that effect in case of Manish in the U.T post abrogation the formation of some Sisodia, Satyinder Jain, of Art.370 will get a death new outfit in J&K UT is a from the Congress Party Sanjay Singh and AAP blow particularly in RDD, gathering of spent forces & joined BJP, to whom Councilors in MCD & also Health, Education, R&B and tantamount to "OLD

Training cum awareness camp concluded at Skuast-Jammu under DBT project

JI NEWS SERVICE JAMMU, MAR 3

Two days training cum awareness program on "Goat and Poultry rearing and management" was concluded under DBT-GOI funded project entitled "Socio-Economic Upliftment of Poor Farmers through Animal Husbandince" at Panchyat Bhawan Pura. of Village Saida, and

cal camp & awareness the occurrence of diseases clinical /training camp and programs were organized among the livestock, and awareness program. under the patronage of therefore sufferings of ani-Prof. (Dr.) B.N. Tripathi, mals and farmers can be ect Associate-I, Division of Hon'ble Vice-Chancellor minimized, thereby can be Veterinary Pharmacology SKUAST-Jammu and under made into profitable and and Toxicology, SKUASTthe guidance of Dr. S. K. sustainable enterprise. He Jammu spoke about vari-Gupta, Director Research, also highlighted the effects ous deworming and vac-Katoch, Dean, Dean, Fac- ways out. He also prompt- the enterprise into profit- division and his team.



ry using Scientific Inter- ulty of Veterinary Sciences ed the farmers to take up ventions in Jammu Prov- & Animal Husbandry, R. S. the goat and poultry enterprises including the proj-The PI, Veterinary ect related to goat & poul-Badoli of district Kathua, Pharmacology and Toxi- try, which can be made Jammu from 29th Feb to cology, FVSc & A.H, into big profitable and 1st March, 2024 includ- SKUAST-Jammu empha- sustainable enterprize. He ing the Clinical Camp and sized the importance of also distributed the anthelawareness Program, next management in livestock mintic and ectoparasitic rearing, He stated that drugs including the min-These training / clini- management can reduce eral mixture during stated

Dr. Sheetal Dogra, Proj-

The participants were happy to be associated with the SKUAST-Jammu and were eager for any such program.

Dr. Nrip Kishore Pankaj,

Principal Investigator of DBT project spoke about the various toxic plants found around our vicinity that can be very toxic and hazardous to the animals, may kill the animals if taken, and the measures to avoid such exposure. He also talked about medicinal plants around, can be used in humans and animals. He further thanked the participants from village Saida, Badoli and Loukhli of district Kathua, Jammu for their active participation. He gave special thanks to Dr. Suresh Dingra ji and his team for their support at Saida, and Sh Kamal Singh ji, former Sarpanch, Badoli, and Vikram Singh SKUAST-Jammu and of endo and ectoparasites cination plans useful to of Loukhli, Kathua as well supervision of Dr Rajesh on our livestock and the animal owners to convert as non-teaching staff of the

Deputation of All J&K Gaddi Sabha Calls on Secretary Tribal Affairs J&K

JI NEWS SERVICE

DODA, MAR 3

A deputation of All J&K Gaddi Sabha led by State President Sh Parveen Jaryal met with Secretary Tribal aaffairs J&K Sh Shiv Anant Tayal and congratulated him on assuming charge as secretary tribal affairs of J&K.

The deputation also submitted a memorandum of demands to the secretary highlighting the most genuine demands of Gaddi Sippi tion of Tribal Development quarters etc.



tribes such as road connec- Board and construction of tivity to the villages and hostels for accomodation Affairs assured the depu- committed to resolving the hamlets inhabited by the of Gaddi Sippi students at tation that their genuine issues of tribal communities tribal population, constitu- all tehsil and district head- demands will be fulfilled so as to ensure tribal devel-

on priority basis. He reiter- opment on priority basis.

The Secretary Tribal ated that the government is

GDC Udhampur organises a Sintilating Mega Cultural Festival in collaboration with JKAACL

JI NEWS SERVICE UDHAMPUR, MAR 3

ter Ashok Chavan resigned

GDC Udhampur, under the aegis of IQAC and in collaboration with J&K Academy of Art, Culture and Languages, organised a One Day Cultural Festival at the college ground in which 15 teams across the Jammu division presented various cultural, folk dance and music performances.

The programme was organised under the patronage of Secretary JKAACL, Shri Bharat Singh Manhas. The event, under the able guidance of Principal GDC Udhampur, Prof.(Dr) Romesh Kumar Gupta, was hosted by GDC Udhampur. The programme started with the floral welcome of the chief guest, Padamshree Prof Shiv Nirmohi,a renowned dogri writer and the other dignitaries, including the guest of honour, Prof Anjali Mahajan, Principal college Prof (Dr) Romesh lighting of the ceremonial

While speaking on the occasion, Sh Bharat Singh Manhas, Secretary JK AACL welcomed the chief guest and dignitaries present on the occasion and also lauded the artists who their talent through singing and dancing. In regard and music, he said that the national but also at the Kumar and party, Mohan Physics).



international level, which Lal and party aswellas deserves accolades from Ashok Kumar and party. Chief guest on the occaevery corner of the world. After watching the beau-

pant of GDC Udhampur. The Principal of the everyone involved in the college Prof.(Dr) Romesh successful culmination of Kumar Gupta appreciated the cultural festival. While the cultural committee, sharing his experiences the music department, as a student, professor, NCC cadets and NCC writer and Padmshree ANOs, NSS volunteers and awardee, he said that he NSS POs, and other teaching and non-teaching staff tunity to gain knowledge of the college, who played and wisdom no matter a pivotal role in organising where and whom it came GDC Nagrota and a pro- the event and making it a from, and also to motilific Dogri poet and writer great success. He further vate the budding talent, Sh Prakash Premi, by the said that such cultural which has been a crux of worthy Principal of the events should be organ- his success story. He furised in institutions to bring ther advised the audience, Kumar Gupta, followed by forward the hidden talent especially the students, to of students and such pro- be optimistic, determined, grammes provide a great confident and, last but platform to young budding

secretary also announced

colours of of Dogra culture in the form of singing and dancing included four to organise a Youth culhave come to showcase parties from GDC Udham- tural Festival in collaborapur, Subash Brahmnu and party, Neeta Adarsh to the increasing popular- and party, Des Raj and handled by the two eloity of Dogri culture, art party, Rakesh and party, quent speakers, Dr Revika Ashok Hans and party, the love and dedication Dhani Ram and party, of Dogri students towards VD Shrushta and party, Sharma. A formal vote of their culture has proven Zuleikha Farid and party, thanks was presented by their mettle not only at Mohan Lal and party, Sunil Prof Suresh Dogra (HOD

sion, Prof. Shiv Nirmohi, tiful performances, the appreciated GDC Udhampur, JKAACL, the exhilarat-Rs 1350/- for every particiing performances of the singers and dancers and never missed an oppornot least, honest in their efforts to achieve success The folk parties that pre- in life because success sented various shades and without honesty, morality

and ethics is fruitless. The college is planning tion with JKAACL in near future. The stage was aptly Arora (Convener Cultural Committee) and Dr Pankaj

Manjit Singh expresses shock over loss of life at Chassana house collapse in Reasi

JI NEWS SERVICE

Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has expressed shock over the loss of life that includes a mother and her two children in a house collapse.

The house collapsed following a devastating landslide that triggered heavy rains at Chassana village in Mahore Sub-Division of Reasi District.

As per a press release, S. Manjit Singh expressed his concern over the loss of life in a tragic incident that has consumed three lives following a house collapse in Chassana.

"I express my condolences to the family members," he said, while asking the administration to provide needed financial support to the next of kins of the deceased family members and immediately rehabilitate them at a safer place.

Meanwhile, he said that the heavy rains, and strong wind have damaged properties and blocked the road connectivity and electricity in many areas should be restored. He also demanded that the administration across Jammu Region should send the assessment teams of various departments in their respective districts in hilly areas so that adequate compensation can be provided to the victim families.

The people have suffered loss of property, agricultural land, standing crops, human lives, live stocks, or cattles etc, he said and demanded adequate compensation to the victims.

Jugal Kishore Sharma Ji attended the closing ceremony of Mega Exhibition Gatisheel Jammu and Kashmir

JAMMU MAR 3

Geological Survey of India ing stalls. (GSI); Shri Mayak Kumar Tayagi Ji, Director of different government Inland Waterways Author- department participated schemes and policies.

(CGWB) under the Ministry of Jal Shakti, Newspace India Limited (NSIL), Today marked the cul- Soil and Land Use Survey mination of the 3-day of India, National Dairy mega exhibition, Gatish- Development Board under eel Jammu and Kashmir, the Ministry of Animal with the presence of Shri Husbandry and Fisheries, Jugal Kishore Sharma Ji Reserve Bank of India, at the closing ceremony. and Geological Survey of Joining him on the panel India under the Ministry were esteemed dignitar- of Mines. Additionally, ies including Shri Pradeep Jammu and Kashmir Milk Singh Chandel Ji, Senior Producers Co-operative Scientist at DRDO TBRL Limited (JKMPCL) and Lab; Shri P.S. Misra, AMUL were also recog-Deputy Director General of nized for their outstand-In the exhibition many

ity of India; and Director and showcased as Defence of Prayass Events and Research Development Exhibitions, Smt. Meetu Organization (DRDO), Paul Ji. The exhibition's New Space India Limited primary objective was to (NSIL), Indian council enhance public awareness of agricultural research about various government (ICAR), Indian Council of Medical Research The prestigious Best (ICMR), Geological Survey mission (KVIC), Agricul- Water Board (CGWB), Stall Trophies were of India (GSI), Reserve Bank ture Infrastructure Fund Maharashtra Bamboo awarded to notable orga- of India (RBI), Ministry of (AIF), Bureau of Indian Development Board, nizations including the Earth Sciences (MOES), Defence Research and AMUL, Bharat Petro- tourism , Jawaharlal Development Organisa- leum Corporation limited Nehru Port Authority tion (DRDO), Amul, Inland (BPCL), Department of (JNPA), Inland Waterways zation (NATMO), National Waterways Authority of agricultural research and authority of India, Cochin India, Indian Council of education (DARE), Soil and shipyard corporation (NDDB), Himalayan Forest Forestry Research and land use survey of India limited, Ministry of Jal Education - Himalayan (SLUSI), Protection of plant Shakti Pradhan mantra Forest Research Insti- varieties and farmers right Krishi Sinchayee Yojana tute (ICFRE-HFRI), Cen- authority(PPVFRA), Khadi (PMKSY), Ministry of Jal





Standards (BIS),India tral Ground Water Board & Village Industries Com- Shakti, Central Ground

Sakoli Bamboo Cluster (MBDB), National Atlas and thematic mapping organi-Dairy Development Board research Institute (HFRI), Aryabhatta Research Institute of Observational Sciences (ARIES), Agriculture aligned with the exhibiand Processed Food Prod-tion's primary objective.

ucts Export Development Authority (APEDA),Indian Railway Construction International Limited (IRCON), Marine Products Export Development Authority (MAPEDA), Department of Agriculture Research and Education (DARE), Aakash Institute and Development Commissioner for Handicrafts.

The exhibition aims to establish an engaging platform for the residents of Jammu to interact with a diverse range of government departments and institutions. Its objective is to provide valuable insights into welfare schemes and policies, benefiting attendees of all ages, including students. Moreover, visitors will have the chance to explore potential career paths and educational opportunities across various fields, thereby enriching their knowledge and prospects for the future.

The exhibition witnessed significant success with a large turnout of the general public, including school and college students, who gained valuable information about various government departments. This outcome perfectly

Samagra Shiksha organizes Hearing **Assessment Camps for Children with** Special Needs in Udhampur District

JI NEWS SERVICE UDMAPUR, MAR 3

In observance of World Hearing Day, Samagra Shiksha, in collaboration with JK Electronic Ears Prime Speech & Hearing Clinic, has undertaken a significant initiative to organize hearing assessment camps for children with special needs (CWSN) in Udhampur, Jammu &

Kashmir.

Under the adept leadership of Chief Education Officer Smt. Geetu Bangotra, and in partnership during the camp, ensurwith Dr. Navneet Gupta, Assistant Professor at interventions are provided the Department of ENT, to enhance their educa-Audiologist in Jammu, held at JK Electronic Ear the participants were pro-Prime Speech & Hearing vided with refreshments Clinic near Pine Villa guest and all transportation Office, Ramnagar. house, Udhampur. This expenses were covered for camp specifically catered their convenience. to hearing-impaired children aged 6-18 from vari-Udhampur.

assessed and screened ule for upcoming camps: pur district.

ing that vital support and ASCOMS, and Consultant tional journey and overall Speech & Hearing Clinic quality of life. Notably, the near Pine Villa, Udhamthe inaugural camp was organizers ensured that pur.

Babey and Majalta, Ghordi and Panchari -March 4th, 2024, at JK Electronic Ear Prime

Ramnagar & Kulwanta - March 6th, 2024, at ZEO

Chenani and Dudu -March 7th, 2024, at CMS Building upon the suc- Chenani. These camps cess of this initiative, simi- underscore the commitous educational zones lar camps are scheduled ment of Samagra Shiksha including Jib, Tikri, and to be organized for other towards inclusive educaeducational zones within tion and ensuring accessi-A total of over 50 chil- the Udhampur district. bility for children with spedren were diligently The following is the sched-cial needs across Udham-

Vivek Chauhan Honored as Hon'ble Patron of District Mountaineering Association, Jammu



JI NEWS SERVICE

Jammu, at Press Club of tion of J&K. Jammu. The honour was activities in Jammu.

The Chief Guest Ash-MLA, greeted the Patron ing him flowers. Vivek Chauhan by galanding him on the occa- tion of Vivek Chauhan, the first ever female athothers who garlanded tioned that Oriental Acad- in the Asian Games. the Patron included the emy was the first institu-Presiding Guest Rahul tion which joined Tawi Sanjeev Gupta, Chairman, students for the first rock Patron. The Shri Ram Universal climbing camp conduct-School, Jakh and Patron ed by the club at Circu- han expressed his grati-District Mountaineer- lar road, Jammu in 1984. tude to the District Assoing Association, Samba; Since then the institu- ciation for bestowing Gaurav Charak, Principal, tion has not looked back him with the honour and Humanity Public School, and has been regularly promised his continued

Vivek Chauhan, Principal and President District the club. Oriental Academy Sr. Sec- Mountaineering Associaand a veteran member Khajuria, Sumit Khajuria

han as a mark of gratitude, General Secretary, Navneet from Jammu, she added. respect and recognition of Gupta, Vice President, his selfless service and the Shilpa Charak, Joint Sec- that these contributions contribution made by him retary and Shashi Kant by Sh.Vivek Chauhan and and his prestigious insti- Sharma, Treasurer of his prestigious institution tution for the sustained District Mountaineering have paid rich dividends promotion of adventure Association, Jammu and as Jammu has the proutive member also greeted of producing top ranked wani Sharma, former Vivek Chauhan by present- national climbers led by

Vatika, Kunwani; Val- way or the other by parvinder Singh, Manager, ticipating and patronising DB N group of Schools innumerable activities of

Vivek Chauhan has ondary School, Jammu tion, Doda besides Ram personaly sponsored many coaching camps for of Tawi Trekkers J&K was and Shawetica Khajuria, budding as well as senior nominated as Hon'ble President, Vice President climbers at Jammu and at Patron of District Moun- and General Secretary of Indian Mountaineering taineering Association, Mountaineering Associa- Foundation, New Delhi with the sole vision to pro-Rakesh Goswami, Pres- duce international sport conferred on Vivek Chau- ident; Sonam Sidharth, climbers and medalists

Anu Sharma, an execu- dict Associationrivilege Shivani Charak who has While reading the Cita- the distinction of being sion. Prominent among Shawetica Khajuria men- lete of J&K to participate

Concluding the citation Shawetica expressed her Sharma, Chairman, Trekkers J&K 40 years deep appreciation of Vivek Sprawling Buds ICSE back in 1983 and partici- Chauhan's passion, dedi-School, Jammu and pated in the first short trek cation and commitment Patron of Tawi Trekkers from Mansar to Jammu in to promotion of adventure J&K; Rameshwar Mengi, 1983. The prestigious instiactivities and said that Chairman, Shiksha Nik- tution also has the unique the district association is etan Group of Schools; distiction of deputing its honoured to have him as

In the end Vivek Chau-Bari Brahmana; Rasheek contributing towards the support for the promotion Mengi, Director, Pushap progress of the club in one of adventure activities.

JKBS elects Rashpal Bhardwaj as Chief Election Commissioner, nominates Seema Devi as Mahila Wing President

JI NEWS SERVICE JAMMU, MAR 3

The Jammu and Kashmir Batwal Sabha held a meeting at Shahzadpur Kothi here today which was attended by a large number of Batwal community members hailing from different corners.

The meeting unanimously elected Rashpal tary, respectively. Bhardwaj as JKBS' Chief ident and General Secre- han Bhardwaj as Organsis- Kumar.



Besides, the meeting

ing Secretaries.

Prominent among those Election Commissioner expanded its executive who were present in the and nominated Seema body by including into it meeting were Messrs Dilay Devi, Panch Pinki Devi and Ujjagar Singh Bassa as Vice Ram, Rachhpal Kaith, R Poli Devi as JKBS'Mahila President and Darshan L Kaith, Birender Kaith, Wing President, Vice Pres- Kumar Lakhotra & Guch- Chuni Lal and Sanjeev

Bahujan Samaj Party pays tribute to Late Somraj Majotra on Birth Anniversary in Kathua district

KATHUA, MAR 3

Bahujan Samaj Party organized a solemn program in Kathua district on Saturday to honor the memory of the party's former state president, late Somraj Majotra, on his birth anniversary. The tribute ceremony, presided over by State Gen- head Raman Kumar, Tara Rajaram and Coordinator event. of Jammu and Kashmir his portrait.

member Nagari, Sandeep soon reveal the names of principles and objectives.



Sardar Raja Singh, district tions.

respects to the late Som the party in Jammu and people. Raj Majotra by offering Kashmir. He emphasized

Majotra, state treasurer candidates for future elec-

State President Dareral Secretary of Bahujan Chand, Chaman Lal, and shan Rana paid heartfelt Samaj Party, Sunil Majo- Dr. Shyam Lal, among homage to the late presitra, witnessed the partici- others. The presence of dent, acknowledging his pation of esteemed guests dedicated party workers instrumental role in fortiincluding former MP added solemnity to the fying the party's presence in Jammu and Kashmir. He During the ceremony, urged party members to of Bahujan Samaj Party. BSP's Jammu Kashmir redouble their efforts to State President of Bahu- Coordinator and former bolster the party's grassjan Samaj Party, Darshan MP Raja Ram reflected roots support and reaf-Rana, graced the event as on the significant confirmed the party's committhe guest of honor, where- tributions of late Somraj ment to advocating for the in party workers paid their Majotra in strengthening welfare of the common

Other party leaders, flowers and garlands on the importance of con-including S. Raja Singh tinuing the legacy of the and Chaman Lal, also The occasion was late leader and reiterated expressed their sentiments attended by hundreds the party's readiness for and paid their respects to of individuals, including upcoming elections. He the former president. The senior Bahujan Samaj also highlighted the ongo- event served as a poignant Party leaders such as coning public relations cam-reminder of the enduring vener Gurbaksh Gaurav, paign aimed at expand- legacy of late Somraj Majogeneral secretary Shashi ing the party's reach and tra and underscored the Bhushan Thapa, District announced that the party unwavering dedication of Development Council high command would Bahujan Samaj Party to its

started at SDH Bishnah

Pulse Polio Program



JI NEWS SERVICE BISHNAH (JAMMU), MAR 3

Block Medical Officer their children falling in the ,SDH Bishnah Dr Shamim Ahmed Choudhary along with Shri Surjeet Kumar, noting the country's lead-Sr. Pharmacist and Staff ing role in immunisation. Members Started Pulse Worth mentioning, today, Polio Program at Bishnah. there will be booth day DDC Member Bishnah Sh where the children will be Dharminder Kumar was brought to the vaccination Invited as Chief Guest on booth, and on the next the occassion and Cor- two days, door-to-door porator Sahil Gupta was campaigns will be held Invited as Special Guest in which the left-outs will on the occasion.

BMO Dr Shamim thanked DDC Member Ahmed Choudhary told Dharminder Kumar and that under five years of Corporator Sahil Gupta age will receive oral polio for their Presence in the vaccine during a three-day Programs.

age group to the nearby health centres on the day, be covered. He further

Pulse Polio Immunisation

drive starting today. He

also urged people to take

Dr. Preeti Bhagat organised free medical camp at chohala panchayat

JI NEWS SERVICE JAMMU, MAR 3

Social Activist Dr. Preeti Bhagat has said that the diseases which earlier used to affect people of 60-70 years of age, are now being seen in youth of 30 and 35 years of age also. The biggest reason is wrong eating habits and lack of exercise. If people start adopting a



healthy lifestyle and pay eating habits, then dis- a great extent. Dr. Preeti free medicines. SHe said and provide them health special attention to their eases can be avoided to Bhagat gave these suggest that the biggest reason facilities.

tions to the people for illness among the during the medical youth is mental stress and camp organized in excessive use of mobile. Chohala village of Youth should invest their Suchetgarh assem- energy in positive things, bly constituency. use mobile phones less More than 100 for work and spend time people from Cho- in sports. SHe said that hala and surround- there has been improveing areas partici- ment in health facilities pated in this camp in rural areas but a lot and benefited from still needs to be done in free health con- this, her only effort is to sultation and also reach out to the people

BJP set to secure over 400 seats, form next Govt in Lok Sabha polls: Bali Bhagat

JI NEWS SERVICE JAMMU, MAR 3

Bali Bhagat, senior BJP leader and former minister today asserted that the BJP will form the next government at the Centre by winning more than 400 seats in the upcoming Lok Sabha elections.

He was speaking during a public meeting organized by the Party's Social Sampark Vibagh at Chinore in Jammu North Assembly Constituency.

the senior BJP leader kash Sharma, Convenor expressed his optimism Jammu North constituen- tude, Bali Bhagat specifiin the Bharatiya Janata cy, former JMC Vice Chair- cally thanked Prime Min-Party (BJP) forming the man Kuldip Singh Chib, ister Modi and the Central Centre by winning more Manhas and Mohinder reposing confidence in Dr.

The public meeting Rohit Kumar. witnessed the presence juria, who presided widespread confidence for their candidacy. over the function. The within the BJP regarding



During the event, Singh Jamwal, Ved Par- in the upcoming polls.

such as advocate Ranjit ty in the party's ability to Territory and make the Singh Jamwal, Sukh Dev secure a decisive victory

Expressing his gratithan 400 plus seats in Bhagat. Other attendees Jitendra Singh and Jugal Chib, Rashpal Singh, and ting MPs of Udhampur and Jammu, and recom-While addressing the mending them as candiof distinguished individuggathering, the senior BJP dates for the upcoming als, including former MP leader underscores Par- Lok Sabha elections. He Shamsher Singh Manhas ty's ambitious electoral also extended his congratand Pandit Ashok Kha- goals and reflects the ulations to both the MPs

gathering also included its electoral prospects. He workers to reach out to Development for All, and various senior leaders expressed utmost certain- every corner of the Union Trust of All).

general public aware of the achievements of the Modi government. He emphasized the importance of ensuring the victory of all BIP candidates next government at the former Corporators Rekha Parliamentary Board for in the upcoming elections. Additionally, Bali Bhagat also appealed to the Conthe upcoming Lok Sabha included Joginder Singh Kishore Sharma, both sit-venor and Co-Convenors of all the ninety assembly constituencies of Jammu and Kashmir to engage with diverse social and religious groups. He urged them to spread the message of "Sab Ka Saath, Sab Ka Vikas, Aur Sab Ka Vish-Bhagat urged the party was" (Together with All,

Jan urges Govt to announce comprehensive package for snow and rain-affected people of PirPanchal

JI NEWS SERVICE

JAMMU, MARCH 3

Ajaz Jan, Provincial President of Youth for Jammu and Kashmir National Conference (JKNC), Jammu, today conducted a visit to the remote areas of Poonch and Mandi today to assess the aftermath of severe weather conditions. Witnessing the extensive damage caused by heavy snowfall and incessant rains, he expressed profound concern for the Islamabad, NoonBandi, announce a comprehen- reaching out to the affectwell-being of the affected Kirni, Manhaar Gontrian, sive package for the affect- ed populations despite the

Sathra, Galipindi, Saloo- he added. nian, Jandroola, Kehnoo, Chakaatroo, Khri Karmara, NC leader urgently called trict administration for its hussain and others.



During his visit, Salootri, Kanoian Upper, Poonch districts. Such heavy snowfall and remote the former Legislator Gulpur, Banpat Mangnar, measures are essential to locations. observed that numer- Qasba, Dingla Chandak, providing immediate relief ous areas like Sawjian, Shahpour, Bandicheich- and facilitating the resto- Conference continues to Gagrian, Chamber, Duno- ian, Kusalian, Surankot, ration of normalcy in the stand by the snow and gam, Beedar, Baloni, Baila Mendhar, Dharal, Budhal, lives of those affected. on Mandi Phagla road, Noshera, Rajouri, Manja-

In response to these

Gulpur, Sain Baba block, upon the government to commendable efforts in Saral, Khanitar, Bainch, ed families in Rajouri and daunting circumstances of

Trichal, Marnote, Arai kot, and Thanamandi have unwavering support of Party's commitment to road PMGSY, Seikloo, Arai suffered significant infra- the J&K National Confer- tirelessly work for the Peeran, Haveli, Malkan, structural damages due to ence for the people during Loran Wand, Tantrian, the adverse weather conthese challenging times. Bela Bala, Batalkote, Bara- ditions. With forecasts pre- He urged party workers char, Kharapa, Chickry dicting further snowfall in to stand in solidarity with Ban, Lohil Beela, Mahar- the coming days, the situ- the snow and rain-affected kote, Sib, Pleara, Rajpura, ation remains critical for communities and extend Fathepur, Dhara, Block the affected communities, all necessary assistance Mukhtar Rathoor, Abdul and support.

Kulani Narhad, Upper challenges, the senior also commended the dis- Bakhtwar Malik, ch Noor

As the J&K National rain-affected communi-Ajaz Jan reiterated the ties, Jan reaffirmed the welfare and upliftment of all residents of Jammu and Kashmir. Those who accompanied are Khalil Lone, Abdul Razak, Prvinder singh, Bashir Ahmed, Jabar, saleem Lone, Jelani, The senior NC leader ch Shabir, Sadiq Khan,

Congress will win Jammu Lok Sabha with a thumping majority: Vikar

JI NEWS SERVICE JAMMU 3 MARCH

JKPCC President, today held detailed discussions regarding the preparations for the upcoming Presidents of Jammu rural Coordination and unity elections. constituencies including among party members brought together crucial elections. intakes from these conthe party's victory.

challenges that may arise Lok Sabha elections is not achieving our goals. during the election pro- only possible but achievand to give their best ning, setting the stage for General Secretaries and Mandeep Choudhary.



Lok Sabha elections with efforts in strengthening a focused and determined Senior leaders and Block the party at every level. campaign leading up to the

The meeting discussed RS Pura Jammu South, were highlighted as essen-various aspects of the Nagrota, Bishnah, and tial elements for achieving campaign, from grassroots Suchetgarh. The meeting success in the upcoming mobilisation to engaging with the local community He expressed his confi- and spreading our party's stituencies to strategise for dence in the abilities and message effectively. It is commitment of the party imperative that we leave Vikar, stressed the members, affirming his no stone unturned in our importance of being well- belief that through collec- pursuit of victory and prepared to tackle any tive efforts, victory in the work tirelessly towards

Prominent who attendcess. He urged party lead- able. The meeting served ed the meeting District raj Sharma, Sr Vice Presiers and workers to exhibit as a platform for construc- Rural Incharge Vice Presiunwavering dedication tive discussions and plandent Shri Vinod Sharma,

Narinder Gupta, Pt Pawan Raina, Shashi Sharma, T S Tony, Inayat Rather, Balbir Singh, Chairman Minority Rajinder Singh Nathu, Chairman SC Cell Karan Bhagat, Chairman Social Media Deptt Jatin K Raina, Vice Chairman Kisan Daleep Kumar, Working President Rural Badrinath Sharma and Charnjeet Bhagat, Sr Vice President Rural M R Puri, Gen Sec Rajesh Sharma, Bharat Bhushan Kundal, DCC Sec Dev Raj, Block President Bishnah Vijay Tagotra, Miran Sahib Gurmeet Singh, Arnia Kailash Saini, Suchetgarh Ajib Motton, Block President Kisan Cell Bishnah Mool dent Arnia Naresh Kumar, Ex Sarpanch Sham Bhagat

Khatana shocked over deaths, losses in heavy rainfall

JI NEWS SERVICE

JAMMU, MARCH 3

Expressing concern over the deaths and damages caused to the property and livestock due to incessant rains in Jammu and Kashmir Union Territory, senior BJP leader and Member of Parliament (Rajya Sabha), Gulam Ali Khatana on Sunday said that both the Divisional Development Commissioners should take cogaffected persons. In a statement issued to affected people.

the media organizations on Sunday, the senior BJP injured in the calamity Khatana said. leader said that district should be provided best



administrations as well as divisional administrations along with the depart-Commissioners of Jammu ments like Animal Hus- dra Modi at the Centre province that the natuas well as that of Kashmir bandry, Agriculture etc and under Lieutenant ral calamity has caused along with all the District should assess losses suf- Governor Manoj Sinha in havoc in which many fered by the poor people Union Territory of Jammu cattle have also been due to the rains, snowfall, and Kashmir, the govern-killed and the crops also nizance of the wrath of hailstorms, landslides etc ment is determined for suffered immense losses. nature's fury and help the and initiate the process the welfare of all and

duly compensated.

telephonic calls from the shall be taken promptly. affected people who are

He said that any delay calamity.

treatment and the family from the part of adminmembers of those killed istration and governin house collapse cases, ment officers and officials landslides etc should be for providing relief to the calamity hit people The MP informed that should not be tolerated at he is regularly receiving all and a strict not of that

The MP Rajya Sabha crying for help and their said that there are reports miseries are really heart from many parts of Kashmir and also from Rajouri, "Under the leadership Reasi, Doda, Ramban and of Prime Minister Naren- other areas of Jammu

Khatana also prayed for early relief to the none should suffer due for peace to those killed to red tapism in govern- in the incessant rains Khatana said that the ment offices," BJP leader and for quick recovery to those hurt in the natural

Ganesh appeals parents not to allow their minor children to drive two-wheelers to avoid accidents

JI NEWS SERVICE

JAMMU, MAR 3

Shiv Sena Hindustan Party Youth President Ganesh Choudhary along with other Shiv Sainiks and women visited Mata Rani Baba Wali. Ganesh Choudhary said that accidents are happening every day. It is very sad. Ganesh Choudhary said that today we visited Mata Rani Baba Wali received the blessings of Mata Rani. Ganesh Chaudhary said that today we prayed at the feet of Mata Rani, may the blessings of Mata Rani remain on our entire India and Jammu and Kashmir. Ganesh Chaudall the public, said that do



Ganesh Chaudhary said from driving too fast and accidents are taking place serve the people.

too fast. Ganesh Chaud- to drive too fast. Ganesh their lives. Therefore, we hary also appealed to the Chaudhary appealed to all should stop our chilyouth and said that vehi- all the public and said that dren from driving fast and cles should not be driven get a new plan installed understand that if there hary, while appealing to too fast. Drive slowly so on your vehicles which is life, then there is the that you can save your is stamped so that your world. Ganesh Choudhary not allow your small chil- life, Ganesh Chaudhary vehicles cannot move. said that whatever life has dren to drive vehicles and said while appealing to Ganesh Chaudhary said been given to us by Shri motorcycles so that acci- all the public that they that due to driving fast Bhagwan Ji, we should use dents can be prevented. should stop their children vehicles, thousands of it to serve the people and

GOVERNMENT OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENGINEER **MECHANICAL DIVISION RTIC JAMMU Notice INVITING TENDER**

e- NIT MDJ/ RTIC/73 of 2023-24 Dated 29-02-2024

For and on behalf of the "Lt. Governor of Union Territory of Jammu and Kashmir", The Executive Engineer Mechanical Division RTIC Jammu, invites online bids by e tendering mode from eligible bidders/ tenderers /firms dealing with electromechanical

Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Earnest Money	Validity of Rates
Providing of material for routine maintenance and operation of machinery installed at Tawi Pump House Jammu	Mechanical Division RTIC Jammu	200.00 (Rs. 100/- for PMT DIC/ SSI Registered Firms) (Non-Refundable) In the shape of treasury Challan only in favour of the Executive Engineer, Mechanical Division RTIC Jammu payable at Jammu	Rs.1850/= (Rs 950 for DIC/SSI Registered Firms) In the shape of CDR/FDR pledged to the Executive Engineer Mechanical Division RTIC Jammu	Bid shall be valid for 180 days

Position of Funds

Available

- Bid documents can be seen at and downloaded from the website http://jktenders.gov.in from 01-03-2024 (10:00 A.M) and uploaded upto 11-03-2024 (1:00 P.M). The tender shall be opened on 12-03-2024 (1:00 P.M).
- The complete bidding process will be online http://jktenders.gov.ir Bids must be accompanied by cost of Tender Document and bid security/ earnest money as specified in column 3 & 4 of the table. The cost of tender documents should be in the form of Treasury Challan only in favour of Executive Engineer, Mechanical Division RTIC Jammu.
- Furnishing of Hard copies of documents pertaining to e bids immediately after submission of e tenders have been dispensed with as per Govt Order No. O.M. no. A/24(2017-651) dated 07-06-2018. The same shall be obtained only from the bidder who is declared as L-1 after opening of Financial Bids.
- The hard copy of cost of tender document in shape of Treasury Challan and Earnest Money including other relevant documents must be delivered by L-1 to the office of the Executive Engineer, Mechanical Division RTIC Jammu within 03 days of opening of tender. The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/
- tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the said earnest money shall stand forfeited. The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer
- Mechanical Division, RTIC, Jammu on 12-03-2024 at 1:00 P.M The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the
- Executive Engineer Mechanical Division, RTIC, Jammu during office hours on a convenient day. Other details can be seen inside the detailed tender document

No: MDJ/RTIC/2028-31

Dated 29-02-2024

Executive Engineer Mechanical Division RTIC, Jammu

DIP/J-15645/23 Date: 2-3-24

Peace, governance & economy badly hit under BJP rule: Bhalla upcoming Lok Sabha Polls: Tony

JAMMU, MAR 3

JKPCC Working President Raman Bhalla on Sunday said that people of Jammu and Kashmir were expressing their pain and anguish against the BJP Govt and its anti-people polices. This was stated by former Minister while interacting with prominent persons of Jammu District constituencies including Sarpanchs, Panchs, Block Presidents ,Booth Presidents and other office bearers. Prominent among those present Jasbir Jassi, and others.

prices under control. The is the only truly secular, ed prices of all essential Jammu and Kashmir on al harmony, peace and commodities and unreathe path of peace, progsecularism and reject the sonable taxes. All sections ress and harmony while forces of exploitation and of society are worst suf- the forces of hatred would hatred for a better future, ferers under BJP regime. create wedge in the soci- for which Congress is The Jammu and Kashmir ety and the regions for the truly secular, demotops in the unemploy- vote bank politics. ment in the country and frustrated due to wrong cal scenario in Jammu & Kashmir on the path progpolicy of the government. Kashmir, where Congress ress and prosperity along-Lakhs of educated youth's party is fast emerging as with rest of the country. are without jobs in Jammu the only choice of people and Kashmir while the because of its progres- insensitive dispensation daily wagers, need based, sive, democratic and has plunged the State into contractual and other secular policies. He said unprecedented crisis, temporary employees are that secularism is the the development has protesting for regulariza- strength of Indian Nation come to a grinding halt

stant price-hike, people and the nation to the path The former Minister said in all parts of country of peace, progress and lack of political direction were taking to streets to prosperity by strength- has terribly impacted under Congress regime. express anger over the ening secular fabric and the administration that increase of prices of essen- maintaining communal is seen wanting in every sion, encroachment and tial commodities of life but harmony, while asserting sector. In this context, he this callous govt has not that the grand old party referred to the adminis- power of Panchayats by moved even an inch to is a force to reckon and trative breakdown, devel- ruling class making the address this burning issue welcomed the joining of opmental paralysis and existing Panchayat Raj and infect busy in poll more and more important poor condition of utility system virtually defunct ing about grievances of cal parties. common man. It divided line for vote bank politics. exploitation and negative Jammu. This has made the were altered, interfered He said the government, politics, as people of the life of people, particularly and even MGNREGA and after coming into power, erstwhile state appreci- in the Jammu region mis- BADP funds were allohad been increasing the ate and participate in the erable. prices of oil, gas and elec- vibrant democracy of this



on the occasion include leaders used to claim. He all consequential rights Block President Ajaib said that the incompetent and the popular govern-Motton, Block President rulers even failed to proment is restored people's Bushan Kumar Reddy, vide any relief to common unrest will not end. People Shamsher Singh, Satpal man during festive occa- feel cheated, divided, Spolia, Balwinder Singh sions also. It shows their deprived, downgraded Rinku Dita Ram, Neeraj intentions and love for with loss of dignity, status Kumar, Rakesh Meenia, people as prices of daily and genuine tights, which use commodities are cut was never expected by Speaking on the occa- on the occasions of reli- them even in dream. sion, Bhalla said that the gious festivals in the whole Jammu and Kashmir has unprecedented price world but here the claim- the distinction of being rise and record unem- ants of 'Naya J&K' snatched the most religious harmoployment especially in the right of living from nious place in the country Jammu and Kashmir, the the masses, especially the against grave provocations Modi government has poor class," said Bhalla. He and the long spell of terutterly failed to bring the said that Congress party rorism, he added. common man is suffer- democratic and progres- people to look back to ing due to unprecedent- sive force which can keep the history of tradition-

Bhalla appealed the cratic, nationalist and Bhalla extensively dealt progressive force to lead

While the present and only Congress can and governance at the Bhalla said that con- lead the erstwhile state lowest ebb", Bhalla said. campaigns least bother- leaders from other politi- services which have led and non-existent," Bhalla Bhalla said that there scarcity and frequent load that the even developmenthe country on communal is no place for politics of shedding in most parts of tal plans of Panchayats

great nation for a better with respect to rations, members, thus encroach-The government has future and good gover- provision of agriculture ing upon the autonomy failed to provide relief to nance. However until the inputs to farmers and lack the masses which the BJP status of statehood with of basic minimum necessi-

ties to the people, Bhalla said, adding that the people are disillusioned and disenchanted with the present Government. He decried diversionary tactics being adopted by BJP to cover up their failures. "They are more talking politics and less attending to the woes of the people that have created a peculiar situation", he said and referred to various contentious issues raked up by BJP to satiate their constituencies.

While the people have

been left to fend for themselves, BJP indulging in real politics to escape responsibility, he maintained. Congress party established PR system in the country to decentralize and devolve powers to the lowest level with further strengthening the educated youth are with emerging politi- the people of Jammu and the PRI's through 73rd and 74th amendment under the leadership of late Rajiv Gandhi, which ensured reservation of 33% to women besides SC/ STs as per population, in the grass root institutions of democracy. It was the result of Congress struggle that finally all good provisions of the Central legislation were incorporated in the State Panchayat laws

> BJP rule witnessed erousurpation of routine to acute drinking water said here today. He said cated without taking into Similar is the scenario confidence the panchayat and normal functioning of Panchayats, Bhalla added.

INDIA Bloc to clean sweep

JI NEWS SERVICE JAMMU, MAR 3

Taranjit Singh Tony, General Secretary of J&K Congress and DDC Member Suchetgarh, has boldly proclaimed that the INDIA Bloc is poised to achieve a resounding victory in the upcoming Lok Sabha polls, signaling a seismic shift in the political landscape of Jammu & Kash-

Interacting with people of South Constituency here today, the senior Congress leader asserted that the INDIA Bloc will sweep the upcoming polls in the country, delivering a decisive blow to the Saffron Party and its strategy of repeat candidates who have failed to address the region. He emphasized that the repeated nomination of ineffective candidates reflects the party's disdain for genuine representation and accountability.

Tony highlighted the negligence of two-times sitting Members of Par-

sure of hundreds of gov- materialized." ernment schools, imposition of property tax, and leader criticized Prime dence in the INDIA Bloc,

meters in the Jammu region. He emphasized consistently fallen flat, elections. He called upon that instead of addressing labeling them as mere the electorate to reject these issues, the BJP has rhetoric devoid of sub- the BJP's tokenism and opted to repeat old can-stance. He pointed out the embrace a new era of govdidates, demonstrating a palpable discontentment ernance that prioritizes pressing issues facing the blatant disregard for the among the populace, evigenuine progress and electorate.

didates indicates their cavalier attitude towards have been let down time where the voices of the the people of Jammu. The and again by hollow prompeople are heard and their sitting Members of Parlia- ises and superficial ges- concerns are addressed," ment have failed to rep-tures. The BJP's insistence Tony said, adding that it's resent the voices of daily on recycling ineffective time to reclaim our future wage earners and have candidates only reinforces and demand the leaderliament towards pressing merely offered empty their disconnect from the ship that we deserve."

The senior Congress lofty guarantees that have dent in the widespread accountability. "The BJP's repeated dissatisfaction expressed

concerns such as the clo-promises that have never ground realities of J&K,"

Tony expressed confithe installation of smart Minister Modi for making predicting a resounding victory in the upcoming

"In 2024, the INDIA Bloc selection of the same can- on social media platforms. will usher in a new dawn "The people of Jammu for Jammu & Kashmir, one

Rajnath Singh to inaugurate DefConnect 2024 to encourage indigenous defence innovation

NEW DELHI, MAR 3

Taking a giant leap forward towards promoting and facilitating partnerships to address the evolving security challenges, Excellence-Defence (iDEX-DIO), under the oration, innovation, and lenges (OC), receiving gies. aegis of Department of entrepreneurship in the more than 9,000 appli-Defence Production, Ministry of Defence, is organ-Manekshaw Centre, New Delhi on March 04, 2024. The event will be inaugu- sector. rated by Raksha Mantri Shri Rajnath Singh.

defence innovation land- end users, nodals and Discussion on Women as field.

scape, bringing together domain experts. This col- Drivers of Change' ahead ing the Armed Forces, innovation and smoothly Day on March 08, 2024. defence industry leaders, integrate advancements aims to facilitate meaningful engagements, show-

allows military person- Border Roads Organisa- umbrella organisation to DefConnect 2024 rep- nel to work with innova- tion and other agencies. oversee technology develresents a significant mile- tors in a co-development The event will also wit- opment and potential colstone in the country's model. They serve as ness an All-Women Panel laborations in this specific

insights of the end user.

key stakeholders includ- laboration helps guide of International Women's

The showcase of cutstart-ups, academia, and into existing platforms by ting-edge technologies indigenous innovation policymakers. The event leveraging expertise and developed by iDEX winners is going to be the key Till date, iDEX has attraction for all the visicase cutting-edge tech- launched 10 rounds of tors. It will offer a unique Innovations for Defence nologies and is poised to Defence India Start-up opportunity to meet iDEX be a transformative plat- Challenge (DISC) and 11 start-ups and understand Innovation Organisation form for fostering collab-rounds of Open Chal-their innovative technolo-

The iDEX, launched defence sector. The event cations from individual by Prime Minister Shri will attract a large number innovators and start-ups Narendra Modi in 2018, ising DefConnect 2024 at of innovators and inves- against challenges from essentially provides a tors from India's leading the Tri-Services, Defence unified platform for variindustries in the defence Space Agency, Defence ous stakeholders in the Public Sector Undertak- defence and aerospace The iDEX framework ings, Indian Coast Guard, sectors. It acts like an

Joining program by Shiv Sena at Shuhma and Chadoora

JI NEWS SERVICE JAMMU, MAR 3

In major boost to the party joining program was organised by Naseer Ahmad Lone at District Ganderbal & Mohammad Rafi Najar at District Budgam where scores political member & Youth of different Political Parties joined Shiv Sena in the presence of Sh. Bilal Ahmad Sheikh Kashmir Division General Secretary (Organisation) & Majeed Ahmad Dar District Presi-

dent Baramula. Sh. Ashwani Gupta State President, Sh. Sanjay Bhat State Secretary (Organisation) /Prabhari & State Youth President Ajay Dhar joined the joining program through Video Conferencing. Sh. Ashwani Gupta welcomed the new member in the party fold to work with respect to the teachings of BalaSahib and Eknath Shinde. He further asked them to reach to public and bring the genuine problem in the notice knowledge of administration, so that relief to be

provided. ment is our main agenda & to aware people about & many more



further he emphasized the the importance of taking DEVELOPMENT programs every vote matters. in the Districts for the benefit of the youth.

to fight for the rights of public & asked all mem- to serve the people. bers to work for the betterment of the society.

While addressing the

need for conducting SKILL part in electoral process as

Newly Nominated Vice President Kashmir Divi-Bilal Ahmad Sheikh sion Naseer Ahmad Lone said we the Shiv Sena has thanked the Party Leadership for giving me chance

The others who were present in the joining program are Mohd. Rafiq, function State Youth Ali Mohd. Yatoo, Lagtee President Sh. Ajay Dhar Ahmad Ganie, Lafteef said that ShivSena is rap- Ahmad Teli, Nazeer idly expanding its base in Ahmad Malla, Ab. Gani While addressing the JKUT and the party will Ganie, Mohd. Shero Ganie, function Sh. Sanjay Bhat have approach every- Mohd. Saleem Ganie, said Shiv Sena party is for where in the state. He fur- Parvaz Ah Bakshi, Irshad the public and develop- ther appealed the youth Ah Reshi, Altaf Ah shiekh

Bukhari urges admin to provide compensation to people affected by rain, and windstorms JI NEWS SERVICE

SRINAGAR, MAR 3

Apni Party President Altaf Bukhari, on Sunday urged the administration to provide compensation to the people who have suffered significant losses due to the recent rainfall and gusty windstorms in several areas across Jammu and Kashmir.

He emphasised the urgency of dispatching official teams to conduct a thorough assessment of the damage caused in the affected areas.

Gusty winds and heavy rainfall caused damage to the property in various parts of Jammu and Kashmir during the past 2 days.

"I am deeply saddened to know that the recent adverse weather has wreaked havoc in many areas in the valley and Jammu. Hundreds of houses, orchards, and trees have suffered significant damage due to the gusty winds and heavy rainfall. I urge the administration to step forward with necessary assistance and provide adequate compensation to the affected people", Bukhari said in a statement.

Dimple joins 3 days polio drops campaign, giving polio drops to children along with doctors, health, anganwadi staff

JAMMU, MAR 3

Sunil Dimple president mission statehood Jammu Kashmir along with the director health, CMO, janipur medical staff Dr Indu & with the anganwadi workers inaugurated polio booth, participated in polio drops and started three days polio drops utsav, function at booths on Janipur high court road in ward number 16, 17, 18, of polio from India. new plot, sarwal & on janipur high court road.

along with parents came dispensary, anganwadi, to the polio booths and took polio drops.

no polio case has been at doorstep. deducted in recent last

of drs of director health, Thousands of children family welfare, staff, CMO, asha workers, had done hard work to eradicate Dr Indu announced that Polio by giving Polio drops second day tomorrow the dren.

the mission of eradication said this polio utsav will be to those who left on the many others.

celebrated for three days Dr Indu said joint efforts in jammu kashmir.

day the polio drops will be given to all at polio

polio drops teams will go Sunil Dimple presi- to the children and will years and for all this the dent mission statehood be given door to door at credit goes to the medical addressing and inaugurat houses. The polio drops to Veena Sharma, Vaishno staff who are involved in ing the polio drops utsav the children will be given Sharma ,Anita Devi and

of anganwadi, asha, health department will cover all lanes, houses, slum basties, to give polio drops to the laborers basties to the children. Dimple

first day.

Не on the third

day the polio

drops teams

said

appealed to the parents He said today is the first to get their children polio drops to make India a strong nation. Dimple also gave polio

Dimple said on the drops to few small chil-The others are Dr Indu,

Ekta, Sunil Dimple, Alam Khan, Rakesh Kumar, Mrs

Khelenge Betiyaan Khilenge Betiyaan

Wushu Sisters Ayeera, Ansa clinch Gold Medal at Russian Moscow Stars Wushu International Championship



JI NEWS SERVICE SRINAGAR, MARCH 3

Chishti and Ayeera Chishti fraternity of J&K. Great brought laurels to India, especially Jammu & tional medal for Ayeera as Kashmir by clinching Gold she won Gold in Georgia medals in Russian Moscow and Bronze in World chamstars Wushu International Championship going on in Moscow from 28 February until 5th March 2024.

beat their Russian opponents in the finals and this prestigious award. made their fans proud as

lier. Now it's 3rd consecutive medal in international Wushu Championship for

who was shortlisted for

Similarly, Ansa won Wushu Sisters, Ansa well as the entire sports 2nd Medal in international Wushu Champi-This is the 3rd Interna- onship, earlier she won Silver in Georgia International Wushu Championship. With today's medal, pionship at Indonesia ear- she has won her 1st Gold medal in international championship.

Notably, both players Both players performed her and last year she was are National Champions exceptionally in their also shortlisted for State in their weight category as

respective weight catego- Award. Ayeera is the 1st they won many medals in ries of 52 and 56. They Wushu Female Athlete National championships. Judicial Academy's 2 day orientation program on "Wildlife and Forest

Conservation Laws" concludes

JI NEWS SERVICE JAMMU, MARCH 3

The two day orientation programme on "Wildlife and Forest Conservation Laws", organised by J&K Judicial Academy in collaboration with WWF-India, for Iudicial Officers and J&K Forest Department concluded here today at J&K Judicial Academy, Janipur.

The brain storming deliberations of day one had already set the tone and tenor of the second

day orientation. National Commission on he added. He said that stock. Agriculture, 1976 (NCA) the local inhabitants over mercial species.

ern Himalayas Program, resources all over India resource persons. WWF-India, chaired the and at present, the UTs second session.

tion issues and challenges and 15 Wildlife Sanctuaring vote of thanks.



in Jammu. He said that ies for the in-situ conser-On the second day, the the twin UTs of J&K and vation of biological diverfirst session was jointly Ladakh are divided into sity. These protected areas conducted by Moulika three main geographical cover different altitudinal Arabhi and Tejas Singh regions namely the Pir zones ranging from tropi-Kapoor, CEL, WWF-India, Panjal, the Zanskar and cal to alpine. He stated who gave a legal and the middle mountain of that development of conpolicy overview on Envi- Lesser Himalaya. It sup- servation technologies of ronment, Forest and Wild-ports the vegetation from threatened/economically life. They said that there sub-tropical zone to alpine important plants will not have been three forest zone and forms a complex only help in promoting policy announcements in habitat which supports a mass cultivation in farmindependent India; the number of rare, endemic ers fields but also, help in Forest Policy of 1952, the and threatened plants, reducing pressure on wild

All the sessions were and the 1988 Forest Policy. exploits some of the cominteractive during which The policy emphasised mercially viable medicinal all the participants scientific conservation plants for personal gains actively participated and and emphasis was laid on which are traded either shared their experiences, conversion of low value in the local or outside the and also discussed varimixed forests to high UT markets. He empha- ous aspects of the subject value plantation of com- sized that Central and UT/ topics. They also raised a State Governments have number of queries which Rohit Rattan, Associ- attempted for the in-situ were answered satisate Coordinator, West- conservation of biological factorily by the worthy

The programme conof J&K and Ladakh com- cluded with Yash Paul The resource person prises of one Biosphere Bourney, Director, J&K deliberated on conserva- Reserve, 4 National Parks Judicial Academy present-

LG inaugurates 23rd All India Police Water Sports Championship 2023-24 (Men & Women) at Srinagar



JI NEWS SERVICE

SRINAGAR, MARCH 3

Lieutenant Governor Shri Manoj Sinha today inaugurated the 23rd All India Police Water Sports Championship 2023-24 (Men & Women), at Srinagar.

The Lt Governor welcomed and extended his best wishes to all the sportspersons, organizers and sports enthusiasts for a very successful and memorable champion-

He congratulated the I&K Police for hosting the prestigious tournament and lauded its significant contribution in promoting sports and the holistic development of youth.

Over the last two decades, besides maintaining public order and tackling insurgency, the J&K Police has made a landmark as a host, for organizing 17 prestigious and high-profile All India Police Championships in a professional manner, the Lt Governor said.

"Sports, and in particular, water Sports, embody the spirit of discipline, teamwork, and resilience. These qualities resonate with the principles that our law enforcement agencies uphold in their duty to safeguard our communities. The lessons learned during the competitions are a testament to the values that shape our professional lives," he said.

Aziz Ahmad Rather assumes charge of ADC Handwara



JI NEWS SERVICE KUPWARA, MARCH 03

Aziz Ahmad Rather on Saturday assumed the charge of Additional Deputy Commissioner (ADC) Handwara.

He was given warm welcome by Tehsildar Handwara, Zeeshan Khan and other officers of various departments.

After assuming the charge, the ADC called an introductory meeting of officers and enjoined them to work diligently towards the welfare of the people besides emphasized on the redressal of public grievances.

On the occasion, he was apprised with the situation and arrangements put in place owing to inclement weather conditions and snowfall.

Later, the ADC visited several villages of Handwara Sub-division to assess the snow clearance operation to open roads for public transportation and restoration of

warm hospitality and magnificent sights of Jammu Kashmir and return as a Governor further added.

I am confident the vis- Lt Governor also paid iting players and team homage to the brave members will enjoy the hearts of Police and security forces for their selfless service to the nation. A total of 30 teams (20

brand ambassador of UT Men & 10 Women) comof Jammu Kashmir, the Lt prising about 500 players On the occasion, the Team Managers are partic-opment Council Srinagar, at the inaugural ceremony.



ipating in the tournament. senior officials of Police,

RR Swain, DGP; Sh Vijay Security Forces and UT Kumar, ADGP, Armed, Law administration, eminent & Order, Sh Aftab Malik, sportspersons and sports and 60 Technical officials, Chairman, District Devel- enthusiasts were present



DR. ROUNAQ'S

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6.Fetal doppler scan

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8. High risk pregnancy scans - Doppler in

fetal growth restriction.Screening for

preclampsia Thalasemia screening Discordant twins intrauterine growth

restriction

9.Usg for cervical length

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12.Usg for gynaecological pathology.

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14.Usg for breast

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amplification)

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7.Radiofrequency ablation for complicated multiple gestation.

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