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# Shah slams oppn for dynastic politics, says BJP is only party with opportunity for youth

**AGENCIES** 

JALGAON (MAHA), MAR 5

Targeting parties in Opposition's INDIA grouping for `promoting dynasties', Union Home Minister Amit Shah on Tuesday urged the youth to vote for those who would strengthen democracy.

How could the parties which promote "Parivarvaad" (leadership of one family) within their organisations strengthen the Jalgaon. democracy of the country,



"Vote for the parties in North Maharashtra's will get opportunities only Sonia (Gandhi) is trying to Vajpayee left office as

"(Prime Minister Nar-Shah asked, speaking at a that would strengthen endra) Modi is trying to youth rally organised by democracy," he said, while put a man on the moon, politics, Shah alleged. the Bharatiya Janata Party claiming that the youth and (Congress leader)

it to the destination.

Pawar wants to make his of the UPA government, daughter CM, Mamata Didi (Mamata Banerjee) wants Modi made the country to make her nephew CM, and (M K) Stalin wants to make his son CM," the a "vote for Bharat" and senior BJP leader said.

Modi promote dynastic

When Atal Bihari

launch her son Rahul for prime minister, the counthe 20th time. She tried 19 try's economy had risen times, but he never made to become the 11th largest in the world, while "Sonia is trying to make "Manmohan Singh and Rahul PM, Uddhav (Thac-Sonia Gandhi" kept the keray) wants to make his country in the same posison Aaditya CM, (Sharad) tion during the ten years

Shah said, adding that

the fifth largest economy.

A vote for the BJP meant making Modi prime minis-All "INDI alliance" par- ter for the third time, Shah ties which are opposing said, adding that it also meant a vote for the glorious future of the youth. "Modi's guarantee

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### Efforts underway to ensure 100 pc smart metering in J&K by 2026: PDD

JAMMU, MAR 5

Development Departed that the areas 'saturated with smart meters' are experiencing significantly reduced losses and improved power supply.

modern prepaid metering mately distribution. Often,

market.

son said it is important to measurement throughout recognize that electricity these stages, it's worth isn't a free service; rather, noting that accurate mea-"Concerted efforts are it incurs costs at every surement and accounting underway to convert the stage of its journey, from of electricity consumption entire consumer base of generation at the source at the consumers' end Jammu and Kashmir to the to transmission and ulti-remains a

systems so as to ensure a consumers are only aware better power supply", the of the distribution agency, spokesperson said while remaining unaware of the Stating that Jammu and rebutting the misinfor- intermediate stages and Kashmir is the only Union mation being circulated entities involved in sup-Territory across the coun- across the social media plying electricity to them. try where consumers are platforms, featuring At each juncture of the still provided electricity women protesting against supply chain, accurate without meters, a Spokes- electricity meters, stated measurement of electricperson of the Power that electricity is a comity is paramount to mainmodity, similar to other tain a supply-demand ment (PDD) today assert- goods available in the balance, ensuring the financial viability of the As such, the Spokesper-sector. Despite meticulous

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### J&K enthusiastic to welcome PM Modi: Chug

JI NEWS SERVICE

SRINAGAR, MAR 5

Bharatiya Janata Party's (BJP) National General Secretary and Incharge Jammu & Kashmir, Tarun Chug on Tuesday said that the people across Jammu & Kashmir enthusiastic and keen to welcome the Prime Minister Narendra Modi on March 07, saying that the Union Territory has been taken Modi's leadership.

known for the terrorism news agency. , is now considered as the tourism capital. It is PM Modi 'Sab ka saath, tions are being ensured. all because of the PM's sab ka vishwas, sab ka ment and peace here. ible in Jammu & Kashmir, too believe in PM Modi him," he said. KNO



to the new heights under PM's dream with regard adding that every village to J&K is turning into real- is getting the proper road "J&K, which was ity," Chug said as per the connectivity, two AIIMS have been constructed, He said the vision of and tap water connec-

work towards develop- sath' is completely vis- India, people of Kashmir and are keen to welcome

and have tremendous love for him. Nearly 1.5 lakh to 2 lakh people will participate in the rally of PM Modi here. There is lot of enthusiasm among "Like other parts of the people for PM Modi

#### PMs visit to Srinagar

### CBSE urges Srinagar Distt Admin to help class X, XII candidates in reaching examination centers

JI NEWS SERVICE

SRINAGAR, MAR 5

In view of Prime Minister's visit to Srinagar on of School Education (CBSE) Monday urged 12th standard candidates in reaching their respective examination centers with all safety protocols.

CBSE regional offi-Deputy Commissioner on this date. Srinagar said CBSE class X and XII 2024 annual centers of Srinagar where the examination timings concern for all schools examinations are being these examinations are are from 10:30 am to and candidates. KNO

held across the country going to be held includes 1:30pm with candidates

district administration agency, CBSE informed bal Hatbara Srinagar, KV valid CBSE admit cards Srinagar to help 10th and the district administra- NO. 1 Srinagar, KV NO. 2 to reach their respection that there is a major exam of CBSE of Class X Social Science and there candidates of Class X and in place," the communiis also exam of Class XII 10 candidates from Class Legal Studies subject that XII from across Srinagar the arrival of candidates cer in a communiqué to is going to be conducted will appear through these at examination centers

The list of names of the

March-07, Central Board be held in Srinagar on J&K Minto Circle English examination centers. Medium High School Sri-According to the news nagar, J&K J N V Gander- help candidates with

> "Approximately, 824 centers," it reads.

and during these ongoing Army School Badami approaching and arriving examinations as informed Bagh Cantt Srinagar, at centers between 9:00 a major rally of Prime J&K Delhi Public School am and 10:00 am which Minister is scheduled to Pantha Chowk Srinagar, is the last time of entry at

"It is requested to tive examination centers with all safety protocols que reads. It also said that during safety protocols CBSE informed that of the PM visit will be a

### **JKBOSE** postpones 10th exams slated

JI NEWS SERVICE SRINAGAR, MAR 5

The Jammu and Kashmir Board of School Education (JKBOSE) Tuesday

postponed annual examination of 10th standard of Vocational Subjects slated on March-07. The board said that the vocational examination slated on March-07 in soft zones shall be held on April-04.

According to the news agency, Director Academics of JKBOSE in a notification said, "In view of unavoidable circumstances the examination of Vocational Subjects including agriculture, apparels, makeup and home furnishing, automotive, beauty and wellness, health core, IT& ITES. Physical Education & Sports, Plumbing/ Retail, security, telecommunication, tourism and hospitality, electronics and hardware of Secondary School Examination (Class 10th) Session Annual (Regular)2024 of Soft Zone areas of UT of Jammu & Kashmir, which was scheduled to be held on 07-03-2024 has been postponed and shall be held on 04-04-2024."

The board however said that the examination of rest of the subjects scheduled with immediate effect from March-11-2024 shall be held accordingly as per date sheet already issued in this behalf. KNO

### 2 die in late night Ramban accident

**AGENCIES** RAMBAN, MAR 5

At least two people died in a road accident after a vehicle they were travelling fell into deep george near Battery Chashma along Jammu Srinagar national highway in Ramban district laye on Monday night, an official said on Tuesday.

An official told news agency, that the driver of ill-fated cab was failed to negotiate a sharp curve, and the vehicle fell into a deep gorge about 150 meters near Battery Chashma, Ramban, on NH-44 at 12:30 am. He said soon after the accident police, civil QRT, and SDRF reached the accident spot and two occupants traveling in the said vehicle were retrieved and shifted to DH Ramban, where both were declared brought dead at hospital.

The deceased have been identified as Hakam Din, son of Abdul Rehman, aged about 25 years and Tariq Ahmed, son of Abdul Rashid, aged

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# Dr Jitendra Singh inaugurates landmark 'in-SPACE' centre to facilitate private investments, startups

AHMEDABAD, MAR 5 In a historic ceremony

here today, Minister Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh inaugurated the landmark firstof-its-kind "IN-SPACe" Technical Centre to facilitate private investments and StartUps in the Space sector. He was accompa-S.Somanath.

Speaking on the occasion, Dr Jitendra Singh said, India targets a five-



'India's Space economy today stands at a modest \$8 billion, but our own projection is that by 2040 ADL (Arthur D Little) India's quantum leap in fold increase in its share of it will multiply manifold. Report mentions that we the Space sector has only

international observers, for example the recent

nied by ISRO Chairman, the global space economy. But more interesting is could have the potential that according to some of \$100 Billion by 2040,"

he said. Dr Jitendra Singh said been possible after PM Modi took the courageous decision to "unlock" this sector from the "veil of secrecy".

"Prime Minister Narendra Modi has broken taboos of the past by opening the Space sector to public-private-participation," he said.

The Union Minister gave full credit to PM Modi for enabling India's Space scientists to vindicate the dream of their founding father Vikram Sarabhai by "unlocking" India's Space sector and providing an enabling milieu in which India's huge potential

CONTINUED ON → PAGE 4

### 6 Govt employees served Show Cause notice for attending political meeting at Rajouri

JI NEWS SERVICE SRINAGAR, MAR 5

Rajouri district administration has taken disciplinary action against government officials accused of attending a political gathering in the recent past. Reports suggest that a meeting, reportedly with political undertones, was con-

ous other government departments.

Government sources divulged to the news employees, including a Naib Tehsildar and an show cause notices for their purported involvevened at the residence ment in the aforemenof a retired police officer, tioned political gatherwith former minister and ing. The incident, which NC leader Mian Altaf in occurred several days ago

personnel from vari- from different profession- According to their narraal backgrounds such as tive, Mian Altaf, hailing engineering, healthcare, from a religious lineage, and education.

agency that approxi- Deputy Commissioner rather than participating mately 26 government Om Prakash Bhagat in overtly political activiemphasized the need for ties. accountability, direct-Assistant Sub-Inspector ing department heads to informed that the purthe implicated employ-

party have contested the characterization of the were Naib Tehsildar and ees, comprising officials gations of misconduct. investigation. KNO

was visited by individu-Addressing the matter, als seeking his blessings,

Furthermore, sources (ASI), have been served solicit explanations from ported presence of government personnel at the gathering has drawn However, proponents scrutiny, with reports of the accused political indicating that videos and photographs capturing their attendance have attendance. Notably, in Khevra, Rajouri, saw a gathering as politically been forwarded to higher among the participants diverse array of attend- motivated, refuting alle- authorities for further

### **Explosive substance recovered** near IB in Kathua

JI NEWS SERVICE

SRINAGAR, MAR 5

district of Jammu and stance near the India- ing. Pakistan international prompted a thorough investigation by local law enforcement agencies.

received by the news are being meticulously the vicinity of the border, has prompted height- Explosive Device (IED) in triggering immediate scru- ened vigilance, with law the vicinity, underscortiny. Subsequent examina- enforcement personnel ing the persistent secution revealed the presence and Border Security Force rity challenges faced by of an explosive substance (BSF) units intensifying border authorities. KNO

ening security concerns in the region. The exact Security forces in Kathua nature and composition this incident comes just of the explosive material thirteen days after a Kashmir Tuesday recov- have not been disclosed ered an explosive sub- as investigations are ongo-

According to reports ties prevalent in the area, cle. agency, a suspicious poly- explored. The discov- operations led to the thene bag was spotted in ery of the suspicious bag

within the bag, height- patrols and surveillance efforts along the border.

It is worth noting that similar security breach occurred in the same vicinity. On February 22, 2024, Police officials over- BSF personnel thwarted border. The recovery has seeing the probe have a Pakistani drone incuraffirmed that all possibili-sion in the Maniyari area ties, including potential of Hiranagar, driving away links to hunting activi- the unmanned aerial vehi-

> Subsequent search recovery of an Improvised

# NEWS

### DLSA Gbl kick-starts Legal Awareness Campaign/ Week in celebration of International Women's Day

GANDERBAL, MARCH 5

On the eve of celebration of International Women's Day, the District Legal Services Authority (DLSA) Ganderbal today kick-started a Legal awareness campaign/week in the district to raise awareness among the general public, particularly women.

The campaign was held under the chairmanship the main objective of orga-personal, social, economic, of Ritesh Kumar Dubey, Chairman DLSA Ganderbal make women in general DLSA Ganderbal.

The inaugural event was being provided to them. held at R.P School, Nagbal, Ganderbal, by organizing a women self-dependent, regard to their rights and legal awareness program for there is a need to promote women on Gender equality, Social empowerment, Ecowomen's empowerment, nomic empowerment, Protection of Women from Educational empower- LADC and Burjeena, Panel Domestic Violence, Dowry ment. Women Empower- Lawyer highlighted the and Maintenance and chalment implies the ability of issues related to women and lenges faced by women.

Secretary DLSA Ganderbal work and giving equal rights regarding women protection in her address highlighted to them in all spheres like and women empowerment



nizing the event that is to

political, legal etc.

She said that the DLSA and under the guidance of aware of their rights under Ganderbal provides free Nusrat Ali Hakak, Secretary law and other entitlements legal aid to the women who under various enactments face violence and discrimination in the society besides She said, in order to make making them aware with incentives being provided to them.

Tanveer Ashraf, Assistant women to make decisions provided information about Speaking on the occasion, with regard to their life and women's rights. Many acts

During the event, students of R.P School, Nagbal participated enthusiastically in various programs and also performed various activities like speeches, Cultural programs, Ladishah etc.

DLSA Ganderbal in its Endeavour to empower women had also availed the services of Tabasum Amin, Martial Arts Trainer who on spot taught group of students of R.P School, Nagbal with valuable self-defense techniques.

Later, students of R.P School, Nagbal, were felicitated by the Secretary, DLSA Ganderbal for their participation in various activities during the event. The program was also

attended by District Cultural Officer, CEO Office Ganderbal, Nodal Officer, CEO Office Ganderbal, Pr. R.P School, Nagbal, staff and PLVs of DLSA Ganderbal, faculty and students of R.P School, Nagbal.

### Adv Purnima pays floral tributes to Lala Hans Raj Mahajan

JI NEWS SERVICE

JAMMU, MAR 5

The Link Road Traders Association paid a heartfelt tribute to Sher-e-Duggar, Lala Hans Raj Mahajan, during a program held at Purani Mandi Chowk. The event saw an overwhelming participation of association members, BJP workers, and dignitaries, including Adv Purnima Sharma, spokesperson of BJP J&K and former deputy mayor.

The program commenced with Purnima Sharma and association members paying floral tributes to the legendary figure, Lala Hans Raj Mahajan, who left an indelible mark on the community with his tireless efforts and commitment towards the upliftment of the economically



Purnima Sharma highbetterment of the community.

"Lala Hans Raj Mahajan was a beacon of hope working to uplift the economically weaker sections firming the commitment of our society," she stated. had a far-reaching impact, Party to continue supand it is crucial for us to porting initiatives aimed at weaker sections of society. remember his selfless uplifting the marginalized

his legacy," she added.

The former Deputy Mayor urged also the participants to take inspiration from the life of Lala Hans

lighted the exemplary life Raj Mahajan and emulate and works of Lala Hans Raj his spirit of service and Mahajan. She shed light dedication. She emphaon his relentless dedica- sized the importance of tion to empowering the community involvement underprivileged sections and encouraged individuof society and his unwav- als to actively contribute ering commitment to the towards the betterment of society.

The event served as a platform to remember and honor the profound conand inspiration, tirelessly tributions made by Lala Hans Raj Mahajan, reafof the Link Road Traders "His contributions have Association and the BJP As the chief guest, Adv efforts and carry forward sections of society.

#### 05 Days Sericulture CBP concludes at **Bandipora**

JI NEWS SERVICE BANDIPORA, MARCH 05

Five days Sericulture Capacity Building Programme (CBP) concluded today at Bandipora.

The CBP which commenced on March, 01 was held at ITI Bandipora as part of the Holistic Agriculture Development Programme (HADP).

During the five days CBP, around 40 farmers were trained regarding scientific techniques and innovations in Sericulture related activities.

After successful completion of 05 days training programme, the department of Sericulture distributed tool kits and certificates among the farmers.

District Sericulture Officer Bandipora and other senior officers of the department were present.

### DC inaugurates one-day job fair



JI NEWS SERVICE

UDHAMPUR, MARCH 5

Udhampur, Saloni Rai today inaugurated a one- Udhampur participated day Job Fair at the District in the Job Fair. As many Employment & Counsel-

ticipation of several companies, including M/S LIC sion, the Deputy Comof India, SBI Life, M/S M/S Aditya Birla Capital, the Job fair and avail dif-International Solutions, sion Youth, and other departments. M/S Agile Herbals, M/S government initiatives. URBAN Money, M/S A.R. She emphasized the over a sanction letter to Systems, and M/S PRA- importance of skill train- a beneficiary of the Spur-MERICA Life Insurance, ing, self-employment, and ring Entrepreneurship Iniamong others, providing a exploring opportunities in tiative (SEI) Scheme under common platform for job the private sector beyond Mission Youth.

job providers.

More than 250 unemferent corners of District shortlisted by the partici-The event saw the par- pating companies.

Speaking on the occamissioner encouraged

seekers and private sector traditional government jobs.

Earlier, Priyanka Deputy Commissioner ployed youth from dif- Gupta, Assistant Director Employment Udhampur, welcomed the Deputy Commissioner and proas 140 job seekers were vided an overview of the participating companies. Several government departments, such as Agriculture and Horticulture, also took part in the Rajshree Automobiles, the youth to seize the Job Fair. The government M/S Pukhraj Health Care, opportunity provided by functionaries enlightened attendees about self-M/S Star Health & Allied ferent self-employment employment schemes Insurance Co., M/S J&T schemes, including Mis-offered by their respective

Later, the DC handed

### Samsung unveils Galaxy F15 5G with sAMOLED display, 4 generations of Android upgrades & 5 years of security updates

JI NEWS SERVICE JAMMU, MAR 5

Samsung, India's larg-

est electronics brand, announced the launch of Galaxy F15 5G that offers users a superior smartphone experience with several segmentonly features that sets it apart from its predecessors. Galaxy F15 5G stands out with a segment best 6000mAh battery and other segment-only features such as sAMOLED display, four generations of Android upgrades and five years of security updates ensuring users can enjoy the latest features and enhanced security for years to come.

"With Galaxy F15 5G, our first 2024 Galaxy F series smartphone, we customers' lives through India. powerful devices. The



signifies our unwavering dedication to meaningful innovation, enabling users to unlock their full potential," said Aditya are underlining our com- Babbar, Vice President, ment-best 6000mAh bat- their favourite entertain- ments. Galaxy F15 5G mitment to empower our MX Business, Samsung tery, we are ensuring a ment. Additionally, the also houses a 13MP front

"With multiple seg-

ing sAMOLED display, our promise of four generations of Android upgrades and five years of security updates alongside a seg-Galaxy F15 5G, especially feature ensures that the selfies.

dons the premium signa- throughout the day. ture Galaxy look, exudsunlight, is a breeze for lennial customers. Avail-Violet and Jazzy Green, Galaxy F15 5G offers a device for the users. choice of colours to match every style. Galaxy F15 5G comes with segment-best 6000 mAh battery that Stabilization (VDIS) to can power your smart- reduce blur or distortion phone for up to two days, in videos arising from allowing users to binge on unsteady or shaky movefun user experience with 25W Super-Fast Charging camera for crisp and clear

for the Gen Z generation device quickly regains who live a fast-paced life," power, keeping you conhe added. Galaxy F15 5G nected and productive

Along with impressive ing elegance and sophis- segment-only features, tication. Galaxy F15 5G Galaxy F15 5G is powfeatures a segment-only ered by the MediaTek 6.5" sAMOLED display Dimensity 6100+ chipset, for an immersive view- which is capable of haning experience. With the dling demanding tasks sAMOLED display, scroll- with ease. Additionally, ing through social media it comes with the RAM feeds, especially in bright plus feature, which provides extra virtual RAM of tech-savvy Gen Z and mil- upto 12 GB. This ensures smooth app operation able in Ash Black, Groovy and enhances multitasking capabilities of the

> 50MP triple camera setup with Video Digital Image

Galaxy F15 5G sports a

#### DC Rajouri reviews preparedness for Lok Sabha Elections

RAJOURI, MARCH 5

Deputy Commissioner Rajouri Om Prakash Bhagat, today presided over an important meeting of Nodal Officers to meticulously review the preparedness ahead of the forthcoming Lok Sabha

The meeting served as an important platform to sensitize all Nodal Officers regarding the roles and responsibilities of each officer during the electoral process. During the meeting, a threadbare discussion was held on various communication plan, sms monitoring, MCMC, matepower Management, EVM and VVPATs, training and

the officers to perform sibilities ranging from their duties with unwav- voters registration and ering dedication and a polling station manageutmost sense of responsiment to security arrange-

in ensuring the smooth and peaceful elections. process. He stressed the Commissioner expressed concerned officers.



process

ments and logistical coor-Addressing the offi- dination. He directed the cers, Deputy Commis- officers to show exemplary sioner emphasized the commitment and diligence paramount importance in discharging their duties, of meticulous planning recognizing their pivotal and flawless execution role in facilitating free, fair,

conduct of the electoral In conclusion, Deputy

adherence to electoral of the nodal officers to fulguidelines to uphold the fill their roles effectively, rial management, Man-sanctity of the democratic thereby contributing to the successful conduct of During the comprehen- the Lok Sabha elections in SVEEP, printing of ballot sive review, Deputy Com-Rajouri district. He reiterpapers, transport plan, missioner Om Prakash ated the unwavering comrandomisation of polling Bhagat meticulously out- mitment of the district lined the various tasks administration to uphold During the meeting, the and duties assigned to the the sanctity of the elec-Deputy Commissioner Om nodal officers, encompass- toral process and foster an Prakash Bhagat directed ing a wide array of respon- enabling environment for democratic participation.

The meeting was attended by the ADC Rajouri, Rajeev Kumar Khajuria; ACR, Mohd Jhangir Khan; ACP, Sheraz Chowhan; Dy DEO, Shakeel Ahmed ; DPO, Mohd Nawaz Choudhary; DWSO, Wakeel Ahmed Bhat; DTO, Mohd Bashir; ARTO, Pawan Kumar; EXEN PWD (R&B), Sardar Khan and other

#### BJP Will win Anantnag-Rajouri Parliamentary Seat with thumping majority: Ravinder Raina



JI NEWS SERVICE JAMMU, MAR 5

BJP President Ravinder Raina on Tuesday said Anantnag-Rajouri Parliamentary constituency in the forthcoming Lok Sabha polls 2024.

He said that people's love and affection to BJP in Kashmir valley led NC, frustration.

Raina who addressed south Kashmir's Anantwith thumping majority. He asserted that lotus will port towards the party.

people attended our rallies which is proof of people's love towards BJP. Wherever we are holding that lotus will bloom in public rallies and meetings people are lauding our efforts, which shows bright future for BJP in Kashmir valley," Raina He said our popular-

ity in Kashmir valley has PDP and Congress into frustrated NC, PDP and Congress who have been rejected by people. "NC, a massive public rally at PDP and Congress duped Barah area of Shangus in people of J&K for last seven decades. Raina said nag on Tuesday said that every Kashmiri is praising BJP will win Anantnag- Prime Minister Naren-Rajouri Parliament seat dra Modi for pro-people efforts, peace, development and prosperity. The surely bloom in Anantnag-regional political parties Rajouri constituency due will lost their address in to people's love and sup- the upcoming Lok Sabah

"Today thousands of

elections," he said.

## Campus building of KGBV Bhagwah nearing completion



JI NEWS SERVICE

DODA, MARCH 5

Balika Vidayala Bhagwah, presently operating from Temporary Campus, will soon get its own accom- dential facilities. modation as the new is nearing completion.

cer Dr.Anis Ahmed today structed building. visited the Institutions

accommodation.

The CEO interacted The Kastoraba Gandhi members of the school the love and affection of and inquired about the their parents. The school academic performance of warden and Zonal Eduthe students and the resi- cation Officer was also

building of the Institution Warden of the school / KGBV land with the rev-Zonal Education Officer enue authorities A team of the Educa- Bhagwah to prioritize the tion Department led by required fixtures/electrificers also visited Govern-Chief Education Officer cation facilities and other ment Girls UPS Bhagwah (CEO), Parkash Lal Thapa security related infrastructo check the attendance along with District Edu- ture for early shifting of of students and teachers cation and Planning Offi- the class to the newly con- in the school. The CEO

to assess the progress of staff members to work utilization of funds for work on the School Build- with dedication and overall development of ing and the temporary ensure better care of the the school.

girls students in the residential school so that they with the students and staff may not feel deprived of directed to taje up the The CEO directed the matter of demarcation of

Later, the team of offidirected the school man-The CEO exhorted the agement to make proper

Police arrests 2 drug peddlers

ing efforts to eradicate the one person namely Mohd

in Kulgam, Pulwama

JI NEWS SERVICE

Continuing its unwaver-

menace of drugs from the

society, Police have arrest-

substances from their pos-

lage Berigam intercepted

a suspicious person carry-

were able to recover 85

grams of charas like sub-

KULGAM, MAR 5

### Div Com Jammu unveils inspiring uniform of GS Sports Club

JAMMU, MAR 5 In a momentous event

aimed at fostering a healthy and drug-free community, GS Sports Club proudly unveiled its new uniform here today.

The unveiling ceremony was officiated by Divisional Commissioner Jammu, Ramesh Kumar, emphasizing the club's commitment to promoting sports and raising awareness to

President of the Club Atul Sudan, Senior Cricketer through its multifaceted and Media Manager JKCA initiatives. Rajesh Dhar and Senior athletic excellence and social responsibility.

The newly revealed border belt areas. uniform symbolizes unity,

efforts in organizing vari- education. ous sports events and



mental influence of drugs.

Advisor of the Club, Amit recalled the initiatives sports but also to use the Targotra, showcased the taken by the Club with platform to drive positive club's dedication to both regard to promoting change. Through various sports and health initia- sports events and awaretives, especially in the

The Club has the disdiscipline, and the spirit of tinction of being recsportsmanship, embody- ognised by Nehru Yuva ing the values that GS Kendra, Union Ministry of resolute in its mission to Sports Club champions in Youth Affairs and Sports use sports as a catalyst for its exceptional contri-In his address, Division- bution in the sports sector, The unveiling of the unial Commissioner Ramesh in eradication of drug form marks a significant Kumar lauded the club's abuse and in the field of milestone in the club's

awareness programs, rec- Kalra expressed his pride individual can realize their ognizing the pivotal role in the club's commitment full potential, free from they play in steering the to community welfare, the shadows of substance youth away from the detri-stating, "GS Sports Club abuse.

envisions a future where He expressed his confi- our youth can thrive, free steer the youth away from dence that GS Sports Club, from the grips of subthe clutches of substance under the leadership of stance abuse. The uniform Chief Patron Ranjeet Kalra we unveil today is not just

ness programs, we are empowering the youth to make informed choices and lead healthier lives."

**GS Sports Club remains** for positive social change. journey towards creating Chief Patron Ranjeet a community where every

#### The event, graced by and President Atul Sudan, fabric; it represents a colthe Chief Patron of GS would continue to make lective pledge to nurture Sports Club, Ranjeet Kalra, significant contributions a generation that excels in to community well-being both sports and life." President Atul Sudan reiterated the club's holis-On the occasion, the tic approach, stating, "Our Cricketer & Technical Divisional Commissioner aim is not only to excel in

# RAMBAN, MARCH 05

#### Development Council Ramban Dr Shamshad Shan today kick started socio-economic status of the construction work of to Gural Khad Bridge the PWD and is expected tivity to the locals.

via High School Dalwah to be dedicated to the under NABARD. This public in the next couple road was a long pend- of months. Many locals Chairperson District ing demand of people of along with several promithe area and on comple- nent persons of the area tion would improve the accompanied Chairperson DDC and thanked her for the Dalwah, Gural and fulfilling their long penda crucial road link from adjoining villages. The ing demand thereby pro-Panchayat Ghar Dalwah road is being executed by viding all weather connec-

### 3 Day Skill Development Programme on Drug Discovery and **Development begins at CSIR-IIIM**

Chairperson DDC Ramban kick starts

construction of Dalwah to Gural Khad

link road under NABARD

JI NEWS SERVICE JAMMU, MARCH 5

Basic Techniques in Drug Institute of Integrative gram aims to equip participants with skills and knowledge in the rapidly evolving field of drug discovery and development. 15 participants from different universities are being imparted the advance training and practical skills that envisages to effectively bridge the gaps in academic knowledge and practiscientists and researchtechnical sessions of the programme caters to stu-

discovery. Covering a cal acumen of the particispectrum of topics, from natural product research prehensive understand-A three-day skill devel- to modern drug disopment programme on covery techniques, the industry demands. He programme addresses Discovery and Develop- crucial aspects for indiment commenced here viduals aspiring for their today at CSIR - Indian professional growth in the pharmaceutical and Medicine, Jammu under biotechnology industhe patronage of Dr tries. The programme Zabeer Ahmed, Director was inaugurated by Er. Principal Scientist, NPMC CSIR-IIIM Jammu. The Abdul Rahim, Chief Sciadvanced training pro- entist and Head RMBD & informed that phytophar-IST Division, who in his maceutical assume a sigaddress welcomed the nificnat importance and participants of the programme and informed that CSIR-IIIM Jammu, as a constituent establishment of the Council of Scientific & Industrial Research has done poineering research in pharmacology and drug discovery through gainful utilization of the novel cal skills among young chemical entities derived process. Dr. Ravindra S. from natural products Phatake, Scientist in syners desirous in making and phyto-medicines. thetic organic chemistry substantial contributions The Institute is undertak- delved into the challenges in the field of health- ing dedicated initiatives associated with extracting care and medicine. The to integrate traditional single molecules from programme also aims knowledge with advanced plant organisms, providto strengthen the skill scientific approaches and ing a comprehensive perset and capacity of the methodology to pivot the spective on the intricacies young researchers and discovery of novel thera- of the field. He detailed scientists working in the peutic agents for drug the understanding of the field of Drug Discovery. development thereby complexities involved in Meticulously designed contributing significantly synthetic organic chemisto advancements in the try to the particpants. In field. During the insight- the practical session, Prodents, researchers, and ful inaugural session, Dr. gramme Coordinator Dr. professionals pursuing Qazi Naveed Ahmed, Prin- Bhahwal Ali Shah, Princiscientific endeavours in cipal Scientist and Head pal Scientist, NPMC Dividrug discovery, and pro- NPMC Division, highlight- sion, conducted hands-on vides an opportunity to ed that the importance training on practical skills enhance their compre- of the skill development and good laboratory prachensive understanding programme in enhancing tices to the participants. on the dynamics drug the scientific and techni-

pants to develop a coming of the pharmaceutical underscored that CSIR **Integrated Skill Initiatives** have been significant in skilling and upskilling in different scientific and technological domains. Dr. Parvinder Pal Singh, Division, in his remarks play a crucial role in drug discovery programmes. He specifically addressed safety considerations in the preclinical phase and outlined the objective of the training programme while emphasizing the practical applications of phytopharmaceuticals in the drug development

An awareness programme on Beti Bachao, Beti Padhao (BBBP) was today conducted by the Department of Health Shopian in tices, and dispelled taboos collaboration with District Hub for Empowerment of tion. Women at ANMT College

Chief Medical Officer (CMO) Shopian, Dr. Arshid Hussain was the chief guest on the occasion.

On the occasion, BMO Shopian raised aware- pants aware about all the ness among the audience women empowerment about various legisla- schemes available at Distions including PCPNDT Act and POCSO Act, and stressed upon education attended by officials of girl child, gender equal- of health department

ity and child rights.

Ayoub Rather son of Gh Mohd Rather resident of ed two drug peddlers in Frasipora Pulwama at Kulgam & Pulwama and his house. Acting swiftly, recovered contraband police raided the said house and recovered session. A police party of 10.4Kgs of Charas powder Police Station Qazigund like substance and during patrolling at Vil- arrested the said accused person on the spot. Accordingly, cases ing a polythene bag, who under relevant sections

tody. In Pulwama, acting on specific information

regarding hording of

contraband substance by

tried to flee after notic- of law have been regising police party, but was tered in respective police apprehended tactfully. stations and investigation During search, officers have been initiated.

General public is requested to come forstance from his posses- ward or Dial 112 with any sion. He has been identi- information regarding fied as Mohd Amin Dar drug peddling/anti-social son of Abdul Ahad Dar a activity in their vicinity resident of Berigam. He and extend their cooperahas been arrested and tion to Police in eradicatshifted to police station ing the drug menace from where he remains in cus- the society.

#### Awareness camp on BBBP held at Shopian

JI NEWS SERVICE

SHOPIAN, MARCH 5

Shopian.

Ishrat conducted an insightful session addressing various aspects of mental health. Dr Javid, Gynecologist imparted awareness on menstrual health and hygiene pracassociated with menstrua-

District Mission Coordinator DHEW Shopian raised awareness regarding working and functioning of the District Hub for Empowerment of Women and made particitrict level.

The programme was DHEW, Asha workers and Clinical Psychologist, students of the college.

#### **Sub Inspector Finance Examination** DC reviews preparedness of stakeholder departments



JI NEWS SERVICE UDHAMPUR, MARCH 05

Deputy Commissioner held on March 10 across Udhampur Saloni Rai 25 centers in the district. today chaired a meeting in the Conference Hall DC

Finance. Senior Superintendent meeting.

The Deputy Commis-

sioner discussed the nec essary arrangements for the exam, slated to be

All necessary arrange ments were thoroughly Office Complex to review discussed, and concerned the arrangements for the departments were directsmooth conduct of the ed to ensure a smooth and written examination for efficient conduct of the the post of Sub Inspector examination at all designated centers.

The DC emphasized the of Police Joginder Singh, implementation of fool-Additional Deputy Com- proof measures to prevent missioner Joginder Singh malpractices and under-Jasrotia, Additional SP scored the importance Baljit Singh, and other of adhering to Standard officers of concerned Operating Procedures and departments attended the guidelines for a fair and streamlined examination process.

**NORTHERN RAILWAY** 

#### **E-TENDER NOTICE**

Sr. DSTE/FZR acting for and on behalf of The President of India invites E-Tenders o Date/Time 27/03/2024 15:00 Hrs. Bidders will be able to submit their original/re bids up to closing date and time only. Manual offers are not allowed against this tende and any such manual offer received shall be ignored. Contractors are allowed to make through online payment modes available on IREPS portal like Net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc, are not allowed.

NIT HEADER Contract Type Name of Work Tender Closing Date Time 66000.00 Tender Notice No: 433-Sia-T-35-23-2

auditions unveil exceptional talent in Nagseni, Palmar Blocks JI NEWS SERVICE

**Kishtwar Idol 2.0 Ground** 

KISHTWAR, MARCH 05

In a vibrant display of musical prowess, the ground audition teams of Kishtwar Idol 2.0 successfully concluded the screening sessions in two prominent blocks of Nagseni and Palmar, today.

Aspiring singers from these blocks seized the opportunity to showcase their talents, with judges handpicking individuals possessing exceptional singing prowess for the upcoming theatre audi-

The last leg of the ground auditions is set to take place tomorrow, camps, this is a final call to the next Kishtwar Idol. participate and vie for the



open at 11 AM, welcom- the competition to new their extraordinary voices.

March 6th, 2024, at GDC ing all left-out aspirants to heights. Kishtwar Idol Kishtwar. For those who tread their way towards 2.0 continues to be a platmissed the earlier audition the chance of becoming form that nurtures and celebrates raw musical Following the ground talent, offering a stage for coveted title of Kishtwar auditions, the theatre individuals to shine and Idol 2.0. The doors will rounds promise to elevate captivate audiences with

#### Zahoor Ahmad Bhat assumes charge as **Director Horticulture Kashmir**



JI NEWS SERVICE

SRINAGAR, MARCH 05

ticulture Kashmir.

tor, G.R. Mir.

Zahoor Ahmad Bhat, over 24 years in the field mir. today officially assumed of Horticulture. He has the charge of Director Hor-served in various capaci-marked by a farewell to ties within the depart- the outgoing Director, G.R. In a handover ceremo- ment, including as Chief Mir, who received gratiny, he received the charge Horticulture Officer in tude for his contributions from the outgoing Direc- Kupwara and Baramulla. to the department.

Prior to his elevation, he Bhat possesses a wealth served as the Joint Direcof experience spanning tor of Horticulture Kash-

The transition was

# GDC Vijaypur organises Walkathon to spread awareness about Voting Rights

SAMBA, MARCH 5

Government Degree College Vijaypur, under the banner of Mera Pehla Vote Desh Ke Liye and guided by Principal of the College Dr. (Prof.) Vandana Gupta the theme 'Know Your young college students/ citizens about the importance of their participawalkathon was also aimed about the awareness of

NSS Unit (KHIDMAT) of

vided knowledge regard- the importance of ethical ing voting rights and its voting. The walkathon was healthy and competent students including NSS volgovernment. Further, she unteers.

voting and its rights.

also elaborated upon the organised a walkathon on initiatives of the govern- organized with the full ment like launching of a support and coordina-Voting Rights' to create new portal for registration tion of the senior faconline and also briefed them regarding the protion in the elections. The cess of voting, electoral process, including the role at imparting information of the Election Commising the students pro- Machines (EVMs), and

The walkathon was Radhika Rasyal, Dr. Gunimportance for electing joined by a number college jeet Mahiwal, Prof. Sonia Devi, Dr. Neelam Kumari and Dr. Pooja Gupta.

(HOD Commerce) and Dr. Anoop Bhagat (HOD Sociology). The event was coordinated by Prof. Poonam Kundan (HOD and co-coordinated by Prof. Renuka Kundal, Dr.

awareness among the of citizens so that they can ulty member of the colprepare their voter cards lege Prof. Mamta Gupta sion of India, the process Environmental Sciof voter registration, the ences) and Dr. Naseem Principal, while address- use of Electronic Voting Chowdhary (NSS PO)

# NEWS

#### FROM THE FRONT PAGE...

#### Shah slams oppn for...

is that you give him a third term, and he will make the country the third largest economy in the world. He has a report card of ten years and a vision for the next 25 years. You do not always get such a leader," he said.

Shah also asked the youth whether they felt they had any place in parties that promote dynasties. "The only party where you have opportunity is the BJP, and your leader Narendra Modi is always there for you. He has made the country safe, and wiped out terrorism and the naxal menace," the Union minister said.

Shah also claimed that Rahul Gandhi, while opposing the Modi government's decision to abrogate provisions under Article 370, had said blood would flow on the streets of Jammu and Kashmir as a consequence.

"Forget about blood, no one dared to throw even pebbles," the BJP leader said.

Earlier, after arriving in the state, Shah reviewed his party's election preparations in North Maharashtra and Vidarbha at a meeting in Akola in eastern Maharashtra.

#### Dr Jitendra Singh...

and talent could find an outlet and prove itself to the rest of the world.

"Even though talent was never lacking in the country, the missing link of enabling milieu was created under the leadership of PM Modi. With the opening up of the Space sector, the common masses have been able to witness the launch of the mega Space events like Chandrayaan-3 or Aditya," he said.

Dr Jitendra Singh said, four-five years back, we had just one digit Startups in the Space sector, today we have nearly 200 private Space Startups after opening up of the sector while the earlier ones of them have even turned entrepreneurs. There has been an investment of over Rs.1,000 crore by private Space Startups in the current financial year from April to December

Dr Jitendra Singh said, even though our Space Research programme started in the year 1969, the year when the US landed first man on the moon, we caught up fast with the Space faring nations and last year Chandrayaan-3 made a historic touchdown on the virgin lunar south polar region where nobody has

The Minister said PM Modi hiked the Space budget manifold and opened up the Space sector.

"If you see the Space Budget alone, there is a 142% increase in the last nine years," he said, pointing out that there has been a three-fold or more hike in related budgets like Dept. of Science & Technology and Dept. Atomic Energy.

Dr Jitendra Singh said this is possibly the best time for Innovators, R&D and Startups. PM Modi has delivered the right ecosystem that supports and augments Innovation, promotes entrepreneurship and fosters a thriving industry.

"...And this is what has given the outcomes, - a multiple, manifold investment; so there is a huge synergy now between Research, Academia, Startups and Indus-

Dr Jitendra Singh said, out of the 424 foreign satellites launched by ISRO since 1990s, more than 90% - 389 were launched in the last nine years.

"We have so far earned 174 Million US Dollars from the launching of the foreign satellites; out of these \$174 million, as much as \$157 million have been earned only in the last nine years... Out of the European satellites the total revenue generated is 256 million Euros, out rivers, while their generation diminishes for the rest of which Euro 223 million, almost 90%, earned in the last nine years, which means the scale has gone up, the speed has gone up and therefore there is a huge jump that has happened," he said.

Dr Jitendra Singh said, the government has announced the Indian Space Policy 2023, which enables end-to-end participation of Non-Governmental Entities (NGEs) in all domain of Space activities.

"The role of the private sector in advancing India's space technology and exploration efforts is undeniable. The Indian National Space Promotion and Authorization Centre or IN-SPACe was created to support private sector participation in space activities. Various schemes to encourage and hand hold private sector also announced and implemented by IN-SPACe, i.e., Seed Fund Scheme, Pricing Support Policy, Mentorship support, Design Lab for NGEs, Skill Development in Space Sector, ISRO facility utilisation support, Technology Transfer to NGEs," he said.

Dr Jitendra Singh said, IN-SPACe has signed around 45 MoUs with NGEs to provide necessary support for realisation of space systems and applications envisaged by such NGEs, which is expected to increase the industry participation in manufacturing of launch vehicles and satellites.

"There are several industry associations in the country related to the space sector, the Indian Space Assonot come under the purview of the government," he

Dr Jitendra Singh said India's Space missions are designed to be cost effective, building upon human resources and skills.

Dr Jitendra Singh said India's Space Technology is virtually touching every person's life, with application of Space Technology in different sectors like Disaster Management, SVAMITVA, PM Gati Shakti, Infrastructure such as Railways, Highways & Smart Cities, Agriculture, Water Mapping, Telemedicine and Robotic Surgery.

Stating that the "Anusandhan National Research Foundation" will pave the way for a greater Public Private Partnership (PPP) model in scientific research, Dr Jitendra Singh said the NRF will be a better model than the United States' NRF.

"NRF budget envisions a funding of Rs. 50,000 crore over five years, out of which about 60%-70%, is estimated to come from non-government sources," he said.

Reiterating that the age of silos is over, Dr Jitendra Singh said the NRF envisions integration between Public and Private sector and will provide high-level as per recommendations of the National Education Policy (NEP) - 2020.

Stating that the world today awaits India to lead the way, Dr Jitendra Singh said the youth of today will be the architects of PM Modi's Viksit Bharat @2047.

#### 2 die in late night...

about 32 years, both residents of Village Dalwa, Sangaldan, Gool District Ramban. "A case FIR No 48/224 under relevant sections of law has been registered at PS Ramban." official added. KNO

#### **Efforts underway...**

challenge in J&K".

"It is pertinent to mention that in J&K, the electricity tariff being charged from consumers stands as one the lowest across the country", the spokesperson

Installing a smart electricity meter can help bear the load of shooting high energy prices and address the fundamental issues plaguing the distribution sector. Smart meters enable precise billing based on actual usage, eliminating the surprise of unexpectedly high bills due to inaccuracies. These tools can quickly detect power outages allowing for a faster response time to restore power. Customers can monitor their electricity usage in nearly real-time and make changes to their consumption patterns leading to lower electricity bills.

He elaborated that the primary sufferers due to deficient metering system are the consumers themselves, experiencing irregular and poor-quality power supply. As such, J&K has undertaken the smart meter installation in three phases under PMDP/ RDSS schemes.

The first phase which started in the year 2022 stands completed with installation of 1.5 lakh smart meters in Jammu & Srinagar cities. The second phase covering 5.50 Lakh smart meters is under implementation while the third phase, which comprises remaining 14 Lakh smart meters, has also commenced, targeted for completion by 2026, thereby accomplishing 100% smart metering in J&K.

As regards the pricing/electricity tariff rates being charged from consumers, the said rates are determined and approved by independent Regulatory Commissions and not by the DISCOMs taking into account various factors such as cost of power purchase from generating companies, transmission expenses, staffing, and maintenance costs etc., to ensure that consumers are charged fairly. For example, in J&K, the Joint Electricity Regulatory Commission (JERC) is responsible for determining the electricity tariff.

This is evident from the fact that the metering percentage in J&K is distressingly low with only 51% consumers metered and as such, being charged on flat-rate basis. The flat rate bills, based on rough estimates, do not reflect the actual usage and are hence considered flimsy or unsubstantial even during the time when electro-mechanical meters were in use. As such, in the present era, where energy measurements are digitally done right from the generating end, it is paramount to ensure accurate measurement at consumers' end too.

Regarding power availability, there persists a misconception among consumers that J&K is a power surplus Union Territory due to its abundant water sources, however, the reality is that J&K relies solely on hydro power plants for electricity generation, which are subject to limitations due to seasonal dependence.

The hydro power plants generate at their maximum launched so far in the last 30 years or more than that, capacity only during 4-5 months of peak water flow in of the year. Quantitatively, out of the existing installed generation capacity of 3500 MW, 1140 MW is contributed by UT-owned plants, the main ones being 900 MW Baglihar, 110 MW Lower Jhelum, and 110 MW Upper Sindh, while the remaining 2300 MW comes from central sector plants such as Salal, Dul-Hasti, Uri, and Kishanganga. During winters, power houses in J&K, under both central and state sectors, can only generate a maximum of 600 MW against their rated capacity of 3500 MW due to reduced water levels in the rivers.

However, with peak demand reaching up to 3200 MW during winters; it's evident that J&K's power demand cannot be solely met by hydroelectric power plants. So the remaining power requirement during winters is met through thermal-based Central Generating Stations (CGS) situated outside I&K.

Moreover, it's crucial to acknowledge that the Government of J&K has indeed made significant investments in recent years to harness the maximum hydro potential, with four mega Hydel Projects worth Rs. 22,207 crore under development and agreements signed for four additional projects totaling Rs. 29,600crore. It is evident that the development of hydro power plants entails huge investment. As such, the hydro power plants are developed on a debt-equity pattern, where a substantial amount is raised in the form of debt from ciation (ISpA) being one among them. The activities financial institutions, which must be repaid to them being carried out by such industry associations does through the sale of power once the plants become operational.

> Moreover, the debt is secured against a mortgage, encompassing all assets of the plant, including the dam, which are pledged to the financial institution providing the loan.

> Unfortunately, J&K faces challenges with low recovery rates. In the financial year 2022-23, while the power purchase cost amounted to Rs. 9,886 crore, the collection from the sale of power to consumers was only Rs.

> Consequently, to clear power dues owed to generating companies, J&K has been compelled to avail loans totaling Rs. 32,000 crore in the past two years alone under liquidity infusion schemes of the Government of India, such as Atmaanirbhar Bharat and the LPS Rules 2022.

Therefore, the claim of the protestors with regard to 'our power, our water' is baseless, as consumers in this context are not producers but recipients of electricity supplied to them by various entities involved in the process. While water is abundant in J&K, generating strategic direction of scientific research in the country electricity from it demands significant effort and investment. Additionally, as mentioned above, hydro power alone is insufficient to meet the region's demand.

#### **GDC Billawar organizes Slogan** Writing Competition on "Mera Pehla Vote Desh Ke Liye"



BILLAWAR, MAR 5

NSS Unit of GDC Billawar enthusiastically organised a Slogan Writing Competition on "Mera Pehla Vote Desh Ke Live" on March 5, 2024, under the patronage of Dr. Alka Sharma, Principal GDC Billawar. The main objective of this activity was to create awareness, to come out and vote, and (Member NSS)

convey the importance of voting for the greater good of the nation. Further, the NSS PO, Prof. Bansi Lal, told the students that it is a feeling of patriotism, a call to responsibility and your chance to be the architect of your nation's destiny. The whole program was conducted by Prof. Bansi Lal (NSS PO), Prof. Sunita Devi (Member NSS) encourage young voters and Prof. Kanchan Mala

#### Tushar Mahajan welcomes newly joined Additional CEO Alok Maurya



JI NEWS SERVICE

JAMMU MAR 5

Today Secretary Chamber of Traders Federation Tushar Mahajan welcomed newly joined Additional CEO Sh. Alok Maurya ji.

upon business development of locals in existing roundings

and new business opportunities.

Shine Board can further enhance business opportunities in J&K besides improve quality of life in the surrounding areas.

Sh. Alok Maurya This opportunity was affirmed that SHRINE also used to deliberate BOARD will continue to work towards enhancing ment especially engage- opportunities for its sur-

the total 1307 works ini-

tiated under the District

Capex, 965 have been

successfully completed,

with the remaining proj-

Furthermore, it was high-

lighted that 62 percent of

### DC Ganderbal reviews progress under CAPEX **Budget 2023-24**



JI NEWS SERVICE

GANDERBAL, MARCH 05

The Deputy Commissioner (DC) Ganderbal, Shyambir today conducted a comprehensive ects currently in progress. review meeting to assess the physical and financial status of projects taken the released budget for under the District Capex the year 2022-23 has been Plan 2022-23.

The meeting, held at the V.C Room of the DC Office, included Sectoral and District Officers to provide insights into various sectors such as R&B, Jal Sakhti, Education, Health, and Youth Sports.

During the session, the DC scrutinized the funds released and expenditures ensure efficient fund utilization and overall district development.

and quality standards.

the meeting that out of

Tushar opined that

utilized to date. The DC underscored the significance of close monitoring and coordination among departments to overcome any bottlenecks and ensure seamless project progress.

He urged officers to provide regular updates and promptly address any issues to prevent delays, incurred across different emphasizing the imporsectors, emphasizing the tance of efficient implecritical need for timely mentation for the benefit project completion to of the district's residents. The meeting witnessed

the presence of key officials including the Assis-He directed officers to tant Commissioner Revexpedite ongoing projects enue, Chief Planning Offiwhile maintaining strict cer, Executive Engineers adherence to timelines of KPDCL and Jal Sakhti, GM DIC, CMO, CEO, AEE It was revealed during R&B, and other stakehold-

#### Sainik Samaj Party approves Harjot Sawhney as its candidate for Srinagar LS seat

JI NEWS SERVICE

JAMMU, MAR 5

Col SS Pathania, Chief Convenor and President Sainik Samaj Party JKUT complimented Harjot Sawhney for his nomination as a candidate of Sainik Samaj Party, JKUT from Srinagar constituency for Lok Sabha elections. Harjot Sawhney a young, dynamic, dedicated and having a good tics will be the apt candihas intimate interaction chayat and assembly elec- elections.



understanding of various tions and good response nuances of Kashmir poli- is being received from Jammu and Kashmir dividate, who will surely get sion. Being a new party, the support of people. with the mission of serv-As an entrepreneur he ing JKUT and its people through a political platwith the people across form, party has been the length and breadth raising vigorously variof Kashmir region, and ous issues related with enjoys a great influence development and welwith the masses, youth in fare of people in general particular. Col Pathania and Ex servicemen and stated that Sainik Samaj their families in particu-Party, a registered party lar for last six years. 50 with election commis- percent seats will be kept sion of India, has already reserved for women and announced its first list youth, while selecting the of candidates for parlia- candidates for various ment elections pan India elections. Col Pathania and will be contesting all urged politically inclined 5 seats in JKUT and one in and aspiring candidates Ladakh. He further stated to join Sainik Samaj Party, that Party will also partic- and make use of its platipate in municipal, pan- form to contest various

#### Aijaz Ahmed Khan demands comprehensive package for rainfall affected families in Reasi, Ramban

JI NEWS SERVICE

REASI, MAR 5

Apni Party Vice President, and Former Minister, Aijaz Ahmed Khan has demanded comprehensive package and rehabili- fered extensive damages tation of the people who and road connectivity lost their houses, cattle also remained affected. sheds, live-stock, and cattles in the devastating ities should immediately gusty winds, and heavy provide ration and medirains in Reasi as well as cal supplies to the heavy Ramban Districts.

As per a press release, Aijaz Ahmed Khan, while expressing his sympathies should constitute comwith the family members, mittees of revenue offiwho lost their loved one cials and seek the help of in Chassana mud - stone ex-PRIs in their respective house collapse in which Panchayats to get details a mother, and her three of the damages so that the minor children died.

provided a concrete resiassistance," he added. dential house and their proper rehabilitation by cern over the poor conthe authorities in Chas- dition of roads in remote sana area of Mahore in areas and demanded that Reasi District.

of property was not liming needed manpower ited to areas, he said that and equipment.

the areas like Sub - Division Gool, Block Dharam, Sangaldan, Sub - Division Banihal, Pogal Pristan, Khari, Mahore, Gulabgarh, Darmari, Thakrakote, Arnas etc have suf-

He said that the authorrains affected areas in the above said remote areas. "The authorities

affected families could be Demanding adequate provided adequate comcompensation for the pensation for the rebuildnext of kins of the vic- ing of their houses under tims, he said that the Govt sponsored schemes victim family must be along with the financial

He also expressed conthe blocked roads should Asserting that the loss be reopened by deploy-

### People have no expectations from PM Modi's visit: PDP

SRINAGAR, MAR 5

Peoples Democratic Party Tuesday said that the people of Kashmir have no expectations from Prime Minister Narendra Modi who is visiting Kashmir on 7 March and will address BJP workers at Bakshi Stadium Srinagar.

Addressing a press conference at the party office in Srinagar, PDP spokesperson Suhail Bukhari said that the BJP Government at the Centre maltreated the people of Valley and they don't expect anything from the Srinagar visit of the current Prime

He said the present Centre Government in a brazen display of arrogance didn't treat people well. "This BJP government misbehaved and never listened to the people. People don't expect anything from the PM and they know it well, BJP does what it intends to do even if that goes against the wishes and aspirations of the people," Bukhari

He said people are angry the way the government has treated them since 2014. "Unlike at the time of Vajpayee's or Manmohan Singh's visits to Kashmir, people are not upbeat this time. They are disinterested and don't expect anything," Suhail Bukhari said.

### Rahul Sahai deliberates in RBI's meeting for existing, prospective entrepreneurs of District Reasi

JAMMU, MAR 5

Rahul Sahai Chair PHDCCI Jammu along with Sh Ashish Jain , Sh Raj dua Co Chairs of PHDCCI Jammu Chapter attended and deliberated at town hall meeting organised by RBI for existing and prospective entrepreneurs of district Reasi at ITC Welcome Hotel Katra.

Meeting was primarily on the topic of fund- a time bound manner ing problems of Msme's to improve funding to and a detailed presentation on Treds and SIDBI'S the respective Heads of the agencies.

and more buyers has to industry department Shri be enrolled because of which this scheme is not Industries Jammu and Sh taking flight in J&k he G Velladurai MSME DFO said that Treds is very Jammu was present and good platform for Msme's talked about the subject who are registered with . Sahai shared with all

RBI J & k & Ladakh and related industry. apprised them about Bank branches and cases and ladakh asked the ous organisations were



Msme's .

Rahul Sahai Chair lithium based industry Arun Manhas Director

Udyam and Msme's can the officers that lithium take benefit of bill dis- is going to be the game counting through this changer in District Reasi platform and problem of and industry department officials present who were blocking of funds could and msmes Department Sh Kamal Patnaik Regionbe resolved through this . should encourage Msme's al Director Reserve Bank Rahul Sahai Chair to grab opportunities PHDCCI also deliberated related to lithium prod- ladakh, Sh Sandeep Mittal with senior Officers of ucts and should set up GM RBI, Sh Arun Kumar

should be disposed in heads of various banks present in the meeting.

prominently PNB and SBI to speak on the issues raised by PHD Chamber Rahul Sahai also shared of Commerce and indus-Schemes were shown by and applauded the house try Jammu chapter and about the upcoming heads of SBI and PNB opportunities regarding applauded the house that they are working on risk PHDCCI pointed out that in District Reasi where taking capacities and they in Treds platform more senior officials from themselves monitor the accounts which comes to their knowledge and the guide lower staff to clear the cases in a time bound manner and said any one having any problem car visit us any time.

Meeting was attended by 100 plus Msme's of Reasi district with senior of India Jammu Kashmir & Manas Director Industry After Address of Jammu, Sh G Velladurai funding problems to Sh Rahul Sahai Chair MSME DFO Jammu, Shri Msme's especially shared PHDCCI Jammu Sh Anil Sharma DGM SIDBI that risk taking capac- Kamal Patnaik Regional , Sh.Ravindra Kumar ity should be enhanced Director Reserve Bank Gupta DGM SBI and DGM at manager level of all of India Jammu Kashmir of PNB and heads of vari-

### 5-Day training of 1st Women Batch under PM Vishwakarma begins at **Chanderkote Govt Polytechnic**

RAMBAN, MARCH 5

In a significant step towards skill development and empowerment, Additional Deputy Commissioner Ramban, Varunjeet Singh Charak, today inaugurate 5-day first batch training session for 30 Women in Tailoring trade under the Pradhan Mantri College Chanderkote.

The training pro-Deputy Commissioner, Ramban Baseer-Ul-Haq Choudhary.

will empower them to preserve their invaluable livelihood

contribute meaningfully to their families and communities.

The ADC urged participating artisans to harness the benefits of the government-sponsored Vishwakarma Scheme, emphasizing its potential to create dignified livelihoods. He highlighted the scheme as an optimal avenue for artisans to establish and Government Polytechnic The primary objective of the program was the official launch of the Vishwagramme is being conduct- karma Scheme in the Dised under the guidance of trict, aimed at supporting small artisans and work-

ers nationwide.

General Manager DIC, Ravinder Anand, CEO, Dev Anand, Principal Polytechnic Chanderkote, Vivek Mahajan, Superintendent ITI Ramban Parvez Iqbal, and other staff members were present on the occasion.

GM DIC shared that

3212 registrations have already been done under Vishwakarma Yojana at expand their businesses. this scheme, reflecting a strong interest and participation of the artisans in the program. On the occasion, the Principal, GPC, Vivek Mahajan, General Manager, DIC, Ravinder Anand, Superin-This initiative offers tendent, ITI, Pervez Iqbal The inaugural batch financial assistance, train- Bhat and CEO, Devanand of trainees expressed ing, advanced techniques, educated the trainees enthusiasm and gratitude and skill-related guidance, about the scheme and for the opportunity to underscoring a collec- motivated them to avail acquire valuable tailoring tive effort to empower it's full benefit to become skills, which they believe traditional artisans and self reliant and earn their

### Police arrests 2 drug peddlers in Baramulla

JI NEWS SERVICE

BARAMULLA, MAR 5

Continuing its efforts to eradicate the menace of were they remain in cusdrugs from the society, Police have arrested two commission of crime has drug peddlers in Baram- also been seized. ulla and recovered contraband substances from their possession.

PP Wussan at a checkpoint initiated. established at Wussan Mudasir Ahmad Dar son criminals as per law.

of Ab Aziz resident of Jalalabad Sopore.

They have been arrested and shifted to PS Pattan tody. Vehicle used in the

Accordingly, a case under relevant sections of law has been registered at A police party of Police Police Station Pattan and Post Wussan headed by IC investigation have been

We urge the common Chowk, intercepted a masses that if you witvehicle (Auto) bearing reg-ness drug peddling or istration number JKO1P- any other crime any-4705 with two persons where near you, feel free on board. During search, to contact nearest police 2.15Kgs of Poppy Straw establishment or dial 112. like substances were People are requested to recovered from their pos- cooperate with police in session. They have been curbing the menace of identified as Sahil Ahmad drugs from the society. Sheikh son of Ghulam We reassure the commu-Mohammad resident of nity members that police Sher Colony Sopore & will act tough against the

### Director Sericulture inspects development works; inaugurates Skill Development Training Programme at Baramulla

JI NEWS SERVICE

BARAMULLA, MARCH 5

The Director Sericulture J&K, Ajaz Ahmad Bhat today undertook a comprehensive field visit to Baramulla where he inspected developmental projects and inaugurated various Farmer Skill Development Programmes.

The visit aimed at evaluating the progress of the construction of Silkworm Crop Improvement Laboratory at Basic Seed Station Mirgund, monitor the progress of developmental works, preparations for ensuing silkworm rearing season and dissemination of awareness about the different schemes of the department among the silkworm rearers, farmers

Improvement Laboratory 2023-24. and urged the executive construction within the stipulated timeline.

He also visited Mulberry Nurseries/Farms, Silkworm Seed Units, and the Office of Manager Seed, ment, Basic Seed Stadepartment to work with and livelihood. dedication and ensure ensuing silkworm rearing

ulla as part of its extensive the department. mulberry plantation initiative to provide mulberry token of encouragement, department.



foliage in abundance to the silkworm rearers. He also inaugurated

a five day Skill Development Training Programme

He informed trainees tives for silkworm rearers.

The ongoing Skill tion Mirgund and issued silkworm rearers, farmers, on spot instructions to and youth with the latest

operational arrangements while sharing his insights ers, farmers and youth to well in advance for the said that the department address their queries on On the occasion, the which the landless farm- already been shared by Director kick-started ers, tribal people and the department through extensive mulberry plan- college going students tations drive by planting a are being sensitized and sapling at Dak Bungalow, encouraged to take part in Baramulla. He informed sericulture activities and that the department aims acquaint themselves about to plant 20,000 mulberry different schemes to get all Officer, Baramulla, Managsaplings in District Baram- the benefits provided by er Seed, Basic Seed Station

the Director Sericulture felicitated silkworm rearers with tool kits.

He also informed that for establishment of Silk Speaking on the occa- at Dak Bungalow, Baram- Reeling Units in J&K the sion, the Director high- ulla, as part of the Holistic department is providing lighted the important Agriculture Development 90% subsidy as governrole of Silkworm Crop Plan (HADP) for the year ment share for automatic Silk Reeling Units.

Moreover, he emphaagency to complete its about the department's sized that with the estabfacilities, including finan- lishment of more reeling cial assistance for rearing units the cocoons proshed construction in a duced in J&K could be phased manner and incenconsumed locally at large scale which will not only boost the local economy Sericulture Dev. Depart- Development Training but also work as a catalyst programs aim to equip to generate employment opportunities in J&K.

He further informed the officers and other sericulture practices to that the department has field functionaries of the earn dignified subsistence put in place a helpline facility in this regard to Moreover, the Director assist the silkworm rearhas also started various priority. However, these programmes by virtue of helpline numbers have print, electronic and social media.

The Director Sericulture J&K was accompanied by the District Sericulture Mirgund and many other On the occasion, as a field functionaries of the

#### 4-day Bharat TEX J&K exhibitors record substantial Sales amid huge footfall of buyers

JI NEWS SERVICE

JAMMU, MARCH 5

Pavilion has witnessed Shri PiyushGoyal, along overwhelming response at with other dignitaries. the 4-day Bharat TEX event Their visit underscored the held in New Delhi

Iammu and Kashmir wit- Territory of Jammu & Kashnessed a significant footfall mir showcased by the parof buyers/customers, leading to substantial sales and the generation of over 250 Trade Promotion Orgaplus potential business nization (JKTPO) actively leads.

became a focal point, nized by a consortium of 11 attracting attention from Textile Export Promotion industry leaders, offi- Councils and supported by cials, and buyers eager to the Ministry of Textiles in explore the diverse hand- two of the nation's largest loom, handicraft, and tex- exhibition centers Bharat tile offerings presented by Mandapam and Yashob-

nered a visit from Union ruary 2024.

Minister of Textiles, Consumer Affairs, Food and Public Distribution, and The Iammu and Kashmir Commerce & Industry, appreciation for the rich The exhibitors from art and craft of the Union ticipating exhibitors.

Jammu and Kashmir participated in the 1st Edi-The J&K pavilion tion of Bharat TEX, orgahoomi New Delhi from The pavilion also gar- 26th February to 29thFeb-

### **GDC Vijaypur students** visit Muskaan Home



JI NEWS SERVICE SAMBA, MARCH 5

Jammu.

The visit aimed to cre- impact on the society. ated a positive impact Manoj Heer, Dr Naseem challenges. Choudhary along with

Gupta, H.O.D. Commerce said that the visit was wonderful opportunity Department of Commerce for students to connect and Department of Educa- and support the incredtion, Government Degree ible children at Muskaan College Vijaypur today Home. Principal of the visited Muskaan Home college, Prof Vandana as a part of their commu- Gupta remains dedicated nity service initiative. In to foster a culture of coma heartwarming initiative passion, inclusivity and students of B.Com/B.A./B. community engagement. Sc Semester 2nd, 4th This visit was part of our and 6th spent a memo- ongoing efforts to instil rable day spreading joy a sense of responsibility and warmth at Muskaan and empathy among our Home, Channi Rama, students while preparing them to make a positive

This initiative not only on the lives of these chil- demonstrated the comdren and foster a sense of mitment of GDC Vijaypur community engagement to social responsibility but among them. Principal also provided students of the college, Dr. Van- with the valuable learndana Gupta, Prof. Anoop ing experience, fostering Kumar Bhagat, Prof. empathy and understand-Poonam Kundan, Dr. ing for those facing unique

Dr. Tisha Singh, Dr other staff members and Pooja Gupta and Dr. Gunstudents flagged off the jeet Mahiwal were the journey. Prof. Mamta organisers of the visit.

# Landslide-affected families provided relief at Balnai Village-Poonch



POONCH, MARCH 5

The landslides affected Balnai village residents dar and Chowkidar were were provided relief also present. items by the district

Ashfaq Hussain, on the including tents, blankets, strated its dedication to direction of Deputy mattresses and utensils. provide immediate relief Commissioner, Yasin M.

Choudhary visited the expressed gratitude to of crisis.

affected area of Village to the Deputy Commisprovide vital assistance sioner for his guidance to the affected families. and support in carrying Ex Sarpanch, Lamber- out the relief efforts.

The coordinated efforts of the administra-Tehsildar Mandi dis- tion, under the leaderadministration Poonch. tributed relief items to ship of Deputy Commis-Tehsildar Mandi, the affected families sioner Poonch demon-Tehsildar Mandi and support during times

#### DDC B'la chairs DLIC meeting; approves 46 cases under Mumkin scheme, 10 cases under Tejaswini

JI NEWS SERVICE

 $BARAMULLA, MARCH\,5$ 

mentation of Mumkin and

Baramulla, Minga Sherpa DLIC meetings. Also, sev-

Tejaswini schemes in the reviewing the cases, the to utilize the funds allot- Transport Officer, Func- for themselves and their the potential for positive The concerned officer cases under Mumkin financial year.

comprehensively briefed and 10 Tejaswini cases, The District Development of the cases that were avenues to significantly pare and gear up for variin the meeting.

Tuesday chaired the Disecretal new cases of unem-DDC directed the Lead across the district to foster highly subsidized small lihoods. trict Level Implementa- ployed eligible youth in District Manager to sanc- community engagement commercial vehicles tion Committee (DLIC) the district were present- tion all pending cases and provide meaning- among 10 young eligible urged the youth to step meeting at the meeting ed to the Committee for under Mission Youth ful opportunities for the beneficiaries under the forward and avail the hall of DC Office Complex, approval under Mumkin schemes viz; Mumkin youth. here to review the imple- and Tejaswini schemes. and Tejaswini by or before After thoroughly 22nd March 2024 in order cer, Assistant Regional a sustainable livelihood schemes, highlighting DDC approved 46 new ted during the current tional Manager District families in a dignified impact on their lives and

Commissioner (DDC) approved in previous improve their livelihoods. ous activities aimed at

Industries Centre, Lead manner.

Furthermore, Minga District Manager besides

Mumkin scheme thereby benefits of similar gov-Chief Planning Offi- empowering them to earn ernment-run beneficiary

Interacting directly the chair and other mem-thereby enabling them to Sherpa instructed the other concerned Officers with the beneficiaries, the bers on the current status explore self-employment officers to diligently pre- and officials were present DDC congratulated them and encouraged them to Later, DDC Baramulla utilize the vehicles effec-During the meeting, empowering youth clubs handed over the keys of tively to sustain their live-

Minga Sherpa further

communities.

### **EDITORIAL**

# **INDIA bloc in** dilemma!

he BJP has announced its candidates for two prestigious Lok Sabha seats in Jammu province. However, most senior Congress leaders are hesitant to contest the Parliamentary elections for these seats. Although these Congress leaders' names have been included in the list of potential candidates, they have not shown much enthusiasm for entering the electoral fray. In the Jammu-Reasi Lok Sabha constituency, one senior Congress leader has shown only lukewarm interest in contesting the elections. Finding a suitable candidate for the Udhampur-Doda seat has proven challenging for the party. In contrast, the BJP has put an end to speculation by re-nominating both sitting Lok Sabha members from the Union Territory of Jammu and Kashmir. Dr. Jitendra Singh, the Minister of State (MoS) in the Prime Minister's Office, represents the Udhampur-Kathua-Doda Parliamentary constituency. Jugal Kishore Sharma is the BJP's Lok Sabha member from the Jammu-Reasi Lok Sabha constituency, formerly known as the Jammu-Poonch Lok Sabha seat before the 2023 delimitation exercise. The Udhampur-Kathua-Doda Parliamentary constituency covers 18 assembly constituencies across four districts of Jammu province, including Inderwal, Kishtwar, Padder-Nagseni, Bhadarwah, Doda, Doda West, Ramban, Banihal, Udhampur West, Udhampur East, Chenani, Ramnagar, Bani, Billawar, Basohli, Jasrota, Kathua, and Hiranagar. On the other hand, the Jammu-Reasi Parliamentary constituency spans three districts, namely Samba, Jammu, and Reasi. The Congress, the National Conference (NC) and the Peoples Democratic Party (PDP) are still negotiating the terms of their alliance and have been facing pressure from the party cadre to announce candidates. The Congress has reportedly put forth an idea of contesting two seats from the Jammu region, while it is pressurizing the NC to let the PDP contest from the Anantnag constituency. At present, the NC has sitting MPs on all three seats in Kashmir. The NC has been offered to contest from Srinagar and Baramulla seat under the alliance. Ignoring the plea of INDIA bloc partners, the National Conference has now announced that it would contest all three seats of Kashmir Valley, thereby leaving no scope of allying with PDP which has been asking for Anantnag-Rajouri seat for Mehbooba Mufti. There are reports that Mehbooba Mufti may consider the option of contesting the Lok Sabha poll from Central Kashmir (Srinagar seat). After the Delimitation of Parliamentary segments, several areas of Anantnag seat, which are considered to be the strong bastion of PDP, has been merged with Srinagar seat. While the PDP workers are still insisting that she should contest from Anantnag seat, the PDP chief is weighing options of contesting polls. There are certain assembly segments in South Kashmir where the PDP and the National Conference are in a neck-to-neck contest. Given the scenario, the PDP chief feels that Central Kashmir would be a better option for her. The BJP's J&K president Ravinder Raina has ruled out any alliance for the Lok Sabha and Assembly elections in J&K. He has made it clear that the BJP is ready to contest all five Lok Sabha seats in the UT. Ahead of Prime Minister Narendra Modi's Kashmir rally, Raina says that at least 2 lakh people are expected to take part in the grand event in Srinagar. Any delay on the part of Congress, NC and PDP to announce their candidates for upcoming Lok Sabha polls would only benefit the Saffron party.

# UN's new improved human rights vision

NILANTHA ILANGAMUWA

The 21-page vision, "Human Rights: A Path for Solutions", to protect and promote human rights, unveiled on Monday by United Nations High Commissioner for Human Rights, Volker Türk, offers an interesting yet unsurprising perspective, echoing the institutional failures of a once highly esteemed organisation now plagued by chronic illness and internal politics.

Contextualising this within the current global landscape reveals stark realities: amidst a world where 828 million people face regular hunger and the wealth of the five richest men has more than doubled since 2020, while nearly five billion others experience worsening financial conditions, the persistence of inequality undermines the universality of human rights. Highlighted by reports showing corporations amassing unprecedented profits at the expense of widespread wage cuts and with affluent countries disproportionately owning global wealth, it's clear that addressing systemic inequality is imperative on common challenges. for truly realising the prin- Instead of collective action ciples of human rights on a global scale.

Seventy-five years after the UDHR, it's evident that looking equally important the traditional approach to safeguarding these rights rights issues. Consequenthas been gravely distort- ly, human rights have ed. Countries investing continually fallen victim significant resources in to political interests and global institutions like the biased media behaviour. United Nations have often This explains why the exploited this noble cause death of a political activto further their own agendas. This exploitation is camouflaged by elaborate narratives crafted to veil the abuse. Consequently, human rights have been commodified, attracting opportunists who profit from others' suffering, turning empathy into eco- actors such as policynomic gain. This pervasive makers, philanthropists, hypocrisy has plunged us and government officials into a moral abyss.

The essence of uphold- conflicts of interest and challenges with a unified agendas and marginalise approach rooted in the certain voices and perdefence of fundamental principles. To truly protect human rights, we must first cease treating it as a transactional com- and uphold freedom of modity, devoid of its inher- expression and associaent dignity and worth.

There are contradictions evident within, as violations themselves,



serving agendas and select protectors of human rights and potentially comprotopics. A prime example lies in the misuse of veto mising the independence powers by members of and efficacy of human the United Nations Securights advocacy efforts. rity Council when faced Moreover, while human with certain resolutions rights policies are pivotal for preventing violence and fostering sustainable peace, their application for common goals, organisations often prioritise in conflict situations often their own interests, overencounters challenges stemming from conflicting but less visible human interpretations of human rights obligations, oversimplifications of complex conflict dynamics, and the frequently disregarded early warnings and recommendations for preventive measures. ist in Russia garners global The concept of human attention while the trial of rights economics offers

Julian Assange and the suspromise in prioritising tained abuses he endures the well-being of individuremain overlooked. This als and the planet, yet is where we need a radical concerns persist about its approach to change. feasibility and susceptibil-Furthermore, ity to exploitation. Despite involvement of various states' obligations to fulfil economic, social, and cultural rights, uneven power dynamics and political raises concerns regarding agendas often obstruct ing human rights lies in power dynamics within self-proclaimed guardians Moreover, while empha- professed commitments to lacks specific proposals fostering collective coop- the network, potentially of human rights, criticised sising strategic prosecu- equality, these countries to hold states accountable eration among diverse leading to the manipula- for selectively advocating tion and accountability struggle with deep-seated for their actions or address social entities. Collabora- tion of human rights dis- human rights to advance to drive policy changes, it inequalities and structural the root causes of double tive efforts are essential course to advance individ- geopolitical interests, may overlooks the dispropor- barriers that hinder mean- standards in human rights for addressing shared ual political or economic encounter resistance from tionate burden borne by ingful inclusion and par-enforcement. influential economic entities when proposing stratspectives. Additionally, egies to embed human while the vision calls on rights in economic framegovernments to protect Efforts to bolster finanhuman rights defenders

cial self-sufficiency and combat corruption comperpetrate human rights certain organisations pri- casting doubt on their tional corporations and historically high-emitting and institutional sway

oritising profit maximisation over human rights considerations, poses significant challenges. Additionally, while allocating resources toward education, healthcare, and social welfare in highly indebted nations is essential for advancing human rights, achieving debt relief and restructuring demands substantial political resolve and international collaboration, often lacking in a global economic paradigm favouring creditor and financial market populations.

The vision emphasises acknowledging the nation, and fostering right to a clean, healthy, and sustainable environment within legal frameworks, yet it inadequately addresses hurdles posed by nations resistant to and sidestep responsibilis crucial for promoting environmental protec- ity for human rights vio- transparency and accounttion agreements. Despite lations. Discrimination, ability. progress in promoting often entrenched within environmental rights, the governmental structures er, is that while advocatefficacy of these endeav- and powerful institutions, ing for the expansion and ours is hindered by a remains pervasive even in strengthening of human progress. Western nations, lack of global consensus. Western nations. Despite rights mechanisms, it vulnerable communities, especially in developing nations, facing environ- member-states priori- ensure fair treatment of mental degradation and tise the interests of elite all human rights violaclimate change impacts despite minimal contribution to the issue. Additionally, while critical, extolling the importance vision without action are mendably aim to prioritise the insistence on meeting of participatory processes human rights. However, climate finance obliga- in shaping effective solu-

sibility to support less developed nations, perpetuating environmental injustice and hindering global efforts to address the climate crisis.

into climate action but neglects to hold accountable nations prioritising environmental sustainability and disregarding the rights of indigenous term sustainability. peoples, who often bear the brunt of environmen- note that this latest vision interests over vulnerable tal degradation. Despite acknowledges the necessition, ending discrimi- and coordination within accountability, it fails to fully address systemic presence of double stanperpetuate inequalities crises. This recognition ticipation.

groups and corporations over those of marginalised the influence of multinations is undermined by tions. Monetary influence

politics frequently undermine democratic processes, impeding the implementation of policies that serve the broader populace. Additionally, although holding governments and corporate entities accountable for human rights violations is paramount, there often exists a notable lack of political will to prosecute perpetrators, particularly when they wield significant power.

Additionally, while it is imperative to address the crisis in education, the vision overlooks the root causes of this crisis, such as underinvestment in public education systems and persistent inequities in access to quality education. According to UNESCO, the number of out-of-school children surged to 250 million by September 2023, marking a staggering increase of 6 million from 2021. The urgency of the situation is evident, and mere rhetoric cannot suffice without an authentic and transformative approach.

Moreover, acknowledging the disproportionate impact of environmental crises The vision rightly on younger generations, pushes for the integration the vision lacks concrete of human rights policies proposals to address this pressing issue. Despite the existential threats posed by environmental degraeconomic growth over dation, governments often prioritise short-term economic gains over long-

It's praiseworthy to emphasising participa- ty for deeper cooperation the human rights system, implicitly recognising the challenges perpetuated dards and selectivity in by certain countries which dealing with human rights

What's crucial, howev-

It fails to outline how Furthermore, many these mechanisms will tions. As the old school of thought teaches us, both communities, all while action without vision and deemed failures.

> (The writer is a Sri Lankan journalist. Views are personal)

### This world is a God-centric creation

AJIT KUMAR BISHNOI

of a galaxy. Not only that, God is keeping it going. Surprising as it may seem, dent. That is the reason, God is very busy doing the Creation lasts for it. Lord Krishna states, a very long time; God There is neither compulsion of any duty for Me tyrant. Even such despots in the three worlds nor are dependent upon God, there is anything remain- as all of us are. Even to ing to be obtained by Me exist on a daily basis, God and nor there is anything worth getting for Me, still I am engaged in action only." (3.22) "If I do not act, then all these worlds will be destroyed." (3.24) God controls everything. A nuclear war cannot break out in spite of some mad runs on the principle of person having access to "What you sow you reap." them. Why? Because God God can help because will prevent it. This hap- He can reward spiritual pened in one country. acts. Unfortunately, not regular basis. We, being

it only conveys to the airforce his intention. The vidence of it is actual execution is still overwhelming. We dependent upon senior ■ all know or should officers. They were deterknow that God has created mined to ignore any such our world, which is a part command. God was controlling their thinking.

tion, many governments

God is fully indepencannot be forced by any has to ensure level field, otherwise how would good people survive with so many demons on the loose? Whatever good people need additionally God provides, if prayed for. (7.16) The Creation

clearly laid out, "Where much needed, which God Krishna and a devotee (in the particular case it was Arjuna), there will be opu-

morality." (18.78) Then, this world, being a place between hell and heaven, is full of challenges. It is not unusual to face some difficulty or trouble more or less on a

there is the yogeshwara has promised, "Having My consciousness, you will lence, victory, wealth and

cross all impediments by My grace." (18.58) This is a blank cheque by God to is for us to become God ficult; we just have to keep path. We have to give up our 'ahankar' (ego) and do the nuclear button, but Mahabharata fame had them. God's help is very ness; become My devotee; by God and He ensures

offer obeisance to Me." us, because this is a God-

centered Creation. taking advantage of God's ever He chooses to incaroffer? We can divide all nate, as He did as Lord of us in three categories. Krishna. And we begin First are those who have doing spiritual practices, predominately the mode and at some point qualify of goodness in them. They as a 'nimitta' (instrument) have divine qualities, of God, as Arjuna was. He and are classed as 'deva' carried out whatever the (divine). Next come the Lord instructed him to do. masses, who have mainly the mode of passion in them. They keep busy pursuing material goals my 'svabhava' (nature), throughout their lives. Then, there are the ones, who are under the influus. His only requirement ence of the mode of darkness. They harm others conscious. It is not too dif- and are called 'danava' (demon). Out of the these pursuing the spiritual three, the divine ones serve others, e.g. King Janaka - an example given what God instructs us to by Lord Krishna in the The ruler wanted to use a many take advantage of small and quite helpless do as in the verse # 18.65, Bhagavad-Gita 3.20. Their nuclear weapon. He had this facility. Sanjaya of the really need help to meet "Develop My conscious- engagements are noticed

make sacrifice for Me; and that they do not suffer.

Therefore, the path is God can do much more for clear; we need to come to the deva category. We must begin to see God as a How do we go about person, which He is when-I am personally benefitting from God's munificence. He is helping to change which is afflicted by the fault of fearing. As I am taking more shelter, I am becoming more peaceful. (18.62) God is like a parent, but not as helpless; God finds ways to help without infringing upon rights of other souls. God provides solution for whatever challenge as I face. Why don't you experience it?

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

# **PINTO BEANS - THE BEANS FOR GUT HEALTH AND DIGESTION**

#### **MEHAK SHAH**

The name 'Pinto' comes from the Spanish translation of the word paint. The beans have designs on them, making them seem as if it's been painted. The beans were considered a staple food item at one point in time in the Southern United States, especially during the winter season. In fact in rural areas, churches and organisations still organise "pinto bean suppers" for social gatherings and charitable and fundraising activities. These beans are so prevalent in Mexico that they have a festival dedicated to them yearly.

#### **Pinto Beans: An Introduction**

Pinto beans are a variant of common beans, considered one of the most popularly grown bean crops in the Southwest United States of America and Northern Mexico. The bean is known as 'Poroto Frutilla' (strawberry bean) in South America, 'feijão carioca' in Brazil, and 'feijão Catarino' in as a whole protein source. You'll Portugal. They are a part of the need to eat whole grains, nuts, or beans family, including green seeds to receive all essential amino beans, kidney beans, red beans, and wax beans.

Pinto beans are high in complex fibre, vitamins, minerals, and other nutrients. The beans also have a low-fat percentage, making them a natural source of low-fat food, and the beans are an excellent vegetarian source of protein.

Mexican cuisines, making them sure. nutrient-rich. They are popularly utilised as filling in tostadas, burri- Note tos, or tacos or as an entree served with a side of tortilla or sopaipilla.

#### **Nutritional Properties of Pinto Beans** As per USDA, around 100 grams

of Pinto Beans serving contains: Calories: 347 kcal

Carbohydrates: 62.6 g Fat: 1.23 g Protein: 21.4 g Fibre: 15.5 g

Sugar: 2.11 g Water: 11.3 g Vitamins and Minerals Pinto Beans also contain a good

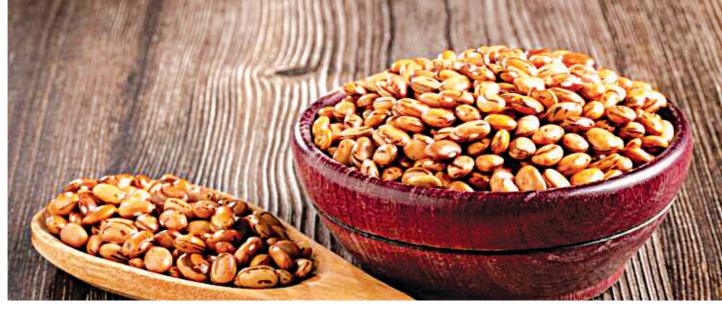
amount of vitamins and minerals: Potassium: 1390 mg Phosphorus: 411 mg Magnesium: 176 mg Calcium: 113 mg Iron: 5.07 mg Vitamin B-6: 0.474 mg Folate: 525 mg

**Nutrition Facts** 

Pinto beans are a good source of complex carbs. Carbohydrates in Improves Gut Health Function the form of starch provide immediate energy to the body. The natural sugar content of pinto beans is only

fibre~41%, help control blood since it feeds the healthy bacteria sugar, lower cholesterol, boost in your stomach. A good digestive oxidants save your cells against response. When dietary fibre last three days when refrigerated appetite, and promote digestive and bowel movement has multiple damage from free radicals, which intake was high, some patients had in an airtight container.

Pinto beans have a GI of around 39; are considered low glycemic. of only 10. Blood glucose response and some heart issues. is unaffected by a glycemic load of less than 10. These beans contain negligible fat, making them a naturally fat-free food. Foods like these beans, which naturally give good nutrients and little to no fat, are great for any diet for weight loss or healthy weight maintenance. How ever, many processed pinto beans Great Protein Source may include extra fat.



forms of legumes. On the other diet. They deliver protein compa-the two are a great source. A high hand, Pinto beans aren't regarded acids during a day on a plant-based

Pinto beans are rich in vitamins, minerals, protein, and fibre. Specifically, the potassium value of pinto beans is 1393 mg (30% of daily intake). Potassium electrolyte is found in cells and body fluids and counteracts sodium's adverse People often use dried beans in effects on the heart and blood pres-

Pinto beans are full of nutrients. It contains folate that assists in synthesising red blood cells and prevents neural tube defects in babies. Foods rich in potassium significantly lowers blood pressure because potassium reduces the effects of sodium. It is also a good source of complex carbohydrates, fibre, and protein. Pinto beans have a very low-fat content. These beans are a great meat substitute.

#### **Health Benefits of Pinto Beans**

Carbs, fibre, and protein are the main components of pinto beans Maintaining Blood Sugar Levels and have a high vitamin and mineral content. Pinto beans are a great source of protein, making them an excellent choice for a healthy, protein-rich vegetarian diet. Also, the high amounts of complex fibre make it a fantastic food for better digestion and gut health.

According to a study, Pinto beans have a high amount of fibre. Fibre is a non-digestible carbohydrate present in plants. These beans are also high in It's essential for digestive health Rich in Antioxidants reduces bloating, improves skin cause disease over time. health, and helps reduce the risk of Pinto beans have a glycemic load diseases such as diabetes, cancer,

Low amounts of fibre in the food can make digestion difficult, and studies have shown that a lack of fibre can lead to indigestion, constirich diet is crucial for a healthier

Pinto beans are an excellent veg-Pinto beans provide 38% of the etarian and vegan option because daily protein requirements. As of their high protein and iron cona result, many vegans and veg-tent. It is also an excellent source intake with pinto beans and other way to replace red meat in their

rable to meat or dairy meals withfat when coupled with a complete grain like whole-wheat pasta or

#### **Reduces Risk of a Heart Attack**

Folate aids in reducing homointermediary result in the methylation cycle, an essential metabolic

Homocysteine levels in the blood heart attack, stroke, and peripheral midday snack. vascular disease, affecting about 20-40% of heart disease patients. Note Another element required for appropriate blood pressure and heart function is potassium. It is a crucial electrolyte involved in nerve transmission and the conthe heart.

Studies have proven that folate and potassium are essential for maintaining good heart health. Pinto beans contribute to heart tent and the levels of folate, magnesium, and potassium they contain. several benefits.

Studies have proven that a high **Diet** fibre food can help maintain blood the risk of type 2 diabetes.

Pinto beans include dietary fibre, which helps balance blood sugar levels while providing digestive and cardiovascular benefits. In addition, pinto beans can help you and used in various forms. control blood sugar levels while offering consistent, slow-burning Possible Side Effects of Pinto Beans energy if you have insulin resistance, hyperglycemia, or diabetes.

health benefits. For example, it are unstable chemicals that can increased flatulence and intestinal

very high in kaempferol, a flavotages. Many animal and experiphur, and hydrogen and expelled ment studies have linked it to cancer growth inhibition. In addition, kaempferol reduces inflampation, and bloating. Hence, a fibremation and leads to a lower risk

#### **Weight Management**

full for longer, significantly reducing overeating. A diet filled with etarians supplement their protein for non-vegetarians looking for a protein is also said to keep cravings Affects Bone Health at bay, and pinto beans filled with

amount of protein and fibre can Pinto beans include phytates, out excessive calories or saturated reduce cravings and help weight

#### Inexpensive and Easy to Add

The best part about Pinto beans is that they are inexpensive and super easy to add to a diet. As cysteine, an amino acid that is an mentioned above, they are a great source of protein for vegetarians, vegans, and non-vegetarians. There are many ways to add them to one's diet, and you can add them to a are a significant risk factor for starter, as an entree, or even as a

Pinto beans comprise a high carbohydrate, fibre, and fat-free nutritional profile that helps in providing instant energy, weight loss, blood sugar regulation, and traction of all muscles, including digestive health. In addition, pinto beans are high in kaempferol, a flavonoid associated with cancer growth inhibition, reduced inflammation, and a lowered risk of cardiovascular diseases, including health because of their fibre con-stroke. Hence, consuming pinto beans in moderate amounts has

#### Ways to Include Pinto Beans in Your

Soak them overnight, mash sugar levels, which helps to reduce them up and use them as a paste or filling.

Use it as a side dish or a main ingredient in soups, stews, dips, and burritos.

Canned beans can be strained

#### **Increased Flatulence**

Bean eating may cause gas, bloating, and changes in stool in some people. There is, how-Several studies show anti- ever, some heterogeneity in this served. Cooked pinto beans will gas. Water-soluble carbohydrates Conclusion For example, pinto beans are called oligosaccharides are not easy to digest, and they are broken noid with numerous health advan- down into carbon dioxide, sulas flatus. If gas and bloating are a problem, soak dry beans overnight.

To avoid these unpleasant sensations, limit the number of pinto beans and other legumes you eat in one sitting. Drinking plenty of water throughout the day and Recent studies have proven that have enough fibrous food to bulk a diet rich in fibre aids weight loss. up the stools and help pass along A high-fibre diet keeps the stomach the digestive tract more quickly and smoothly.

As per studies, excessive phytate

intake can hamper bone health. which can prevent the body from absorbing calcium, and foods high in phytates can cause iron and zinc deficits. On the other hand, phytate content can be reduced in Pinto beans by soaking them in water before cooking or eating.

Bean allergy sufferers have asthma, dyspnea, chest tightness, and tachycardia. The reaction takes place primarily after intake. There are lower risks of developing an allergy while handling (cleaning or cooking) these beans. Pinto beans are the most popular bean kind, and they have an excellent nutritional profile. Pinto beans are flavourful with a nutty taste, which is there due to the presence of phytochemicals, dietary fiber, protein, and minerals; these components only make Pinto beans so beneficial. Pinto bean consumption may lessen the risk of coronary heart disease, increase satiety, aid glycemic control, reduce mortality, and lower cancer risk. However, excessive consumption can have several negative consequences. They have the potential to induce flatulence, bone damage, abdominal pain, and allergies. As a result, eat them in moderation to reap the benefits.

#### Storage and Food Safety

Look for uncracked beans that haven't been exposed to dust or humidity when buying legumes. You can buy dry beans in pre-packaged containers, but many supermarkets sell pinto beans in bulk.

Store dried beans in a dry place away from direct sunlight and excessive moisture. Legumes can last up to a year if properly pre-

Pinto Beans are highly nutritious, delicious, and inexpensive, these are the reasons why they are popular in modern times. Packed with proteins, fibres, and all the essential nutrients, these beans are the go-to. They are a perfect option for a nutritious diet and work well for everyone.

They are one of the best protein options for vegetarians and vegans and a good alternative for non-vegetarians. While this is a great option, an excess of the beans can cause side effects such as gas, nausea, and reduction of bone density. However, beans can be a part of the daily diet in moderate quantities

#### **RECIPES USING PINTO BEANS**

#### **Vegan Mushroom Bean Burger**

Serves: 4 servings Preparation time: 40 minutes Ingredients

Canola oil, or vegetable oil, divided: 3 tbsp White or yellow onion, diced: 1 Clove of garlic, minced: 1

Green onions, chopped: 3 Cumin: ½ tsp Chopped mushrooms: 3/4 cup Warm water: 2 tbsp Egg replacer: 11/2 tsp Pinto beans, drained: 500 grams

Minced fresh parsley: 1 tsp

Kosher salt to taste Freshly ground black pepper to taste

Hamburger buns: 4 Baby spinach, sliced tomatoes, and sliced cucumbers:

For drizzling Method Grab all the ingredients. In a medium-sized skillet, heat

1 tbsp of oil. For 3 to 5 minutes, until the onion is tender, sauté the diced onion and garlic. Add the mushrooms, green onions, and cumin. Cook the mushrooms for 5 minutes, or until golden brown. Add a little oil if needed. Set aside the cooked onion and mushrooms. Warm the water and egg replacer together, then set aside. Mash the beans until mushy in a separate bowl. Alternatively, grind the beans in a food processor rather than pureeing them. Stir in the egg replacer mixture until thoroughly mixed. Form the mixture into 1-inch thick patties. and cook each side for about 3 minutes. Cooking these patties in an indoor grill pan is also suggested. Place on burger buns and top it up with fresh vegetables.

#### **Pinto Beans Soup**

Serves: 1 serving Preparation time: 20 minutes

#### Ingredients

Dry pinto beans: 1 can Small onion, diced: 1 Cloves garlic smashed: 4 Jalapeno or serrano pepper: 1

Cilantro leaves: 1/4 cup Small ham hock, a slice of bacon, or pork bone Salt: ½ tsp

Black pepper: 1 tsp Paprika: 1 tsp

Chicken or vegetable broth (optional): 2 cups

#### Method

Soak beans overnight in a big mixing dish or pot. Remove any little rocks you find. Cover the beans with water (at least 3 inches above beans) and leave to soak overnight on the counter. Rinse and drain the beans thoroughly. Put everything in a big pot with a lid and add the onion, garlic, jalapeño, cilantro, and ham hock. Seasonings if using (this is also the time to add tomatoes and Mexican spices if you make that version). If using, add chicken broth and enough water to cover the beans by at least 2 inches. Heat the saucepan with the lid on (medium-high heat). After a minute of boiling, reduce the heat to low. Cook for 2-4 hours, or until the

#### **Vegetarian Bean & Rice Burrito**

Serves: 4 servings Prep time: 45 minutes Ingredients Cooked rice: 2 cups Fresh cilantro, chopped: 2 tbsp Limes juiced: 2 Medium onion, diced: 1/2 Garlic cloves, minced: 3 to 4 Vegetable oil (or olive oil): 2 tbsp Can of pinto beans drained: 500 grams Round cumin: 1/2 tsp

Hot sauce, or to taste: 1 tbsp Pinch of salt to taste (optional) Method

Get all the ingredients. Toss cooked rice and chopped cilantro in a large bowl, then add lime juice. Heat until hot in the microwave or stove, then stir well. In a separate pan, sauté the onion in oil for 5 minutes or until tender. Add the garlic and cook for another 2-3 minutes. Reduce the heat to medium-low and add the pinto beans, chilli powder, cumin, and spicy sauce. You can season with a pinch of salt if needed. Cook for 5 minutes, or until the beans are well heated. Fill flour tortillas with the cilantro-lime rice, black bean mixture, and additional toppings. Fold the burrito: Wrap in the short ends, then fold one long side over the filling and gently press to tighten the fold before rolling up the rest of the burrito. Serve immediately after cutting in half.

# Orzo – Health Benefits and Adverse Effects

#### **PARUL DUBE**

rzo, also known as Risoni in Italian, stands for "big rice". The scientific name for orzo is (Hordeum vulgare). People in Greece widely accept it. In Italy, people generally use it in soups. However, orzo is a lesserknown pasta consumed in many Western countries.

The pasta requires either semolina or whole grains as the main ingredient. Orzo is often mistaken for natural grains since it looks like rice. However, it is simply a cut pasta shaped like small rice grains. Orzo is currently emerging as an excellent choice for pasta lovers. It is prevalent because it gets readily absorbed by the liquid. The whole grain version of orzo can be extremely healthy and provide several health benefits for the body. Since pasta is super easy to make, orzo goes with any veggie or protein. Therefore, numerous ways, Here are some vou can make countless healthy excellent health benefits associrecipes using orzo as the primary ated with orzo ingredient

#### **Nutritional Properties of Orzo**

As per the USDA, 100 grams

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of orzo contains the following

Energy: 357 kcal Carbohydrates: 78.57 g Fat: 1.79 g Protein: 5.36 g Fibre: 1.8 g Iron: 0.64 g

Orzo has a high carbohydrate content. It has about 78-85g of carbohydrates per 100g. The second highest nutritional content of orzo is protein. Orzo is a versatile product that you can eat with other protein sources. Orzo has a trace amount of dietary fibre, which can be highly beneficial for the body

#### **Health Benefits of Orzo**

Orzo is not regular pasta. While refined flour pasta can be unhealthy for the body, whole grains orzo benefits the body in

#### **Relieves Constipation**

Dietary fibre is essential for people who suffer from consti-



#### pation. Several studies have proved that dietary fibre can help improve bowel movement and relieve discomfort from irritable bowel syndrome.

### **Relieves Fatigue and Exhaustion**

tial source of energy for our bodies. The carbohydrate we consume gets converted into glucose in our bodies. Glucose then helps produce

# Carbohydrates form an essen-

ATP, which helps in metabolism functions. Orzo contains approximately 78g of carbohydrates per 100g. Therefore, orzo can be an excellent solution for fatigue and exhaustion

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#### Improves Metabolism

Dietary fibre is extremely useful in promoting body metab olism. It facilitates easy absorption of nutrients by the body, promotes the formation of gut hormones, and helps in the easy passage of stool. All these functions of dietary fibre help to boost body metabolism. Carbohydrates, too, can be highly beneficial for improving body metabolism.

Carbs act as an energy source for the body and provide resistant starch, significantly facilitating body metabolism. Orzo is rich in both fibre and carbs. Therefore, orzo can help boost body metabo-

••••• <del>• CMYK</del> • • • • • • •

#### **Aids Tissue and Muscle Growth** Proteins play an essential role

in promoting healthy muscle growth. Since most of the human body has protein, it also helps repair tissues and promotes overall growth.

high protein content. Therefore, it can help people develop healthy muscle growth and increase their overall strength if consumed with other protein-rich nutritional foods. Underweight people will find this muscle weight extremely beneficial.

#### **Prevents Overeating and Helps Lose Weight**

Orzo made with brown rice may assist in weight loss. The benefits of brown rice are no secret. Its dietary carbohydraterich properties can give people a sense of fullness. Protein also makes people lose their appetite and make them feel full. In addition, protein is responsible for decreasing the hunger hormone ghrelin, which regulates appetite.

Orzo has a rich carbs and protein content in it. Therefore, Orzo can help control overeating by reducing your hunger and desire

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for food. It, in turn, prevents you from gaining extra weight from excess food.

Since orzo is a whole grain pasta, it offers a few health ben-Orzo is a pasta which has a efits. However, these health benefits make it better than other regular pasta. However, to make an orzo meal nutritious, combine it with healthy and nutritious foods like vegetables, chicken, etc.

### Orzo can be harmful to some

Possible Adverse Effects

people, and you must consume it wisely to avoid any side effects. Here is a list of adverse effects which can negatively affect one's

#### **Gluten Allergy**

it's not always free from gluten. Orzo, from semolina flour or whole grains, contains a considerable amount of gluten. Therefore, people who have celiac disease and gluten allergy or simply do not consume any gluten should avoid consuming orzo made from such flour.

Orzo is full of carbohydrates. However, people who take ketofriendly diets tend to avoid consuming too many carbs since they want to burn their body fat. Therefore, people on keto diets should avoid having orzo for

#### Flour Versions can be Unhealthy.

While orzo is made from whole grains and refined flour, all flour versions are not very healthy. All-purpose flour, as we all know, contributes to cholesterol, fatty liver, and related diseases. Therefore, you must avoid orzo made from all-purpose flour.

#### Summary

If made with whole grain, orzo is the new way to enjoy your Orzo is a guilt-free pasta, but favourite pasta dishes without worrying about calories, fats, and sugars. The rich protein and carb content will help people maintain a healthy diet. Orzo also has impressive health benefits that can help heal various diseases and ailments. You can easily incorporate orzo pasta into multiple dishes like salads, snacks, casseroles, one-pot meals, etc.

Not Keto Friendly

# Only 'Modi Ki Guarantee' can fulfil aspirations of people of Bharat: Bali Bhagat

NAGROTA, MAR 5

Bali Bhagat, Election Incharge for Nagrota constituency and former Minister, emphasised that only Modi Ki Guarantee can fulfil aspirations of people of the country and will also achieve the status of Viksit Bharat in 2047.

He stated this while taraks. addressing party workers during the meeting meeting, the participants BJP government under the of Nagrota assembly constituency at Nagrota today.

witnessed the presence of engage with the constitu- and development. several prominent lead- ents effectively. ers from various Mandals. The gathering included achievements printed by numerous accomplishthe four presidents from BJP candidate and Member ments and developmental Nagrota, Dansal, Mathwar, of Parliament Jugal Kishore initiatives undertaken by and Amb-Gharota, along Sharma was distributed the BJP-led government with their General Secre- among all the senior lead- under the leadership of



Mandal Prabharis, and Vis- The book showcases the dra Modi. He elaborated remarkable achievements During the productive and progress made by the made in various spheres, collectively decided on leadership of Prime Minisvarious organizational pro- ter Narendra Modi in vari-The meeting was grams for the upcoming ous sectors. It serves as a presided over by Nand 15 days. These programs testimony to the govern-Kishore, coordinator of aim to further strengthen ment's unwavering dedi-Nagrota constituency and the party's presence and cation towards upliftment

Addressing the meeting, Additionally, a book of Bali Bhagat highlighted the taries, Morcha Presidents, ers of the constituency. Prime Minister Naren-

paign, the BJP endeavors to reaffirm its dedication to inclusive governance, economic empowerment, and social welfare, aiming to uplift every stratum of society. Moreover, 'Modi Ki Guarantee' epitomizes a pledge to propel India to unprecedented heights of excellence and prosperity, on the significant strides guided by the principles of integrity, transparency, including infrastructure, and accountability, he healthcare, education, added. agriculture, and digital The former minister

India. Through this cam-

also underlined the signifconnectivity, each contributing to the overarchicance of organizing and ing goal of holistic national executing future programs that would strengthen Expounding upon the the BJP's presence in the essence of the 'Modi Ki Nagrota constituency. The Guarantee', Bali Bhagat meeting concluded with a elucidated its core objec- renewed sense of enthusitive: to serve as a beacon asm and determination to of the government's continue working towards unwavering commit- the welfare and develment to fulfill the prom- opment of the Nagrota ises made to the people of assembly constituency.

### BSF organizes free medical, blood check-up camp at Tala Tanda

JI NEWS SERVICE

SUNDERBANI, MAR 5

Medical Camp for civilians under Civic Action Programme was conducted by BSF Sunderbani at Government Middle School Nagara, Vill- Tala Tanda, Beripattan.

The program was inaugurated by DIG, Sector BSF Commandant BSF SBN, Medical Officer and appx 20 others from BSF camp Sunderbani. Dr Nissar Hussain, BMO

Sharma, Dr. Rajneesh Bharat Abhiyan. Singh, Sh Anil Sharma and distributed essential medicines to the civil population as per prescrip-

Western Digital's guide for choosing right tech

tools for your content creation needs



to wellness Center, Suffa. A lecture on ill effects of drugs & addiction was derbani addressed to all also delivered by Dr Sushil present in the said medi-Sunderbani, Dr. Meena Bishnoi under Nasha Mukt

Mid Level Health Provider about various ailments (MLHP), Sunderbani also particularly cardiac ailparticipated in the camp ments and also distributed and conducted free health Disprin and Sorbitrate to check-up including Blood villagers as a preventive Test, ECG, Nebulization measure against Cardiac

During Medical Camp, 31 children including Block/Tehsil Beripattan.

During the medical students of Govt Middle School, Total-148 villagers over by DIG Sunderbani benefitted from the basic medical check-up camp.

DIG, Sector BSF Suncal camp and gave valuable information regarding Attendants were given medicare. He appreciated and Smt Malti Sharma, valuable information the valuable service of the Civil Doctors & staff and granted 'Appreciation Certificates' to them as regard.

S. Mohan Singh, Sarpanch, Panchayat Tala Tanda & civil population appreciated the efforts of BSF for organizing such 45 male, 72 female and events in remote areas of

### Altaf Bukhari visits residences of Begam Jalal Din Safvi, Fayaz Ahmed Mir, Nazir Ahmed Khan (Turk) to offer his condolences

JI NEWS SERVICE SRINAGAR, MAR 5

Apni Party President, Syed Mohammed Altaf Bukhari today visited the residences of Begam Jalal Din Safvi, Fayaz Ahmed Mir sahab at Zadibal and Nazir Ahmed Khan (Turk) at Wazir Bagh in Srinagar to offer his condolences to the bereaved family mem-

As per the press release, Altaf Bukhari was accompanied by Party's senior leader and Former, Srinagar Municipal Corpora- nal peace of the departed Tabish Ahmed Pathan, and other workers during loss. his visit to Zaidbal.

members, especially her passed away recently. husband, Jalal Din Safvi Parviz Ahmed Safvi.

He prayed for the eter- their loved one.

Meanwhile, he also Altaf Bukhari visited the visited the residence of members of the deceased residence of the deceased the deceased namely person namely Nazir namely Begam Jalal Din Fayaz Ahmed Mir sahab Ahmed Khan (Turk) sahab Safvi where he offered his of Khushal Sar area in at their residence at Wazir condolences to the family Zadibal in Srinagar, who Bagh in Srinagar where he

family members, who lost Khan, and other family

He prayed for Magfirt tion, Mayor, Junaid Azim soul, and courage to the of the deceased while Mattoo, Party worker bereaved family members expressing his sympathy to bear the irreparable to the bereaved family

He also met the family offered his condolences, He expressed his soli- especially to the son of sahab and their son, darity with the bereaved the deceased, Adil Ahmed Recent studies indicate a significant increase in the number of content creators in India, growing from 80 million creators in 2022to an anticipated 100 million by 2023. However, with the overwhelming volume of content flooding social media platforms today, it has become whether you're working, or with improved applica-

increasingly challenging streaming content. For video editors, time is preto find a niche for oneself. Content creators need to cious when working with create unique and fresh raw data and heavy editcontent constantly and, as ing software. Consider a result, they often handle using a WD Blue™ SN580 a huge volume of data as NVMe™ SSD, known for they embark on their cre- its quick speed and up ative journeys. The selecto generous 2TB\* of stortion of the right tech tools age capacity. With speeds plays a key role in sup- reaching up to a staggerporting their endeavours ing 4,150 MB/s\*\*1TB and and these tips and tricks 2TB models only) and the will offer smarter ways to  $incorporation \ of \ nCache^{TM}$ upgrade PC performance - 4.0 technology, fast file drive, which is available simply seeking enhanced Finally, opting for the right To start with, SSDs you'll experience seam- storage - perfect for back- GPU upgrade can make a long-term investment, (solid state drives) can less performance, even ingup and accessing more significant difference in ultimately leading to the access larger files quickly, with data-intensive appli- HD photos, videos, and your computing experi- creation of higher-quality

tion responsiveness and extended battery life for uninterrupted productiv-

Another option to consider is - External drives, offering additional storage capacity, which is However, their applicaessential for storing large option can be the SanDisk cesses with long render- must align with your hardcopies are a breeze, and in up to 22TB\* of massive graphics performance, a software is a cost-effective resulting in quicker boot cations. This will enhance other content. Moreover, ence. Moreover, a better content with ease.

allowing you to easily tionality.

Furthermore, a GPU monitor resolution, significantly enhances computing experience.Tradiused to enhance real-time times and performance, your creative workflows an external HDD comple- central processor or

ments your internal SSD, main processor aka CPU providing flexibility by upgrade will offer an immediate performance transfer data between dif- boost to your PC. Addiotferent devices. Therefore, nally, invest to know your transferring your internal PC better, this will enable storage files can free up you to do things such as space and restore your changing process priorcomputer's smooth func- ity to increase your CPU's power. You can assign specific CPU core to cerupgrade, when compat- tain program, which will ible with the CPU and enable your do these tasks more smoothly.

Video editing can be a daunting task. But with tionallyGPUs or Graphics right tools and software Processing Units were applications it can be fun! The right software can 3D graphics applications, offer shortcuts and autospecifically in gaming. mation tools to accelerate your workflow, making it tions have expanded to less cumbersome. Another files, backups, and multi- tasks like video editing factor to consider is commedia content. One such and data-intensive pro- patibility; your software Professional® G-DRIVE® ing times. Whether you're ware, which is crucial for enterprise-class hard a professional gamer or high-resolution projects.

### Two day Photo Exhibition concludes at Border Tehsil of Khara-Balli

JI NEWS SERVICE JAMMU, MAR 5

The second day of Photo Exhibition organised by CBC Jammu witnessed a warm response of common public. The programme was a unique kind of experiences for from different depart- masses. ments gave threadbare sored schemes.

a detailed about differ- the knowledge of culture departments. ent centrally sponsored tradition and practices to look for alternative cash the unity and integrity of regarding the scheme.



Bhushan Bral DDC the common villagers of Member Khrah urged the Army encouraged the the area. With an aim to masses to take maximum youth especially girls for spread awareness among benefit of centrally spon- taking maximum benefits the common masses sev- sored schemes so that the of Agniveer scheme. She eral centrally sponsored dream of developed India along with Col S.K. Anil schemes were highlighted is fulfilled. With regard to Abhram presented details during the two day event. online system, he present- about the welfare pro-Considering the border ed many real life examples grammes run by Indian area, main thrust was to prove how the services army in the area. paid to Agniveer scheme are received at their door and Mission LiFE. Experts step by the common the representatives of

Lt. Col Palvi from Indian

Expert lectures from various department viz In his address Sh. Gh Faizu Ram from Horticuldetails about the working Abass Director Central ture Department, Raman of their respective depart- Bureau of Communica- Kr Sharma from Agriculments and implementa- tion J&K, Ladakh gave ture, Ashwani Kumar from tion of centrally spon- a detailed information Cooperative Department about the working of CBC and Rakesh Singh from ITI Rajesh Sharma in in India especially J&K. Jammu delivered detailed charge Central Bureau of Regarding the Ek Bharat lectures on the differ-Communication Jammu/ Shrestha Bharat initiative ent centrally sponsored Samba Kathua in his he said through these schemes being implewelcome address gave innovative measures, mented by their respective

With regard to schemes. He urged the of different states & UTs "Agniveer Scheme" a especommon villagers to shift will lead to an enhanced cially dedicated session from traditional farming understanding and bond- was organised by Lt Col to scientific way of farming between the states, Palvi in which threadbare ing. He asked the farmers thereby strengthening discussion was carried out

Departmental artists

#### Awareness Campaign on "Mera Pehla Vote Desh Ke Liye" organized at Regional Centre Jammu



JI NEWS SERVICE JAMMU, MAR 5

a crucial facet of this.

JI NEWS SERVICE

guidelines issued by the Union Ministry of Educa-Ke Liye" from 28.02.2024 all Social Media platforms pated. to ensure maximum reach

obtained from the LSCs, Vote" meticulously.

the message has been prominently displayed on the Notice Boards and dis-In accordance with the seminated among the staff.

Regional Centre Jammu, today on 05.03.2024, orgation aimed at Campaigning nized an awareness camp on "Mera Pehla Vote Desh for awareness among the first time votes at Govt. to 06.03.2024 with the SPMR College of Comobjective to ensure univer- merce, Canal Road, Jammu sal enlightened participa- in which faculty of the tion of youth in elections, College and a number of Regional Centre Jammu learners of the College as shared the Notification on well of the IGNOU partici-

Dr. Jai Prakash Verma, of the message of utmost Regional Director, staff importance. The message of RC including ARDs, was disseminated among Dr. Sandeep Gupta, Dr. all the Coordinators of Asha Upadhyay and Dr. LSCs under this RC with Vikram Singh, AR, Sh. the instructions to share Rajesh Mohan, SO, Shri the same with the learn- Dara Singh participated in ers, Academic Counsel- the event and highlighted lors, faculty, staff associ- the importance of vote in ated with their respective a democracy and encouraged the first time voters On the basis of feedback to exercise their "Right to

### Needy, neglected sections have been empowered under Modi govt: Sat Sharma



JI NEWS SERVICE

said that BJP is a party was, Sabka Prayas which meeting.

of workers who work for shows the commitment of the society for 24 hours Modi govt to work for the in a day and 7 days in a needy sections, Kapahi Needy and the neglected week. The public welfare further added. sections of the nation schemes initiated by the have been truly empow- Prime Minister Narendra speaking assured the ered for the first time Modi led Union govern- senior leaders of the in history, u the Modi ment ensured the wel- Party that Every worker government, stated Sat fare of poor, by making of Talab Tillo Mandal Sharma CA, Former BJP sure that the benefit will work to increase 370 President & former Minis- reaches to every section votes on every booth so ter, while he addressed a of the society and the that BJP wins Jammu Lok meeting of party workers people have reciprocat- Sabha seat with a huge from BJP Jammu District. ed staunch love for PM margin. District Vice Parmod Kapahi, Presi- Modi as for the first time Presidents Jaideep Singh dent BJP Jammu District in history the needy and Sambyal, Brijesh Gupta, accompanied by BJP the neglected sections Jatin Sethi, K.L Sharma, Talab Tillo Mandal Presi- of the nation have been Bhubesh Sharma, Jatinder dent Keshav Chopra, Dis- empowered, he added. Khajuria, Rakesh Sharma, trict General Secretary Speaking during the Omkar Verma, Vijay Adv Rajesh Gupta, former Meeting, Parmod Kapahi Kumar, Ashok Wazir, Councillor Neelam Nar- exhorted BJP workers to Parveen Ghai, Vikas gotra also addressed the gear up for Lok Sabha Kumar, Krishan Lal, Dr Polls. PM Modi has given Sanchit Sharma, Surinder While addressing the a message of Sabka Saath Kumar and others were Workers, Sat Sharma Sabka Vikaas, Sabka Vish- also present during the

Keshav Chopra while

#### Shakti Vandan Abhiyan was to fulfill the vision of women empowerment and self-reliance: Rekha Mahajan

JI NEWS SERVICE

JAMMU, MARCH 5

As the Lok Sabha elections draw closer, the Bharatiya Ianata Party (BJP) District Jammu South has initiated the Shakti Vandan Abhiyan to actively involve women in the campaign. A rally on the banner of 'Nari Shakti Vandan Yatra 'was taken General Secretary and ments to women. out under the leadership of its BJP District Presi- Akash Chopra, Pushpin- lighted various schemes dent Jammu South Rekha der Charak, Mahila Morcha initiated by the central gov-Mahajan, under the aegis of General Secretary Neha ernment under the leader-Bharatiya Janata Party Dis- Mahajan, Mahila Morcha ship of Prime Minister Nartrict Jammu South includ- District President and endra Modi. She asserted ing team Mahila Morcha Co-Convenor of the pro- the need to empower and unit, from Valmiki Mandir gram Divya Jain, Mandal enable women, outlining in Gandhi Nagar, ward Presidents Neeraj Puri, the achievements of the no.20 of Bahu Constitu- Bharat Bhushan, Former government in this regard. ency drops under district Jammu South.

Marathon saw the esteem ing in Bahu Constituency. ment and self-reliance envipresence of BJP District The campaign aims to sioned by Prime Minister President Jammu South establish connections with Narendra Modi. Rekha Mahajan, Seh Prab- Matrishakti to disseminate

**BJP Human** 

cell organize

**Viksit Bharat** 

Sankalp Patra

programme

JI NEWS SERVICE

JAMMU MAR 5

Rights cell, Legal



Convenor of Programme councilor of ward Rahul The Nari Shakti Vandan Mahila Karyakartas resid-vision of women empower-

Rekha Mahajan high-The Shakti Vandan Abhiyan Kumar, District team, was launched to fulfill the

Vinay Gupta stressed hari Jammu North Vinay crucial information about the role of the central Gupta, State Secretary BJP the central government's government in uplifting opment and self-sufficien-Veenu Khanna, District schemes and accomplish- and empowering women cy.

through different schemes. Vinay Gupta expressed that empowering women would lead to their participation and influence at the Panchayat level across the Jammu South.

Veenu Khanna noted

that the campaign focuses on skills and entrepreneurship, bringing comprehensive changes in the lives of individuals and families. She elaborates the Shakti Vandan Abhiyan aims to recognize and honor selfreliant women in different areas of the Jammu South, contributing to their devel-

### Akasa Air enters J&K, Daily flights connecting Srinagar with Mumbai commence



JI NEWS SERVICE

and BJP Legal cell today organized Viksit Bharat Sankalp Patra Abhiyan programmme. The programme was organized by Adv Parimoksh Seth & Adv Rajesh Thappa. Sunil Sethi Chief

BJP Human Rights cell

Spokesperson J&K BJP was the chief guest whereas UK Jalali Former Advocate General was the guest of Honour in the programme. BJP has launched the

programme Viksit Bharat Sankalp Patra in which party is seeking suggestions from Public on the points to be part of Party manifesto.

Speaking in the occasion, Sunil Sethi said that BJP is the largest political party of the world. Despite the fact that it's the largest political party of the world BJP is seeking suggestion from general public about the points to be added in the Manifest of BJP for 2024 Parliamentary elections through Viksit Bharat Sankalp Patra. The party is reaching every nook and corner of the nation so that suggestions from common man is included in the election manifesto.

UK Jalali while speaking on the occasion termed the idea of Viksit Bharat Sankalp Patra as innovative through which suggestion will be added in election manifesto.

SRINAGAR, MARCH 5

Akasa Air, India's fastesting enhanced and conve- affordable fares.' nient options for travel

between the two cities. number of tourists.

country. Renowned for and enhanced comfort visual impairment.

heritage, Srinagar has wit- millions of passengers nessed a significant uptick in domestic and foreign growing airline, com- tourist arrivals over the mences operations from past few years. Our daily Srinagar, the capital of flights connecting Sri-Jammu & Kashmir, con- nagar with Mumbai, a key necting it to Mumbai with metro will enhance travel non-stop daily flights. The accessibility and provide inaugural flight on March momentum to the grow-2024 departed from ing demand for air travel Sheikh ul-Alam Interna- between the two cities. tional Airport at 13:55 hrs As India's fastest-growing arriving at Chhatrapati airline, we constantly Shivaji Maharaj Interna- endeavour to provide our tional Airport at 17:00hrs. customers with seamless comes with USB ports in a The new route strength- travel options, reliable majority of aircraft, allowens Akasa Air's presence operations, and a warm ing passengers to charge in North India while offer- customer experience at their gadgets and devices

launch, Belson Coutinho, vice offers an assortment Alongside receiving Co-Founder and Chief of healthy and delectable acclaim for its serene Marketing & Experience meals, including festive landscapes, Srinagar has Officer, Akasa Air said, menus and industry-first gathered notable impetus "This is a very exciting options such as Kombufor its warm hospitality, time for us, as we expand cha, to offer customers unique cuisine, and dis- our presence in North an indulgent gourmet tinct socio-cultural ethos, India and bring the Akasa experience in the skies. attracting an increasing experience to Srinagar. Pets on Akasa allows Commenting on the a journey to redefine air their pets in the cabin or announcement, Praveen travel with an unwavering carry them in cargo based Iyer, Co-Founder and commitment to service on their weight. In addi-Chief Commercial Offi- excellence. Our category- tion, in an endeavour to cer, Akasa Air, said, "We defining services such as make travel inclusive, are delighted to launch Café Akasa and Pets on Akasa Air has introduced operations from Sri- Akasa, together with our its safety instruction card nagar, further expanding brand-new aircraft pro- and onboard menu card our presence across the viding ample legroom in Braille for persons with

its scenic beauty and rich has been appreciated by from across the country. We look forward to hosting travellers on the route and offering them a memorable journey on board." Akasa Air has intro-

duced multiple quality products and differentiated services to ensure an inclusive, warm and comfortable flying experience. Its brand-new fleet provides ample legroom and enhanced comfort and on the go. Café Akasa, the Commenting on the airline's onboard meal ser-At Akasa Air, we are on customers to travel with

### Int'l Conference on Health Fitness, Yoga, Sports Science 2024 begins at GDC, Kathua

GDC Kathua (Boys) orga-

KATHUA, MAR 5

nizes two day 1st International Conference on Health Fitness, Yoga and Sports Science 2024 organised by IQAC and Department of Physical Education and Sports in collaboration with Foundation for Global Community, USA on 5 March. 2024. The mega event commenced with the inauguration by Prof. Yasmeen Ashai, Director Colleges, Department of Higher Education, J&K, Prof. Seema Mir, Principal, GDC Kathua, Dr.Ming Kai Chin, Keynote speaker, Founder and President of Foundation for Global Community Health USA, Founding and Immediate Past President, **BRICS Council of Exercise** and Sports Science.

The event began with the lighting of the traditional lamp along with Saraswati Vandana. A formal welcome address was delivered by Prof. Seema Mir, Principal GDC Kathua followed by the release of the abstract book. A cultural bonanza was presented by college students in which they displayed Dogra and Kashmiri culture in a very colorful manner which was highly appreciated by keynote speaker as it's related with the physical exercise which is the main aspect Dr. G. L. Khanna, Proof the conference theme.

talked in depth about the Council of Sports & Exer- The paper presentation

role of technology in edu- cise Science, Malaysia & session was chaired by Dr. cation and physical activi- Dr. Uri Scheffer, President Geetanjali A Rana, GDC, ties in order to attain per- International Council for Ramgarh, Dr. Twinkle fection. Highlighting the Sports Science Physical Suri, GDC, Samba, and need of fitness, he spoke Education, Berlin, Ger- Prof. Sujata Salathia, GDC, about the role of Interna- many connected with us Ghagwal and co-chaired by tional Sports Organisation on virtual platform and Dr. Vinod Bakshi, Director and WHO in the promotion of sports among children to counter obesity. team for organizing this tation session was chaired He also emphasized how international Conference. dance, Brain Break is imperative for the physical fitness of children. While addressing the audience, Prof. Yasmeen Ashai, cise and Sports Science applauded the principal, GDC, Kathua and the Malaysia, Post Doctoral Director, GDC, Mahanpur. entire team for organis-University, London, UK ing the event successfully. She placed on record that health plays a pivotal role in shaping the entire wellbeing and involvement of academicians across the globe in community advancements in the field tia (Retd., Principal) and work. A virtual message was delivered by Dr. Ravi Shankar Sharma, Special Secretary, HED, J&K consions of paper Presenta-occasion. The formal vote gratulating the Principal tion and Poster Presenta- of thanks was presented GDC Kathua for organising the event. Moreover, which 7 delegates have Soodan, Physical Director Dr Rajesh Kumar, Direc- presented their research & Organising Secretary tor of Sports, Osmania and deliberated on various of this conference. The University, Hyderabad, vice Chancellor, Manav whereas, 19 delegates have Yashpal Sharma and Prof. Delivering the key note Rachana University, Delhi, displayed their research Shivani Kotwal, Convener, address, Dr. Ming Kai Chin, Dr. Gala, President, Asian findings through posters. Sports Board.

conveyed greetings to the Afterward, conference

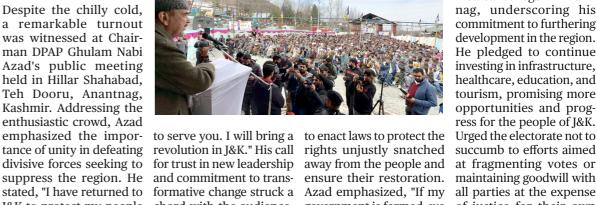
Sports, Cluster University, principal and organizing Jammu. The poster presenby included Prof. Pragya Khanna, GLDC, Hiranagar, proceeded for invited lec- Prof. Anupama Gupta. tures by Dr. Garry Kuan, GDC, Marheen, Prof. San-Associate Professor, Exergeeta Sudan, GDC, Mahanpur and co-chaired by Dr. Program, University Sains Balvinder Singh, Physical Research Fellow, Brunel The event was attended by faculties from various coland DR. Hilia Davidov, leges, students; delegates Research Scholar, Koln participated in the con-University, Germany. ference through hybrid They stressed on the vari- mode. Among others, ous topics related to foster Prof. Sumanesh Jasroof Health, Fitness, Yoga Prof. Raj Kiran, Associate and Sports Science. Later, Professor, GDC, Billawar two parallel technical ses- were also present on the tion were conducted in by Dr. Jogbinder Singh aspects of Health, Fitness, proceedings of the event Yoga & Sports Science, was conducted by Prof.

# Azad vows Revolutionary Development, Tourism Boost in J&K

JI NEWS SERVICE

SRINAGAR MAR 5

Despite the chilly cold, a remarkable turnout was witnessed at Chairman DPAP Ghulam Nabi Azad's public meeting held in Hillar Shahabad, Teh Dooru, Anantnag, Kashmir. Addressing the enthusiastic crowd, Azad unjustly snatched away." they have since forgotten.



J&K to protect my people chord with the audience, government is formed, we of justice for their own from the present crisis. signaling a potential shift will bring forth legislation people. Azad emphasized, Our people are distressed, in political dynamics in to safeguard the rights of "Dividing votes or pleasing our rights have been the region. Azad shed our people." Additionally, all parties will not serve light on the hypocrisy of he addressed the issue of the interests of our own Azad criticized other former BJP allies who are statehood restoration, stat- people. It is imperative to political parties for their now accusing his party. He ing, "We have been prom- stand united and vote with past failures and empty emphasized that these parised statehood restoration, integrity to ensure juspromises. He said, "Other ties should reflect on their but we must continue to tice for our community." parties have misled the own past actions before fight until we achieve it." Among others who were people and raised slogans pointing fingers, stating, Azad outlined his vision for present on the ocassion "They were the ones who comprehensive develop- were Mohd Amin Bhatt How can we trust them formed a government with ment in J&K. He highlight- Provincial President, Ch anymore?" He urged the the BJP in the past. Even ed the significant strides Haroon Khatana Gen Secgathering to consider his today, they are pleading made in infrastructure retary, Salman Nizami track record, stating, "You with them to form an alli- and social sectors during Chief Spokesperson, Adv have tested them for years ance." Reaffirmed his com- his tenure, including the Saleem Parray DDC & and witnessed my two and mitment to safeguarding establishment of hospitals, Spokesperson, Zameer a half years as Chief Minis- the land and jobs of the colleges, roads, schools, Ahmed Distt President ter. Now, give me a chance people of J&K. He pledged and initiatives to boost Anantnag and others.

tourism. He mentioned the establishment of a medical college in Anantnag, underscoring his commitment to furthering development in the region. He pledged to continue investing in infrastructure, healthcare, education, and tourism, promising more opportunities and progress for the people of J&K. Urged the electorate not to

# CUJ organizes Workshop on Impact Assessment Study of Ayushman Bharat-PMJAY

JAMMU, MAR 5

aimed at disseminating the ing of the lamp. findings of an ICSSR spon-

Chancellor Prof. Sanjeev policies. Central University of Jain. The inaugural of the

the findings of the study. studies in understanding for millions of families. The study conducted the real-world impact of

event was held under the improving the efficacy of patronage of hon'ble Vice Government schemes and Sanjiv M. Gadkar (IAS),

Jammu (CUJ) organised workshop commenced Chief Executive Officer, a significant workshop with the ceremonial light- State Health Agency, JK was the guest of honour Prof. Sanjeev Jain, . He emphasized the critisored empirical project on Hon'ble Vice-Chancellor, cal importance of PMJAY impact assessment study Central University of in providing health insurof the Pradhan Mantri Jan Jammu, in his keynote ance coverage to economi-Arogya Yojana (PMJAY). address conveyed the cally vulnerable citizens The workshop brought congratulations to the across the nation. He hightogether policymakers, whole project team for lighted the transformative healthcare professionals, successful completion of potential of the scheme in researchers and stake- the project. He highlighted ensuring financial protecholders to deliberate on the importance of such tion and healthcare access

Prof. Deepak Pathania, by the Central University government policies. He Dean Research Studies, of Jammu sought to evalue expressed the importance appreciated the project ate the effectiveness and of organising such type of team and shared his valusocio-economic impact of project findings dissemi- able insights about the initiatives taken by the lems in all sections of the and the healthcare system are crucial for evidence- university. In his address quality research so that



at large. The prestigious based policymaking and he mentioned various the gross-root level probect Coordinator, briefed

PMJAY on the beneficiaries nation workshops as they research paradigm in the university for promoting society can be addressed. Prof. J. N. Baliya, Proj-

study.

Earlier Dr. Manik

the gathering about the officials across the J&K, tection, and the overall project and the strategies UTs Dr. Priya Khajuria, impact on beneficiaries' adopted while completing Dr. Muneer, Dr. Vivek well-being. the project in a short span Koul, Dr. Gurmeet Singh, of time. Prof. Balia shared Dr. Beenish Rather, Dr. tated constructive discusthe adopted procedure Shivangi Sangotra, Mr. sions among participants, and thanked the State Devider Sharma, Mrs. encouraging exchanges of Health Agency officials for Monika Sharma. Some ideas and perspectives on their unwavering support participants had also ways to optimize PMJAY during the conduct of the joined the workshop via. and similar initiatives for Online mode.

Singh, Dr. Ashok Kumar care accessibility, quality ery for all citizens. Sharma and State Health of services, financial pro-

The workshop facilibetter healthcare out-The workshop fea- comes in India. Attendees Sharma welcomed the tured presentations by praised the comprehenguests, health officials, project team Dr. Manik sive nature of the study PMAM's, researchers from Sharma and others who and its potential to inform the universities and others are involved in the study, future policy decisions. for joining the workshop who shared key method- The event concluded and further said that their ologies, findings and rec- with a commitment from presence will enrich the ommendations derived stakeholders to further discussions on the find- from their analysis. The collaborate and utilize ings of the study. The event was enriched by the the research findings to event was also graced by valuable insights from the strengthen the implethe project directors, Dr. Health Officials. Topics mentation of PMJAY and Parul Bahal, Dr. Mandeep covered included health- improve healthcare deliv-

# **NEWS**

### MP Khatana reviews developmental scenario in Banihal, Ramban



JI NEWS SERVICE

RAMBAN, MARCH 5

Member of Parliament, departments. Rajya Sabha, Er. Gulam Tehsildar Banihal Imtiyaz ferent departments. Ahmed, Executive Engicerned officers attended district.

Shakti, PWD, Social Welfare, Power Development and demands. Department and allied

During the meeting MP Ali Khatana today visited reviewed progress of vari-Banihal area of district ous CSSs implemented by Ramban and chaired a UT administration and comprehensive meeting urged the officers to faciliof sectoral officers and tate people for hassle free representative of NHAI. services provided by dif-

During the meeting, the neer PWD Igbal Ahmed, sectoral officers briefed BDO Banihal Asif Amin, the MP about the status CDPO Banihal, AEEs of of developmental pro-PWD, Jal Shakti and PDD grammes being impleand various other con- mented in the Ramban

by the Rural Develop- works. While seeking feed- under damages due to ment Department, Jal back on each project, he earth cutting.

called upon the officers to identify all the bottlenecks and take necessary corrective measures to achieve set targets in given time-

MP Khatana exhorted the officers to expedite the ongoing works for timely completion and dedication to the public. He also asked the officers to remain available for the people and ensure the genuine and timely redressal of their issues

MP Khatana reiterated the government's unwavering commitment of enhancing the quality of life for the residents and ensuring holistic development in all aspects of their

Later, Various delegations met MP and highlighted their issues being faced by them. The MP gave a patient hearing and passed on the spot directions to the concerned officers for early redressal of their genuine griev-Speaking on the ances. NHAI was directed MP took a detailed occasion, MP Khatana to make spot assessment assessment of various expressed his satisfaction in order to address grievongoing development over the pace of progress ances of locals whose projects being executed on several development land, structure are coming

### Ritika leads over 400 women to join BJP's Shakti Vandan Program

JAMMU, MAR 5

In a significant stride towards women's political empowerment, Ritika Trehan State Chief Spokesperson Mahila Morcha J&K UT, a dynamic leader in the community today in Jammu, has successfully rallied over 400 ladies to join the Bharatiya Janata Party (BIP) under the transformative Shakti Vandan pro-

tive measures undertaken meaningfully to the nation's contribute to political disby the Modi government to progress. promote women's empowerment. She highlighted tive, spearheaded by Ritika, from over 400 dedicated the significance of schemes focuses on fostering wom- ladies signifies a powerful aimed at bolstering wom- en's active participation movement towards genderen's socio-economic partici- and leadership roles within inclusive politics.' pation, emphasizing their the political landscape. The role in driving inclusive overwhelming response, scores the commitment growth and development. with more than 400 women of BJP and its leaders like

opment, entrepreneurship, women across the region. and access to resources. to creating an enabling Shakti Vandan program ment.

environment for women aims to create a platform Ritika lauded the proacto thrive and contribute where women can actively course and decision-making The Shakti Vandan initia- processes. The response

This milestone under-Ritika underscored the enthusiastically joining the Ritika to promote diversity importance of initiatives BJP, highlights the growing and women's representhat provide women with influence of Shakti Vandan tation in politics. As the opportunities for skill devel- in inspiring and mobilizing party continues to grow, Shakti Vandan remains a Ritika expressed her cornerstone for empower-She commended the Modi gratitude for the enthusi- ing women and creating an government's commitment astic support, stating, "The inclusive political environ-

# DoC, DoE, GDC Vijaypur visit Muskaan Home, Channi Rama

JI NEWS SERVICE SANBA, MAR 5

Department of Commerce and Department of Education, GDC Vijaypur visited Muskaan Home on 5th March 2024 as a part of their community service initiative. In a heart warming initiative students of B. Com/B. A./B. Sc Semester 2nd, 4th and 6th spent a memo- Gupta, H.O.D. Commerce a sense of responsibility rable day spreading joy and warmth at Muskaan in the power of commu-students while preparing Home, Channi Rama, nity service and this visit them to make a positive Jammu. The visit aimed to was a wonderful oppor- impact on the society. created a positive impact tunity for our students Manoj Heer, Dr Naseem to foster a culture of comfacing unique challenges. Choudhary along with passion, inclusivity and



stated that "We believe and empathy among our other staff members and community engagement. Pooja Gupta and Dr. Gun-

This initiative not only on the lives of these chil- to connect and support demonstrated the comdren and foster a sense the incredible children at mitment of GDC Vijayof community engage- Muskaan Home, it was a pur to social responsiment among them. Prin- day filled with laughter, bility but also provided cipal of the college, Dr. smiles and meaningful students with the valu-Vandana Gupta, Prof. interactions. Principal of able learning experience, Anoop Kumar Bhagat, the college, Prof Vandana fostering empathy and Prof. Poonam Kundan, Dr. Gupta remains dedicated understanding for those

Dr. Tisha Singh, Dr students flagged off the This visit was part of our jeet Mahiwal were the journey. Prof. Mamta ongoing efforts to instil organisers of the visit.

Reasi Police solves theft case within 08 hours, arrests accused, recovers stolen property

JI NEWS SERVICE JAMMU, MAR 5

On the basis of complaint received from a pilgrim Atharv Sulakhiya S/O Santosh Kumar Sulakhiya R/O Chorai, Chhindwara, Madhya Pradesh at Police Station Bhawan that unknown person has stolen 04 mobiles along with the other items worth Rs 160,597/-. In this regard, Case FIR

no. 02/2024 U/S 379 IPC was registered and investigation started by P/S Bhawan. A special team led by Sh. Khyatimaan Khajuria SHO P/S Bhawan immediately rounded up many suspects and finally successfully recovered 04 mobiles and stolen property worth Rs. 160,597/from accused person namely Rahul Singh S/O Subash Singh R/O Pakhlai, Udhampur alongwith stolen property worth Rs. 160597/- who was arrested in the instant case. His interrogation for his involvement in other cases of similar nature is going on.

Pilgrims hailed the effort of Reasi police for swift and prompt action and recovery of stolen items of pilgrim.

Ms Mohita Sharma-IPS, SSP Reasi briefed that Reasi police is committed for safety and security of the pilgrims and general public and anyone indulging in criminal activities will not be spared.

#### Baru asks party workers to gear up for "Vidhan Sabha Pravas Abhivan' <u>JI NEW</u>S SERVICE

JAMMU, MAR 5

BJP senior leader and District Prabhari Nowshera, Sanjay Kumar Baru asked the party workers to gear up for Lok Sabha election campaign, while he addressed a meeting of party workers from Kalakot-Sunderbani Assembly constituency.

Baru said that in order to increase the political working for the Lok Sabha elections in the various Assembly constituencies by the activists, the party has initiated the "Vidhan Sabha Pravas Abhiyan".

"Senior leaders of J&K BIP will undertake the Pravas in all the Assembly Constituencies under the direction of J&K BJP President Ravinder Raina and General Secretary (Organization) Ashok Koul from 5th March to 15th March 2024. These leaders will supervise and give pace to the political activities in the respective Assembly Constituency in view of the approaching Parliamentary elections", said Sanjay Baru.

Addressing the meeting, Sanjay Baru asked the senior party leaders to hold back-to-back meetings of party office bearers, Morchas and Mandals. He asked the party leaders present in the meeting to pace up the contact with the general masses and take the public welfare schemes initiated by the Prime Minister Narendra Modi led Union government and discuss the unprecedented development that has been witnessed in Jammu & Kashmir since Prime Minister assumed his office in 2014 and particularly after the abrogation of draconian Articles 370 and 35 (a).

### Col Mahan inaugurates key road projects; praises three-tier system

JI NEWS SERVICE KATHUA, MAR 5

In a significant development for the residents of Kathua, Col Mahan Singh (Retd) District Devel-

opment Council (DDC) Chairman, Kathua, today inaugurated two vital road projects in Tehsil Mahanpur under the Public Works Department (PWD) division Billawar. Fulfilling the longstand-

ing demands of the locals, the DDC Chairman initiated the widening and improvement works spanning 12 kilometers from Chitta Morh to Poonda, on the Mahanpur-Basohli road section. This project, valued at over 5 crores, falls under the City and Town project, benefiting numerous communities including daily commuters and thousands of including officials. vehicles plying everyday on this narrow road sec-



Additionally, another 3 ies present were Tejinder gurated under the Nation-

and is likely to be com- areas. pleted within 18 months tion included garlands, participants and assured the rhythmic beating of issues raised by them. A

sive development initia-A public meeting with residents of Banhore, Raipur via Bari Pathak in residents applauded and Dambra East Panchayat. called the event an histor-

Col Mahan Singh lauded

the efforts of Prime Minister Narendra Modi and

Lieutenant Governor

Manoj Sinha for imple-

menting the three-tier

system in Jammu and Kashmir. He emphasized

how this system has forti-

fied rural areas across the

Union Territory, paving the way for comprehen-

The DDC Chairman also enthusiastic slogans, and resolution of all possible Kilometres crucial project drums, welcoming the Langar was also organized tion. Among the dignitar- worth 5 Crores was inau- DDC Chairman to the site. by local residents on the Addressing the media, occasion.

### CBC's 3-Day Multi-Media Exhibition commences at Mendhar

JI NEWS SERVICE

JAMMU, MAR 5

A 3-Day Multi Media Exhibition (ICOP) on Viksit LiFE, Aganiath, Swachh Bharat etc. was inaugurated by Sub- Divisional Magistrate Mendhar, Sh. Imran Rashid today at Chhote Shah Memorial Govt. Degree College, Mendhar. har, faculty of GDC Mendvarious departments along cation and Outreach Programme (ICOP) is being organized by Central

Government of India.

ness programmes on the regular intervals so that boarder areas like Mendhar get to know about the

Sh.Bashir Ahmed, Vice the audience and appreciwhere young students and Jammu were present. are available to attend and ties of the programme.

Bureau of Communication munication, Poonch schemes & current affairs, the Exhibition between Poonch, Ministry of Infor- in his address said, the display your talent plat- 11:00 a.m. and 6:00 pm mation and Broadcasting, government is working form, and Expert Lectures (Entry is free).

Sh. Imran Rashid said the poor in the country various departments on these kinds of aware- through its various cen- CSS were the main attractrally sponsored schemes tions for visitors especially schemes and programs and programs and the the youth. Bharat Mission, Ek Bharat of Government of India pro-poor schemes of the Shreshtha Bharat, Mission should be organized on government have brought sons from J&K Bank, RDD, a revolution in the coun- Skill Development ITI, the general public espe- try. The govt is determined enlightened the audience cially in the far-flung to make India a Developed about various schemes

> of flyers and booklets on w.e.f 5th to 7th March. Sh. Vijay Mattoo, I/c govt. schemes, Open Quiz Local masses of Mend-

towards the upliftment of of Resource Persons from

On Day-1, Resource percountry by 2047 he added. realated to their respec-The display in the tive departments. The probenefits of these schemes. Photo Exhibition focus gramme was conducted by Sh. Bashir Ahmed, Vice the achievements of Govt. Sh. Sunil Sharma Instru-In the inaugural function Principal also addressed of India in various fields. mentalist CBC Jammu. Cul-Displays are especially turalitems were presented Preincipal GDC, Menda- ated the relevance of con- designed by ministry of by NSS students of the ducting the programme in Information and Broad- college. Officers, officials har officers and official of Degree College Mendhar casting, for enlightenment of Various departments, of visitors about various locals, students, teachwith staff of CBC Poonch from far flung hilly villages schemes of Govt. of India. ers etc attended the pro-Selfie corners, displays, gramme. The Exhibition The Integrated Communibenefit from the IEC activifilm shows, distribution will be open for three days

Central Bureau of Com- on centrally sponsored har are requested to visit

### OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH RURAL DIVISION JAMMU **NOTICE INVITING TENDER**

e-NIT No 171 to 172 of 2023-24 (JJM)

For and on behalf of Lieutenant Governor of J&K UT, Executive Engineer, Jal Shakti (PHE) Mech. Rural Division Jammu, invites tenders by e-tendering mode from the reputed/registered firms/individuals for the below mentioned work:-

e-NIT No. & Date.	Name of work	Est. cost (in Lakh)	Cost of document / tender fee (in Rs.)	Earnest Money Deposit	Bid validity
e-NIT No. 171 of 2023-24 (JJM)	Providing, Installation, Testing and Commissioning of IS reputed make pumping machinery along with other allied electrical and electro-mech. works at WSS Bain Bajalta under Jal Jeevan Mission.	10.00	500/-	2% of the est. cost	180 days
e-NIT No. 172 of 2023-24 (JJM)	Providing, Installation, Testing and Commissioning of IS reputed make pumping machinery along with other allied electrical and electro-mech. works at WSS Aithem under Jal Jeevan Mission.	30.00	1000/-	2% of the est. cost	180 days

Position of funds : Approved Under Jal Jeevan Mission (J J M) Position of AAA

: Accorded Position of T.S : Sanctioned Date of Publishing: 04/03/2024.

- 1. Bid documents can be seen at and downloaded from the website http://jktenders.gov.in from 04/03/2024 (03:00 PM)
- 2. Clarifications can be had from 04/03/2024 (03:00 PM) to 06/03/2024 (12:00 PM).
- 3. The Bids shall be deposited on the website http://jktenders.gov.in from 06/03/2024 (12:00 P.m) to 18/03/2024
- 4. The valid bids received shall be opened online in the office of the Executive Engineer PHE (M) Rural Division Jammu Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table and
- The cost of tender documents should be in form of Treasury challan in favour of Executive Engineer PHE (Mech.) Rural Division Jammu. No exemption on account of Tender fee will be allowed. 5. The hard copies of cost of tender document in shape of Treasury challan, Earnest money in shape of

CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after

Sd/-(Er. Tarun Arora) **Executive Engineer** 

Jal Shakti (PHE) Mech. Rural Division Jammu

DIP/J-15755/23 Date: 5-2-24

### BJP Govt insensitive towards farmers' genuine demands: Tony



JI NEWS SERVICE

SUCHETGARH, MAR 5

Taranjit Singh Tony, Gen-BJP government towards agricultural community. the genuine demands of

at border village Suchetgarh in RS Pura today, Tony for wealthy industrialists, the people of this country ests of rich industrialists over the welfare of poor ers' produce," Tony stated. farmers. He highlighted "This widening gap in the the stark contrast between treatment of different secthe government's actions, tions of society showcases lakh crores for their afflu- of empathy." ent industrialist friends, while neglecting the imple- the country to reflect upon development and prosper-

farmers. He emphasized that this discriminatory eral Secretary JKPCC, approach was indicative of expressed grave concern the government's disregard

"It is the height of injus-During the meeting held the Modi government can upliftment. waive off exorbitant loans secure fair prices for farm-

mentation of Minimum these actions and consider ity of the nation."

Support Price (MSP) for giving a chance to Rahul the benefit of struggling Gandhi and the Congress party in the upcoming Lok Sabha polls. He emphasized that the Congress party, under the leaderover the insensitivity of the for the well-being of the ship of Rahul Gandhi, is committed to addressing the needs of farmers and tice and hypocrisy that working towards their

criticized the government's but fails to prioritize the to think twice and support prioritization of the inter- implementation of MSP to a party that truly understands the struggles and challenges faced by the farming community," Tony asserted. "Rahul Gandhi is committed to implementwhere they readily waived the government's mis- ing sustainable agriculture off loans worth Rs 10.80 placed priorities and lack policies and ensuring the welfare of farmers, which Tony urged the people of is crucial for the overall

The time has come for

### CBC Doda gears up for Public **Engagement during 2-days Photo Exhibition with Drawing Competition**

JI NEWS SERVICE DODA, MAR 5

Central Bureau of Communication, Ministry of Information & Broadcasting, Govt. of India Field Office Doda, is proud to announce the commencement of a Pre-Publicity Programme i.e Drawing Competition. This exciting event marks the beginning of a two-day photo exhibition focusing on key national themes such as Viksit Bharat, Ek Bharat Shresht Bharat, Mission Life, Swachh Bharat Mission, and Agnipath Scheme, The exhibition is scheduled to take place on March 6th and 7th, Model Higher Secondary (GMHSS) School, Batote,

The drawing competition serves as an engaging precursor to the upcoming photo exhibition, which will showcase the essence of various national initiatives and schemes. Participants from various school interpretation of above committed to disseminat- development.

District Ramban.



drawing competition at ing national initiatives, GMHSS Batote.

2024, at the Government encourage young talents to district. Through various delve into the significance of these themes and depict them through their artistic flair. It serves as a platform tion to be held on 6th & for the youth to contribute their perspectives and insights into the national narrative.

Bureau of Communication, strives to engage citizens Ministry of Information & and stakeholders in diahad the opportunity to Broadcasting, Govt. of logue and action towards express their creative India Field Office Doda, is the nation's progress and

mentioned themes during ing information, promotand fostering communica-The competition aims to tion channels across the programs and events, The public is encouraged to attend the photo exhibi-7th of march 2024. This event presents a valuable opportunity to learn about key national programs Moreover The Central and contribute; The CBC

### Ravinder Raina addresses massive Public Rally at Barah (Shangus) in District Anantnag



ANANTNAG, MAR 5

Ravinder Raina, Presi-Barah (Shangus) in District

Anantnag. Gujjar-Bakerwals their long pending rights. He said that NC, Congress the gathering that Prime government exploited Minister Narendra Modi them and looted their will reach the Bakshi Stadiresources never caring for um in Srinagar to address their true empowerment. the public of the valley. He He said that NC, Congress asked the people to particgovernment treated the ipate in lakhs to listen to Pahari Kabila like slaves, the Prime Minster to show but PM Modi gave them him love and support for high regards from the 'Lal the upcoming Lok Sabha Qila'. He said that Prime elections, empowering Minister Narendra Modi him to continue the public and Home Minister Amit empowerment policies in Shah gave these both com- next governments.

munities their rights while safeguarding all the existing rights.

He said that OBCs got dent, Bharatiya Janata their rights in the whole Party, Jammu & Kashmir nation, but the succesaddressed a massively sive governments of attended Public Rally at Jammu &Kashmir ever cared for their rights and kept exploiting them for Ravinder Raina, while decades together. He addressing the enthusias- said that the PM Modi tic gathering of thousands led government ensured of people, said that people that the rail network gets of Jammu & Kashir have developed in the Jammu high regards and love for & Kashmir, which will Prime Minister Narendra enable the people to pros-Modi. He counted the per and trades to flourish. multiple development He said that corruption has works in valley of Kash- decreased in J&K, since PM mir, which have been ini- Modi took over thee reigns. tiated and completed on He said that Modi governthe behest of PM Modi. ment gave rights to the He said that PM Modi gave poor, gave them homes, scholarships to students

Raina also shared with

### Ganesh demands enhancing Ration quota, making new Ration cards at earliest



JI NEWS SERVICE JAMMU, MAR 5

govt demanding govern- public. ment to fulfill the prom-

said that we have talked a big protest against the

enough for the family. He Shakti Sena will organize Neelam Kumari Bishnah.

to the department many Govt, the responsibility times about increasing of which will be on the Shiv Sena Hindustan the ration, but the gov- government. Prominent Youth Wing President ernment is not paying any among those present Ganesh Choudhary today attention to increasing on the occasion include led strong protest against the ration on behalf of the Samba District President Nek Ram, District Presi-Ganesh urged the dent Jammu Raj Kumar ises made to the people Modi government and Gupta, Arnia Vice Presiduring the elections and LG Manoj Sinha to make dent Bharat Bhushan, solve the problems of new ration cards as soon Badi Brahmana President the people before the as possible so that the Sanjeev Kumar, President elections, which mainly needy people get some Vikas Kumar, Arnia Block include making new ration relief. He also said that President Yashpal, Badi cards. Ganesh urged the before the elections, the Brahmana Vice Presi-Modi government to old electricity bills of the dent Rahul Kumar, Bishmake ration cards for the people who are not able nah Block Vice President people of Arnia area and to pay the bills should be Mohanlal., Bishnah Block also to make ration cards waived off. He said that President Shankar Singh, of the poor families who the government should Pindigram President need ration cards as soon immediately pay atten- Rakesh Kumar, Tarsem as possible. He said that tion to these issues of Lal, Panch Rakesh Kumar, the government should the public. He said that Women Wing Arinaya provide 5 kg rice and 10 if Modi government and President Suman Devi, kg flour to one person LG Manoj Sinha do not Bishnah Block President per ration card, because pay attention to these Sunita Devi, Sonia Chaudat present ration is being issues, then in the coming hary, Badi Brahmana provided at the rate of 1 days, Shiv Sena, Hindu- Block President Sunita kg per person which is not stan Party and Hindustan Garo, Vice President

### Several BJP, NC workers join Congress, Kundal admits them into party fold

JI NEWS SERVICE

Several senior BJP, NC

RAMGARH, MAR 5

leaders joined the Congress Party along with their supporters at Ramgarh constituency under the leadership of former minister and INC JK UT Vice President Yash Paul Kundal. They were welcomed into the party fold by Vice President Yash Paul Kundal, Sr Leader Himmat Singh, Rakesh Singh, and others. Prominent among those who joined Congress include, Avtar Singh, Lakhwinder while welcoming them is an instrument of service to the people, which has remained dedicated Kundal said Congress is than nine years. He said old party.



Rita Sharma, Timatiny Ahluwalia pay visit to

IWC, Jammu Sampark, New Gen, Jammu

BJP dispensation as anti-said that doors are open Singh, LabhJeet Singh, poor and anti develop- for the people who want Jasbir Singh, Surinder ment, saying due to anti- to contribute in the party's singh sandhu, , Mojd people policies of BJP, the efforts to see the state out Latif, Faquer din, Rajni sufferings of the common of the present mess. Lead-Devi, Anita devi, Amar man increased manifold. ers who newly joined nath, joginder paul and The insensitive Govern- expressed their full faith others. Yash Paul Kundal ment pushed people to the in the policies and prowall, as unemployment grams of Congress party said that Congress Party has increased, prices have and its leadership Malikarrisen and developmental jun Kharge, Sonia Gandhi activities have suffered a and Rahul Gandhi. They lot. He claimed that the said that we have realized to the cause of serving BJP Government pushed and understood the realthe people. He said the back the State in all sec- ity that Congress is the Congress party believes tors and no progress has only real alternative and in strengthening the been recorded in the core a strong platform for each people and is committed sectors like PHE, PDD, and every section of the to equitable development R&B, Health, Education, society being a truly secuof Jammu and Kashmir. etc. during the last more lar and progressive grand

escorted up to the dais by

the nominated members.

After adorning with collar

Chairman lit the tradition-

al lamp. Inner wheel club

prayer was recited by all

the members present in

the event. Eight new mem-

bers were also pinned up.

were performed on that

Projects numbering 04

### **Modi Govt transformed** lives of deprived section of society: Langeh



JAMMU, MAR 5

Neelam Langeh, State President of BJP Schedformer MLA, conducted the Basti Sampark Abhiyan in various settlements Modi government has of the Marh Assembly implemented several Jan Constituency.

Kishore Sharma, and weaker sections." ensure his resounding and Balbir, DDC member, Sarkar'. who stood alongside port the initiative.

marginalized communities, he emphasized the transformative impact of the Modi government's policies and initiatives on uled Caste Morcha and the deprived sections of society.

Langeh stated, "The Kalyan (People's Welfare) During the campaign, policies that have uplifted Langeh interacted the lives of the deprived with the residents and sections of society. It is informed them about the essential for us to ensure welfare policies imple- the victory of Shri Jugal mented by the Modi gov- Kishore Sharma, who will ernment. He also urged work tirelessly to continthe people to vote for ue the development and the BJP candidate, Jugal empowerment of the

He appealed to the victory. The campaign people to extend full supwitnessed the presence port to BJP's Lok Sabha of Gulshan Bhagat, State candidate Jugal Kishore in General Secretary, Mono- the upcoming polls with har Lal, District President, an aim 'Ek Bar Phir Modi

The Basti Sampark Neelam Langeh to sup- Abhiyan aimed to create awareness among the res-Neelam Langeh took idents regarding the varithe opportunity to high- ous welfare initiatives inilight the lack of develop- tiated by the Modi government in the weaker sec- ment. Neelam Langeh and tions under the succes- accompanying leaders sive regimes led by the actively engaged with the National Conference (NC) people, listening to their and Congress. Criticizing concerns, and addressing their failure to uplift the their queries.

#### Rejash Bittu releases devotional song 'Om Namah Shivay'



JI NEWS SERVICE JAMMU, MAR 5

The singer of this song

program organized here Congratulating the entire production team,

Mahant Rajesh Bittu On the auspicious occa- is Narayan Bharti. While said that we have a lot of sion of the upcoming the video of the song is by talent hidden here but Mahashivratri, Mahant The RV Films, Music-Ask there is a need to provide Rajesh Bittu, President is directed by RV Ricky, them the right platform. Religious Tourism and Assistant Director Mohit I wish the entire team Heritage Cultural Trust Singh DOP, Piyush Chad- all the best for creating and Secretary Rotary Club hak and Shiv Team Yograj such a melodious bhajan Helping Hand, Jaswinder Sharma. Other dignitar- Om Namah Shivay and Singh Kuku released the ies present on the occa- hope that this bhajan gets devotional song Bhajan sion were Ashok Jangam immense love all over the Om Namah Shivay in a Baba, Surinder, Kaushal. world.

JI NEWS SERVICE JAMMU, MAR 5

District Chairman Rita Sharma, of District 307 along with District Editor Timatiny Ahluwalia paid official visit to IWC, Jammu Sampark and New Gen, Jammu today. She was received by Presi-Mrs Manpreet Gandhi. ties. The dignitaries were the participants.

In her honour, tradional KUMKUM Tikka arti was performed and thereafter she was garlanded by the members. The programe started with checking of club reports and files of ISOs, editors and treasures. She shared valuable

day. Two school going children were provided with study kits, uniforms. Apart from this, dowry material was also shared with poor girl on her wedding. Secretaries of both these clubs read out the reports of their projects undertaken during the period under Presidents, Secretaries, report.

After Cultural events, address by The Chief suggestions and enquired Guests was undertaken. dents Mrs Reva Raina, Mrs for the problems faced The program ended with Ambika Samnotra Secre- by us in routine func- these events and later on tary Mrs Anila Mengi and tioning of the club activi- lunch was also served to

### Shailendra reviews progress on CSSs, CAPEX, HADP, emphasizes judicious expenditure of funds

JI NEWS SERVICE SRINAGAR, MARCH 5

Principle Secretary, Agriculture Production Department (APD), Shailendra Kumar, today convened a meeting of agriculture and horticulture departments here to review progress on implementation of several Centrally Sponsored Schemes

CSSs, CAPEX and HADP achievements recorded, cussed threadbare. so far, under these programmes.



Addressing the meeting, Shailendra Kumar high-

physical and financial program were also dis- level of transparency and work in collaboration accountability during all expenditures.

The Principle Secre-During the meeting, lighted the importance tary asked the concerned different centrally spon- of judicious expenditure officers to work in close sored schemes being of funds being released coordination with district implemented by the under different CSSs, administration during the department of agriculture projects under HADP and implementation of differing RKVY, MIDH, ATMA, cers that funds allocated level. He directed the offidiscussed in detail. The expended completely to latest farmer friendly techects under the Holistic erated the importance of and horticulture sector. present in the meeting.

besides assessing the Agriculture Development maintaining the highest He asked the officers to with the representatives of local communities for successful implementation of different schemes at grassroots level.

Director Agriculture Kashmir, Director Horticulture Kashmir, Joint and horticulture includ- CAPEX. He asked the offi- ent initiatives at district Directors, Deputy Directors, Chief Agriculture NFSM, PM KISAN, Soil under different compo- cers to reach out to the and Horticulture Officers Health Card scheme, KCC nents of centrally spon- farmers of every area and of concerned districts and scheme and others were sored schemes must be make them aware about other senior officers of the department of agriculture implementation of proj- avoid any lapses. He reit- nologies in agriculture and horticulture were

#### Gaiety, fever mark Women's Day celebration at GDC Kishtwar

JI NEWS SERVICE KISHTWAR, MARCH 5

The Women Development Cell at Government Degree College Kishtwar, under the convenership of Prof. Falak, in collaboration with NSS Unit, Career Counseling and Guidance Cell (CCGC), and the District Social Welfare Department, celebrated International Women's Day 2024 with great fervor and enthusiasm.

The event, held under the esteemed supervision of Principal Prof. (Dr.) Jyoti Parihar, witnessed an active participation of approximately 150 students. The event was coordinated by Sonika Devi. The program commenced with a warm welcome address by Prof. Asma Javaid, setting the tone for the day's festivi-

Students showcased their creativity and talent

Day. A panel of esteemed 1st, 2nd, and 3rd prizes Rishi Kumar, Prof. Vikram judges including Prof. respectively. Hitesh Kumar, Prof. Essar ul Ayuob, and Dr. Wasim Jyoti Parihar, in her Akram adjudicated the address, emphasized competitions.

competitions in Paint- tors, acknowledging their ing were Saloni, Priya contributions to society. Manhas, and Pallavi who She lauded the Women Alaq Kichloo, also attendsecured the 1st, 2nd, and Development Cell team ed the event. 3rd prizes respectively. Besides in Poster making ing the successful event. Rekha Devi, Salma Liyaquat, and Mamat secured by the presence of the 1st, 2nd, and 3rd esteemed faculty memthrough various activities prizes respectively. Also bers including Prof. Umar such as poster making, in Seminar Abroo Wajid, Deen, Prof. Prithvi Raj,

painting, and a seminar Anurag Sharma, and Dr. Sehrish Gazal, Prof. dedicated to Women's Salma Liyaqat secured the Prof. Vijay Kumar, Prof.

the indispensable role of The winners of the women across various secfor their efforts in organiz-

The event was graced

Singh, Prof. Yassir, and Dr. Principal Prof. (Dr.) Zahoor Din. Representatives from the Social Welfare Department, including Indu Baala, Sanna Jan, Ruching Parihar, Monika Sharma, Diksha Sharma, Urvi Badyal, and Anwar

> The celebration concluded with a formal vote of thanks by Dr. Bilal, expressing gratitude to all participants and organizers for making the event a grand success.

### PMRU organizes Consumers Awareness programme on Pharmaceutical Drugs at Anantnag

JI NEWS SERVICE

ANANNTNAG, MARCH 5

An orientation programme to generate consumer awareness on price monitoring and availability of pharmaceutical drugs was today organized at Anantnag by Price Monitoring & Resource Unit, (PMRU) J&K in collaboration with Drug control organization Anantnag and Kulgam.

The objective of the programme was to highlight the importance of Affordability, Accessibility and Availability of safe, quality and efficacious drugs create awareness among Drug Regulatory Authoriconsumers and stakehold-ties. ers regarding reporting of of drugs particularly life guest at the orientation/ saving/essential medicines awareness program. in the UT of J&K.



The programme was the Commissioner high- consumer related issues in repercussions and role attended by various stake- lighted the importance pharma business. holders, general public, of PMRU in the UT of J&K representatives from and added that the said Lotika Khajuria on the the subject concern.

to the end users and to Pharma Associations and unit plays a key role for Availability, Accessibility, Affordability and Accept-Commissioner FDA J&K, ability of medical prodshortage/non availability Hashmat Ali was the chief ucts. He emphasized that an aggressive awareness campaign can help gener-

State Drug Controller,

occasion sensitized the stakeholders about the primary functioning of PMRU and its mandate.

Joint Drugs Controller J&K, Irfana Ahmad sought active cooperation of all stakeholders for bringing effective changes in the pricing scenario of drug molecules. She said that the department shall continue to organize several awareness programmes to rope in support for the PMRU initiatives.

Among the other speakers, Deputy Drugs Controller Jammu, M Iqbal Pala spoke about the concerns revolving around Drug Abuse and measures to curb the menace.

Deputy Drugs Controllers (HQ) J&K, Surinder Mohan Tikoo presented a detailed overview of Speaking at the event, ate mass awareness about misuse of Antibiotics, its and responsibility of the Pharma trade fraternity on

### Seminar/Awareness programme on PM Vishwakarma Yojana held at Kulgam

JI NEWS SERVICE

KULGAM, MARCH 5

Ministry of Micro Small & Medium Enterprises (MSME) in collaboration with District Administration and District Industries Centre Kulgam today organized a daylong seminar cum awareness programme on the Pradhan Mantri Vishwakarma Yojana at new conference hall of mini-secretariat,

The event was presided over by the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan.

The event, aimed to educate and enlighten the participants about the benefits of the PM Vishwakarma Yojana, was attended by Panchayat Secretaries and a large number of beneficiaries.

MSME, Rajesh Kumar; to all eligible beneficiaries marketing support.



ACD, GM DIC and other so they can avail benefits officers were present at of the scheme.

persons shared valuable eligibility criteria, benefits and application process.

Queries and concerns were also cleared by pro-

It was shared that PM During the day-long Vishwakarma scheme is a programme, various transformative initiative of experts and resource GoI and will directly benefit thousands of artisans insights on the scheme, its and craftspeople working with their hands and tools in 18 trades.

It was informed that the raised by the participants scheme offers a range of benefits including toolkit viding them with a better incentive of Rs 15,000, understanding of how training to artisans, Rs they can leverage the 500 per day during trainscheme for their personal ing, collateral-free credit and professional growth. support up to Rs 1 lakh Addressing the occa- (first tranche) and Rs 2 sion, DC underscored lakh (second tranche) at Besides, ADDC Bashir the significance of the a concessional interest Ahmad Wani; AD MSME, Vishwakarma Yojana and rate of 5%, incentives for Davindar Kumar; AD emphasised to reach out digital transactions and

#### Additional Registrar Cooperatives **Kashmir visits** Bandipora, reviews functioning of Department JI NEWS SERVICE

BANDIPORA, MARCH 5

The Additional Registrar Cooperative Societies Kashmir, Altaf Ahmad Khan today paid a visit to Bandipora to review the functioning of the department in the dis-

Accompanied by Joint Registrar Audit Kashmir, Nasrool Hilal, the Additional Registrar conducted a comprehensive review of various schemes of the department in a meeting, besides reviewing the status of functioning of cooperative societies in the district.

Deputy Registrar Cooperative Societies Bandipora, Amreena Shaheen gave the detailed presentation to Additional Registrar Kashmir with regard to the Cooperative Department in Bandipora. She also apprised about the endeavours taken by the Department in the District to ensure the growth of the cooperative movement.

During the visit, the Additional Registrar Kashmir laid emphasis on implementation of initiatives of the Ministry of Cooperation, Government of India with utmost zeal and zest.

Deputy Registrar Cooperative Societies Bandipora, Amreena Shaheen; Assistant Registrars Mohammad Muqadas, Syed Asim and M Sohaib were also present on the occasion.

Altaf Ahmad during the visit to Bandipora also paid visits to Sumbal and Hajin Cooperative Blocks to conduct onspot inspection of ongoing works of the Cooperative Department.

He impressed on the concerned to complete the works under capex plan within stipulated

During the visit, the Additional Registrar Kashmir also visited Jan Ashudi Kendras, CSCs and various other establishments of the Cooperative Department.

#### Chief Justice chairs Tele-Law cum Mela Property of Drug Dealer sealed at Vijaypur





rious drug dealer in Rakh Vijaypur. Barotian area in Vijaypur.

dealer Shamas Din, alias Drug Peddling. Bacchu, son of Maskeen tehsil Vijaypur.

enforcement agencies, with 68-F of the NDPS Act as a pivotal step towards future for Samba.

with FIR No. 33/2019 free environment for all. U/S 8/21/22 NDPS Act cated property of a noto- 8/21/22/29 NDPS Act of PS

The residential proper-

This operation served Vijaypur and his team. Ali, of Rakh Barotian as a stern reminder of the The administration, of the District Samba to of all residents and stakebolstered by the unwav- eradicate the drug menace holders in making the ering support of law from our communities. Nasha-Mukt campaign a

of 1985, in connection ensuring a safer and drug-

As part of the cam-In a major crackdown on of PS Vijaypur; FIR No. paign, a strong message drug dealers, District 23/2023 U/S 8/21/22/29 has been sent to curb the Administration Samba, in NDPS Act of PS Vijaypur activities of drug pedits maiden move, confis- and FIR No. 108/2023 U/S dlers by attaching the property of a notorious drug peddler. This action underscores the admin-Deputy Commissioner ty, identified as ill-gotten istration's firm resolve to Samba Abhishek Sharma gains acquired through tackle drug-related issues and SSP Vinay Sharma, illicit drug trafficking, and ensure the safety and orchestrated a meticu- was uncovered during well-being of the comlously planned operation thorough investigation munity. The property resulting in the confisca- and inquiry conducted attachment operation was tion of a single-storey by the vigilant officers of conducted by the team residential property Police Station Vijaypur headed by Rohit Gupta valued at approximately and established backward SDPO Vijaypur, Sudesh Rs. 15 lakhs. This prop- linkage of the properties Kumar Tehsildar Vijayerty belongs to the drug of the accused with the pur and was executed by Zaheer Mushtaq SHO

The district administraunwavering commitment tion urges the cooperation The local populace success, and invites them executed the operation also lauded this proactive to join hands in building under sections 68-E read initiative, recognizing it a brighter and drug-free



"Hamara Samvidhan Hamara Samman", a significant UT level Tele-Law cum mela was organized here at Amar Singh College, Srinagar as part of CSC-SPV campaign. This event not only commemorates India's 75th year as a Republic but also channels the ethos of "Jan Seva Janta Kay Dwar" - service to the people at their Singh College.

doorsteps. The programme was attended by Chief Justice of High Court of Jammu & Kashmir and Ladakh, N Kotiswar Singh as chief guest besidescampaign CSC-SPV orchestrated other participants including Principal Amar Singh Ladakh, Farooq Ahmed staff members of DLSA, society. Srinagar, faculty members of college, Panel Lawyers,



the unreached and marworkshops at district and college, Sheikh Ajaz panchayat level, ensuring High Court of J&K and tice for all. He also under-Legal Services Authority, that mandate the authori-Srinagar, Jahangir Ahmed ties to extend support Rashid, Head CSC-SPV, weaker sections of the

The Chief Justice illumi- the unreached, demon- ful Tele-Law journey of the nated the importance of strating a steadfast comjustice for all, highlight- mitment to "Justice for ing Tele-Law as an inno- All." He emphasized their vative means to reach role in bridging the justice lakh beneficiaries nationgap by providing access ginalized sections of the to legal information and society. He emphasized assistance to individuals on continuation of such in remote and under- the occasion, also released privileged areas, through the use of technology, on Tele law, an innovative Bashir, Registrar Judicial, widespread access to jus- empower marginalized initiative aimed at providcommunities by facilitat- ing legal aid to marginalscored the constitutional ing legal consultation, Bhat, Secretary, District and statutory provisions online dispute resolution and awareness campaigns, thus promoting CSC-SPV. Bakshi, Shahnawaz to the marginalized and equitable access to justice for all.

Secretary DLSA, Sri- College, added another centers in remote areas, nagar, earlier in his open- dimension emphasizing bridging the gap between Village Level Entrepre- ing marks, underscored the need for legal aware- legal services and underneurs, students of Amar the critical role of Teleness at the grassroots privileged citizens.

among college students. He stressed the importance of students being wellversed in their legal rights and duties as outlined in the Constitution of India. Head CSC-SPV, Shahnawaz Rashid,

emphasized the pivotal moment we find ourselves in, celebrating India's 75th year as a Republic.

Law initiative in reaching Reflecting on the impactpast 7 years, Rashid noted that collective efforts have provided justice to over 70 wide, including more than 4 lakh in the UT of J&K.

The Chief Justice, on two comprehensive books ized communities through virtual platforms and also felicitated the officials of

Pertinently, CSC-SPV has been instrumental Principal, Amar Singh in establishing Tele Law