

DAILY | JAMMU | VOL NO: 11 | ISSUE NO: 57 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

Have succeeded in winning hearts of Kashmiri people: PM Modi in Srinagar

JI NEWS SERVICE SRINAGAR, MAR 7

Praising the beauty of Kashmir, Prime Minister Narendera Modi Thursday said that his mission was to win the hearts of Kashmiri people and that he has succeeded in his

Addressing a mammoth gathering at the Bakshi Stadium, Srinagar, the Prime Minister said that every time he came to Kashmir, his priority was to win hearts and minds of people here.

(crowd), I can say that I continue to win people's 370 in August 2019.



hearts...," PM Modi thun-

He said that it is not easy "Today, after seeing you dered from the stage, as to explain the feeling after per news agency–Kash- landing on the "paradise have succeeded in win- mir News Observer (KNO). on earth called Kashmir." ning the hearts of Kash- Today's visit was first by "The feeling of landing J&K," he said. miri people. But I won't the PM Modi to Kashmir on Dharti Ka Swarg (parastop here, my efforts will after revocation of Article dise on earth) can't be explained in words. The

beautiful mountains and the aura are heart touching," he said.

PM Modi said that the

J&K that has emerged now was the dream of every one across the country. "Not just you but one lakh people across all 285 blocks are connected to my today's program through technology," he said. He said that today the dream of Dr Shyama Prasad Mukherji has been fulfilled and his sacrifice has yielded a result. 'Today, I can see that can overcome all challenges. Today, 140 Cr citizens of India are heaving a sigh of relief after seeing Vikshit

The Prime Minister said that he will leave no CONTINUED ON → PAGE 4

Plagued by separatism, terrorism for decades; Kashmir an abode of peace again: LG Sinha

SRINAGAR, MAR 7

Jammu and Kashmir's Lieutenant Governor Manoj Sinha while crediting the Prime Minister Narendera for establishing permanent peace in Kashmir after many decades Thursday stated that once plagued by separatism and terrorism, Kashmir is now an abode of peace with smiles on the face of every citizen.

Addressing the massive gathering at Bakshi Stadium, Srinagar, in presence of Prime Minister Modi, LG Sinha, as per news agency–Kashmir News Observer (KNO), said that gone are the days when Kashmir was known for separatism, terrorism, and bloodshed. "It was



being the land of Sufis and snatched by pellets. Street Reshis," LG Sinha thun- protests are over forever," dered from the stage.

He said that in the past peace as it was known for streets. Nobody's eyes are of yesteryears. "Blood-

Govt declares terror Mastermind Mohammad

LG Sinha said as per KNO.

He said that tri-colour only possible because of five years, J&K has wit- flying high at Clock Tower Modi that Kashmir was mation. "No innocent life change and reminds turned into an abode of is going to waste on the everyone of the Kashmir

shed is a history and peace has taken a front seat with every citizen of Kashmir wearing a smile on their faces," the LG said.

He said Kashmiri people have a great love and respect for PM Modi as evident today as the Bakshi Stadium where there is total capacity for 35000 people and 25000 chairs is fully jam-packed. "People are standing as there is no place to sit. This is the love of Kashmir for PM Modi. Had there been a ground for two lakh people, that too would have been overcrowded today," the LG said.

He said that Indoor Stadium is also full and at SKICC, the hall is full as well while 10,000 people are waiting to listen to PM Modi on the big screen.

LG Sinha said that PM the personal efforts of PM nessed a huge transfor. Lal Chowk signifies the Modi has always stayed in touch with the people of Kashmir through

CONTINUED ON → PAGE 4

J&K CEO's office to hire 3 helicopters for Lok Sabha polls

JI NEWS SERVICE SRINAGAR, MAR 7

Ahead of Lok Sabha polls in Jammu & Kashmir, the Union Territory's chief electoral officer's office is hiring three helicopters for ensuring faster mobility of manpower during the polls.

To begin with, the CEO's office has invited bids from registered aviation companies for renting three helicopters during Lok Sabha polls in the UT.

According to the documents possession in news agency-Kashmir News Observer (KNO), the CEO's office has invited bids for hiring one single engine helicopter on wet lease basis for three days before election day of the first phase to one day after election day of last phase of Lok Sabha polls and one twin engine helicopter on wet lease basis, as and when required during the election.

It has also invited bids for hiring a helicopter ambulance on wet lease basis for five days during each phase of election. The Election

CONTINUED ON → PAGE 4

Police seize 150 sleepers of deodar in Doda; accused on the run

JI NEWS SERVICE JAMMU, MAR 7

A total of 150 sleepers of deodar trees were seized from a house in Doda district of Jammu and Kashmir on Thursday, police said.

The beams of wood were said to be worth lakhs of rupees, the police said.

A police team was on patrol duty in at Bathri in Tanta area of Gandoh when it received a tip-off about one Shah Mohd illegally axing green standing deodar trees in Tanta forest and

CONTINUED ON → PAGE 4

Prime Minister takes selfie with Kashmiri youth, calls him 'Friend'

JI NEWS SERVICE SRINAGAR, MAR 7

It was a dream-come-true moment for Kashmiri youth Nazim Nazeer on Thursday as Prime Minister Narendra Modi not only took a selfie with him but also referred to him as a "friend".

Nazeer, who has set up a successful beekeeping unit, was one of the few achievers selected to interact with Modi after his public rally at the Bakshi his wish for taking a selfie



stadium here. During their later posted a tweet along good work he's doing. interaction, he expressed with the selfie with Nazeer. At the public meeting he with my friend Nazim.

"A memorable selfie requested a selfie and

The prime minister I was impressed by the

Qasim Gujjar designated terrorist: Amit Shah

NEW DELHI, MAR 7

The Narendra Modi Government on Thursday declared Lashkar-e-Taiba (LeT) operative Mohammad Qasim Gujjar, the mastermind of several terror attacks, a designated terrorist.

Announcing the Government's decision, Union Home Minister Amit Shah said LeT operative Gujjar has caused numerous deaths and injuries with terror attacks and is involved in planning a war against CONTINUED ON → PAGE 4

Upcoming Lok Sabha elections are for the bright future of youth and creation of a great India: Amit Shah

JI NEWS SERVICE NEW DELHI,MAR 7

Modi pulled Kashmir out of long

Union Home Minister and Minister of Cooperation Shri Amit Shah, addressing a youth conference in Jalgaon, Maharashtra on Tuesday, made it clear that the upcoming Lok Sabha elections are for the



and the creation of a great Janata Party, believes that for the youth, the India. Shah, the stalwart voting for the BJP means

bright future of the youth leader of the Bharatiya ensuring a bright future CONTINUED ON → PAGE 4

Centre hikes

employees

NEW DELHI, MAR 7

AGENCIES

DA to 50 pc of

basic pay for its

Armed forces ready to give befitting reply if anyone casts evil eye on India: Rajnath

NEW DELHI, MAR 7

The armed forces are well equipped, capable and ready to give a befitting reply if anyone casts an evil eye on India, Defence Minister Rajnath Singh said on Thursday against the backdrop of the nearly four-year border row with China in eastern Ladakh and concerns over Chi-resulted in India emerg-is today stronger than ever nese military forays into the Indian Ocean.

the country's defence military. system has been "induced with a new energy" by the defence summit hosted by government in line with the NDTV, he also said that between the current people's vision and it has India's defence apparatus



Singh emphasised that a strong and self-reliant In an address at a

ing as a powerful nation as the Modi Government on the global stage with has been focusing on bolstering it with the "sentiment of Indianness". He termed 'perspective'

as the major difference CONTINUED ON → PAGE 4

nightmare of gloom: Dr Jitendra Singh JI NEWS SERVICE

SRINAGAR, MAR 7

Prime Minister Narendra Modi has pulled Kashmir out of a long nightmare of gloom, the Union Minister Dr Jitendra Singh said today.

In his Introductory address at PM Narendra Modi's massive public rally at Bakshi Stadium here, Dr Jitendra Singh said, Modi has changed their destiny and given them the dream of a bright new future.

Dr Jitendra Singh said, the hands that wielded the gun till yesterday, are today found holding IPads of hopelessness have sive crowd, spread as



the spirit of Sabka Saath, Kashmir", Mr Devender

blood till yesterday, are of hope are sweeping the today seen weaving the Pashmina threads and impressing the world with their traditional handicraft, he said.

Today, the dark clouds and Computers. The fin-vanished from Srinagar's

gers that were laced with skies, today, the waves streams of river Jhelum,

he said. Dr Jitendra Singh, who represents Udhampur constituency in the Lok Sabha, said, such a mas-

CONTINUED ON → PAGE 4

The Centre on Thursday hiked Dearness Allowance (DA) to 50 per cent of basic pay from the existing rate of 46 per cent effective from January 1 this year, benefitting over 1 crore employees

and pensioners ahead of

general elections.

The Union Cabinet has approved to release an additional instalment of Dearness Allowance (DA) to Central Government employees and Dearness Relief (DR) to pensioners from January 1, 2024, representing an increase of 4 percentage points over the existing rate of 46 per cent of the basic pay/ pension, to compensate against price rise, Union Minister Piyush Goyal said after the Cabinet meeting.

The combined impact on the exchequer on account of both Dearness Allowance and Dearness Relief would be Rs 12,869 crore per annum. The impact would be Rs 15,014 crore during the year 2024-25 (January 2024 to February 2025).

With the increase in DA, transport

CONTINUED ON → PAGE 4

PM Modi's visit to Kashmir a historic milestone : Rana

JAMMU, MAR 7

Describing the Prime Min-Senior BJP leader Mr Devender Singh Rana today said this underscores the government's unwavering commitment to the devel-

Yashasvi Narendra Modi is reflective of the peoples' faith in his leadership", Mr Rana said at the sideister's visit to the Valley as lines of the inauguration a historic milestone in the of state-of-art chamber of region's journey towards Vinay Jamwal Chartered prosperity and peace, Accountant here this eve-

Devender Rana exuded confidence that the initiatives taken by the Government under the visionary

opment and welfare of leadership of the Prime Jammu and Kashmir, resurgence, equitable the people of Jammu and Minister, especially post which has ushered in an empowerment, social jusabrogation of Article 370 era of peace, progress, tice and unprecedented for a brighter future for in the lives of the "The historic visit of has hugely transformed prosperity, economic inclusive development in the people of Jammu and

Sabka Vikas, Sabka Prayas, Rana said, adding that Sabka Vishgwas. The visit efforts in fostering conassumes immense signifi- ducive environment for cance in the backdrop of peace and stability have path breaking initiatives shown discernible results aimed at accelerated in terms of record tourist development projects, influx in all the four seaenhanced connectiv- sons of the previous years. ity and promotion of eco- The unprecedented arrival nomic opportunities in the of two crore tourists last region, he added.

ship of the Prime Minister terrorist hotspot to tourcontinues to pave the way ism hub, bringing cheers

year endorses the fact that "The visionary leader- Kashmir has changed from

CONTINUED ON → PAGE 4

DC Kupwara conducts tour of Khumryal, listens public issues

JI NEWS SERVICE KUPWARA, MAR 7

Deputy Commissioner (DC) Kupwara, Ayushi Sudan conducted an extensive tour of Khumryal to take appraisal of issues

confronted by people of

the area. The Deputy Commissioner was accompanied by DDC Council Member, Haihama, Sonawallah Khan, ADC Kupwara, Mohammad Rouf Rehman, ZEO Khumryal, Ch. Farooq Khantana, Principal, Government Higher Secondary School Khumryal, Nazir Ahmad Khan and other

Deputy Commissioner institution. interacted with the local residents of the area Higher Secondary School to recent rains and snow-Khumryal, where they fall. apprised her regarding the



DC also visited the Khan-people at the earliest. gund area and took stock

developmental issues of ing to the grievances and public importance besides demands of the public, the additional accommodation DC passed directions to for class rooms and facil- the concerned officers for During the tour, the ity of smart classes at the resolving genuine demands and issues projected by

The purpose of the visit including members of civil of the situation where land was to take appraisal of society at Government erosion had occurred due local issues from the general public for precise and on-ground assessment for Giving patient hear- their time bound redressal.

Int'l Women's Day Celebrations

Series of activities held across Ramban; Marathon organised at Sangaldan

JI NEWS SERVICE RAMBAN, MARCH 7

International Women's Day celebration was held with great fever Bachao, Beti Padhao" and active participation and to raise awareness from the community in district Ramban.

A series of pre-events were organized as part of the celebrations, highlighting the significance of this global occasion. The Department of

Social Welfare, under event featured a specthe supervision of trum of activities includ-Baseer-Ul-Haq Chaud- writing, painting comhary, orchestrated a multitude of events

The activities encompassed various initia- Officer Ramban, Rahul nation's progress.

empowerment.

individuals.

tives such as organizing Gupta highlighted the Nukkad Nataks at differ- collaborative efforts of ent locations across Dismultiple departments in organizing multifaceted trict Ramban to propaactivities with the clear gate messages of "Beti objective of emphasizing that woman empowerabout the PCPNDT Act. ment is the cornerstone Additionally, a Marathon for inclusive societal was organized in Zone development. Sangaldan, witnessing He underscored the

the enthusiastic parproactive stance of the ticipation of nearly 200 Department of Social Welfare in champion-Furthermore, the ing the cause of women empowerment, ensuring that the message Deputy Commissioner, ing debates, slogan resonates beyond culmination of International petitions, skits, and Women's Day celebramore, fostering a more tions. The Department aimed at raising aware- inclusive and participa- of Social Welfare reafness about women's tive approach towards firms its commitment rights, pertinent legis- raising awareness to continue advocating lations, and preventive about women-oriented for women empowermeasures against gen- schemes and sensitizing ment, fostering a socider-based discrimina- society towards women ety where every woman is empowered to thrive District Social Welfare and contribute to the

SVEEP Cell organises cultural event at Govt PG College Rajouri



JI NEWS SERVICE RAJOURI, MARCH 7

SVEEP Cell of District Election Office Rajouri, in collaboration with Govt officer for SVEEP activi-PG College organised a ties, Prof Iqbal Raina has

SVEEP activities. song, photography, Ran-democracy. goli competition. The

Bhagat, continuous the event.

efforts are being made to vigorously conduct the SVEEP activities across the district.

The District Nodal cultural event as a part of roped in all educational institutions and other Students participated organizations to eduin different activities like cate the public about the solo song, western solo importance of voters in a

Today's program was winners of different activ- coordinated by Prof Zakir ities were awarded with Kallis HoD English and certificates and momen- Prof Mohd Iqbal Raina District Nodal officer Under the guidance SVEEP Govt PG College and supervision of Dis- Rajouri. All faculty memtrict Election Officer bers and students enthu-Rajouri Om Parkash siastically participated in

DC inaugurates Skill Development **Program at Bhaderwah**



JI NEWS SERVICE BHADERWAH, MARCH 7

Doda, Harvinder Singh today inaugurated skill development training at JK Aroma Centre Dandi Bhaderwah, here today.

to empowering the youth school. with practical skills aligning with the government's policy to equip the youth wah, Tehsildar Bhaderwith the necessary tools wah, Xen PWD R&B, BDO, for their professional and other officers, show-

Government Boys Higher the region.

Secondary School Bhaderwah.

DC Singh inquired Deputy Commissioner about the security put in place for safe custody of essential documents and material.

Later, he proceeded to inspect the progress The initiative highlights of work on Indoor sports the district's commitment stadium coming up in the

DC Doda Singh Accompanied by ADC Bhadercases a united approach Later, the DC inspect- towards promoting develed the strong room in the opment and progress in

DC Kupwara felicitates progressive agripreneurs

JI NEWS SERVICE KUPWARA, MAR 7

The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today felicitated innovative, technically empowered progressive farmers for their contribution in agriculture & allied

sectors at Kupwara.

In an impressive function at Town Hall Kupwara, the Deputy Commissioner presented mementoes and appreciation certificates to progressive farmers for their dedication, passion and commitment for development of agriculture and it's allied sectors in the district.

Progressive farmers who were felicitated include NRLM Group Head, Atiqa hailing from seedlings. Tarathpora and Mohammad Ashraf War resident of Lawoosa Mawar.

farming and producing playhouse at Tarathpora. of high yielding vegetable



group members have under PMMSY. taken benefit of HADP and Atiqa was honored for established 5 poly-green er complimented the her contribution in mush- houses with tubular struc- agri-prenures for their mad Rouf Rehman and room cultivation, organic tures and one high tech immense contribution in other district level officers

Ashraf War has established sive farmers encourage She along with her other a Trout unit at Lawoosa others to take up farming

Deputy Commission- a respectable income. Similarly, Mohammad tors. She said that progression.

on modern lines and earn

ADC Kupwara, Muhamagriculture and allied sec- were present on the occa-

Samba Administration Takes strict Action against Illegal Mining



JI NEWS SERVICE SAMBA, MARCH 7

To combat illegal mining, the District Administrathe unlawful trade.

toring and curbing illegal in the region.

working closely with

local authorities and

extraction, unauthorized dumping, and transportation of minerals without payment of royalty.

Today, a joint operation tion Samba, under the conducted by the Geology steadfast guidance of and Mining Enforcement Deputy Commissioner Team, led by the District Abhishek Sharma has Mining Officer (DMO), taken stringent measures resulted in the seizure of against the perpetrators of one JCB and three vehicles involved in illegal mining Vinay Sharma, Senior activities. Beside this, Superintendent of Police three vehicles were seized (SSP), along with the ded-by different police stations icated personnel of the of Samba. This operation Samba Police, have col- underscores the adminlaborated with the Geol- istration's unwavering ogy and Mining team to commitment to curb the intensify efforts in moni- menace of illegal mining

DC Kathua flags off students rally to commemorate Int'l Women's Day

JI NEWS SERVICE KATHUA, MARCH 7

To commemorate International Women's Day, Deputy Commissioner Kathua, Dr. Rakesh Minhas, ceremoniously flagged off a vibrant student rally from the DC Office Complex, here today.

The rally, a part of the Administration's endeavour to promote women empowerment, resonated with fervent enthusiasm as students and educagender parity and social erment.

ferent educational institu- a culture of inclusivity, through the thoroughfares of change and advocates with banners, placards, their communities and and slogans echoing the beyond. clarion call for gender

pivotal role of youth in but every day. He com-



Emphasising the trans-

Participants pledged to dismantle barriers and district, the DC Kathua the girls. foster a society where reaffirmed the adminis-Kathua underscored the national Women's Day, the occasion.

driving positive societal mended the students for change and advocated for their unwavering zeal and the active participation of urged them to continue tors alike congregated to students in advancing the their efforts in building a champion the cause of cause of women's empow- more equitable and inclusive society for all.

The DC said, Women The rally, comprising formative power of educa- nowadays are making a diverse contingent of tion in challenging gender their mark in every sphere students representing dif-stereotypes and fostering and breaking the glass ceiling besides fostering tions of Kathua, embarked the DC urged the students a culture of inclusion, on a spirited procession to become torchbearers inspiring other women to pursue their aspirations of the district, adorned for gender equality within and helping to dismantle the systematic barriers that hinder progress.

Later, DC gave away inclusivity and women's to uphold the principles Bags and Books among the of equality and justice in participants as a token of The procession served their everyday lives. As commitment of the adminas a poignant reminder the echoes of the rally istration to encourage and of the collective resolve reverberated through the support the education of

Among others, ADC every individual, regard- tration's unwavering com- Kathua, DSWO Kathua, less of gender, can thrive mitment to championing Staff of Social Welfare and flourish. Speaking the rights and dignity of Department besides other on the Occasion, the DC women, not just on Inter- officers were present on

DDC Reasi inaugurates 3-day Annual Shiv Khori Mela at Ransoo

REASI, MARCH 7

The annual three day Shiv Khori Mela was today inaugurated by District Commissioner Reasi Vishesh Mahajan(Vice Chairperson Shri Shiv Khori Shrine Board), here at Ransoo amid religious fervor and enthusiasm.

The mela, which is a significant cultural and religious event, attracts devotees and tourists from far and wide.

The inauguration ceremony was marked by the performance of traditional jhankies, which showcased the rich cultural heritage of the region. These performances, featuring vibrant costumes and rhythmic dances, added to the festive atmosphere of the mela.

An impressive Shiv Baraat was taken out led by chariot of Lord Shiva and followed by various Ihankies.

One of the highlights of the event was the performance of jhankies with bhuts and rakshaks. The performers mesmerized skilful and energetic perthunderous applause.

The Shiv Parvati Vivah performance, characterized by devotional songs crowd of devotees and tourists alike.



Chaman Lehri gave an the heli service, which is enthralling performance, expected to provide a concaptivating the audience with his soulful rendition of Shiva Bhajans, enrapturing devotees and tourists alike by the divine all shopkeepers and was conducted to educate melodies echoing through the surroundings.

The DDC expressed his commitment to ensure the success of the Shiv Khori Mela. He highlighted the efforts being made the audience with their by the district administration Reasi to make formances, receiving this year's mela a memorable and safe event for all devotees. One of the key are being made to ensure eep Kumar, Xen Pwd, announcements made the smooth conduct of Chief Agriculture Offiwas the commencement the Shiv Khori Mela, cer, Tehsildar Pouni and and dances dedicated to of helicopter services including provisions for other senior officers and Lord Shiva, drew a huge from Katra to Ransoo. He security, sanitation, and officials were present on

Renowned singer to facilitate the start of venient and time-saving travel option for pilgrims. In addition, the DDC

vendors participating in the district administrawaste in the region. The DDC has assured that all necessary arrangements Ahmed, EO SSKSB Pardsaid, the technical team healthcare facilities. The the occasion. has conducted a survey district administration is

stakeholders to make this annual pilgrimage a safe and enjoyable experience for everyone involved. DDC inspected the departmental stalls showcasing different government initiatives. Stalls were set up by the Revenue, Health, Agriculture, Horticulture, and NRLM, providing attendees with valuable information and opportunities to avail themselves of government services. Attendees were par-

ticularly interested in learning about health programs, agricultural schemes and revenue-

related services. In addition to the stalls, a live demonstration of the Electronic Reasi has appealed to Voting Machine (EVM) people on how to use the the mela to refrain from EVM and cast their votes using single-use plastic. effectively in the upcom-This initiative aligns with ing Lok Sabha Elections. The demonstration was tion's efforts to promote aimed at increasing voter environmental sustain- awareness and ensuring ability and reduce plastic a smooth voting process

during the elections. Adl. SP Reasi Iftkhar

District Administration **Bandipora** felicitates **Ju-Jitsu Players**

JI NEWS SERVICE BANDIPORA MARCH 7

The District Administration Bandipora on Wednesday felicitated Ju-Jitsu players of Bandipora who participated in 8th UT Ju-Jitsu championship 2023-24 held at Bagwatinagar Jammu.

Coach, Yameen Sports Academy, Muzaffar Ahmad informed that in 8th Ji-Jitsu championship 30 athletes from Bandipora participated and bagged 17 medals in different categories.

The championship also witnessed selection of players from Bandipora for the upcoming National championship which is scheduled to be held from 29th March to 2nd April in Lucknow.

Muzaffar Ahmad revealed that Sabkat Malik of academy got gold while Amina Bano bagged bronze medal in Senior National championship held at uttarakhand.

Deputy commissioner while interacting with the players congratulated them for their achievement and expressed best wishes for continued success in their future endeavors.

GDC Vijaypur organises Group

Discussion on Women's issues

DLSA Kupwara celebrates International Womens' Day





JI NEWS SERVICE KUPWARA, MARCH 7

District Legal Services Authority Kupwara in collaboration with Education Department Kupwara celebrated International Women's Day with great

of the day, an awareness programme was organised of bias, stereotypes and at Govt. Higher Secondary School Kupwara and Govt. School Teethwal.

held under the guidance lodge a complaint or reg-Pr. District and Sessions Judge, Kupwara, Shazia Ahmad Khan.

focused on upholding 1987 to navigate legal chaland to equip them with about Sexual Harassment the necessary knowl- Act at the work place. edge about their Rights

violence.

ing, Advocate Rubeena sense and emphasised on Rashid, highlighted the pragmatic approach for importance of the day and provided invaluable gender equality that is free discrimination.

Akhter, familiarized the The programme was participants on how to

offences against women. programme the Legal Services Act, Kupwara.

Resource person from the day.

DC Kulgam emphasizes on

crucial role of Pani Samities for

sustainability of water schemes

& empowerment besides the Education departhelp them to recognize ment on her deliberachallenges of domestic tions underlined the elements that define women Addressing the gather- empowerment in its truest women empowerment.

She also informed fervor and enthusiasm, insights and guidance to about various schemes the participants. She said initiated by the Govern-To mark the celebration that the day also marks for ment for the welfare and upliftment of women.

During the programme students from various Advocate Mubeena institutions also delivered speeches on the said topic.

Among others present, the programme was of Chairperson DLSA and ister an F.I.R. in case of attended by officials from the Education Depart-During her speech, she ment, teachers, female Tabasum and Secretary, also focused on free and ztudents and Para Legal DLSA Kupwara, Manzoor competent legal aid and Volunteers of District assistance as outlined in Legal Services Authority

The participants achievements of women lenges. She also briefed expressed gratitude to the organisers for educating them about importance of

Dy. DEO Kishtwar reviews awareness activities under SVEEP

JI NEWS SERVICE KISHTWAR, MARCH 7

Deputy District Election Officer (Dy DEO) Kishtwar, Idrees Lone today chaired a comprehensive meeting to review the ongoing activities under Systematic Voters' Education and Electoral Participation (SVEEP) in the district.

The meeting, attended by DIO, DIO NIC, BDO, ENT, Nodal Officers, and staff of the Election department, focused on strengthening awareness initiatives to encourage voter participation.

Addressing the attendees, Dy DEO emphasized the pivotal role of voter participation in strengthurged officers to adopt a multi-pronged strategy to turnout in the upcoming elections.

Furthermore, Dy. DEO instructed concerned offithe SVEEP Plan in his office, enabling the execution of activities such as "Democracy Trekking" and "Youth Parliament" besides formation of "Peace Committee".



coordination among offi- was placed on areas where cers to effectively dissemensure maximum voter inate SVEEP awareness throughout the district.

Furthermore, Deputy District Election Officer Kishtwar, Idrees Lone, cers to promptly submit directed concerned officers to prioritize SVEEP awareness campaigns in polling stations exhibiting a gender ratio below 920, an EP Ratio below 60%, and those with a higher concentration of Persons the forthcoming General He underscored the with Disabilities (PWDs). Election 2024.

ening democracy. He importance of enhanced Additionally, emphasis voter turnout was below average. These directives aim to ensure that every eligible voter is empowered with information and encouraged to exercise their democratic right.

The meeting concluded with a commitment from all stakeholders to work diligently towards fostering an informed and participative electorate for

JI NEWS SERVICE SAMBA, MARCH 7

NSS Unit (KHIDMAT) of to determine their own lege Vijaypur organized held under the supervision and promoting women's and guidance of Prof. (Dr.) rights have emerged as of the College.

great enthusiasm, fervour also gaining momentum. and zeal. The aim of orga- But despite a great deal autonomy of women and the improvement of their political, social, economic ed by Prof. Anita Jamwal,

The discussion started women's empowerment Kundal.

can be defined to promoting women's sense of self-worth, their ability Government Degree Col- choices and their right to influence social change 'Group Discussion' to mark for themselves and others. Women's Day Celebration Women's empowerment Vandana Gupta, Principal a part of a major global movement and is continu-As many as one hundred ing to break new ground college students and NSS in recent years. Days like volunteers participated in International Women's the group discussion with Empowerment Day are nizing discussion was to of progress, women and educate students about girls continue to face disthe empowerment and crimination and violence in every part of the world.

The event was coordinatand health statusand their Prof. Mamta Gupta, Prof. right to influence social Poonam Kundan and Dr. change for themselves and Naseem Chowdhary and co-ordinated by Dr. Priyanka Ganjoo, Dr. Radhika with the welcome address Rasyal, Dr. Gunjeet Mahiby Prof. Mamta Gupta wal, Dr. Tisha Singh, Prof. (HOD Commerce). She Sonia Devi, Dr. Neelam briefed the students that Kumari and Prof. Renuka

DDC Kishtwar reviews progress under District Capex 2023-24

JI NEWS SERVICE

KISHTWAR, MARCH 7

District Development Commissioner Kishtwar, Dr Devansh Yadav today conducted a comprehensive Sector wise review meeting to assess the physical and financial status of projects taken under the District Capex Plan 2023-24.

The meeting, held in the Conference Hall to provide insights into various sectors such as R&B, Jal Sakhti, Education, Health, and Youth Sports

Kishtwar Ghulam Rasool, standards. Chief Planning Officer Shahnawaz Bali, ACD Phulail Singh, DPO Tariq Sarwardi, DYSSO Jaffar H Sheikh, BDOs, Executive Engineers of R&B, Jal Sakhti, CEO and other stakeholders.

The sessions scrutinised the funds released and across different sectors. the year 2023-24 has been emphasizing the imporcritical need for timely project completion to ensure efficient fund utili-

zation and overall district ments were impressed to development. Concerned commensurate the finanexecuting officers were cial expenditure with the directed to expedite ongo- physical achievement so The meeting witnessed ing projects while main- far besides 12th March was the presence of key offi-taining strict adherence set as deadline for clearing cials including the ADDC to timelines and quality all pending bills positively.

cer revealed that out of the monitoring and coordinatotal 1916 works taken up tion among departments under the District Capex to overcome any bottle-2023-24, 1586 have been successfully Completed, with the remaining projects currently in progress. Furthermore, it was highlighted that 72 percent of expenditures incurred the released budget for The DDC emphasised the utilized to date with the 83 tance of efficient implepercent accomplishment mentation for the benefit in physical targets.

The executing depart-

The chair underscored The Chief Planning Offi- the significance of close necks and ensure seam-

less project progress. Meanwhile, ADDC urged officers to provide regular updates and promptly address any issues to prevent delays, of the district's residents.

Training Programme for students

GDC Ajas organises Election









BANDIPORA MARCH 7

Government Degree College, Ajas on Thursday organized an Election Training Program aimed at educating students about the conduct of elec-clarify their doubts. tions and providing them with hands-on experi-

ence. of the training program was to familiarize stu- ing voter queues which dents with the electoral enabled students to gain process, their rights and a better understanding of responsibilities as voters the logistical challenges and the importance of involved in conducting free and fair elections in a elections and the impordemocratic society.

to empower students to cess. actively participate in the electoral process and occasion highlighted the encourage voter turnout importance of generating was conducted by expe- voter awareness to equip rienced faculty members students with the knowland guest speakers who edge and skills necessary provided comprehen- to become responsible sive insights into vari- and informed citizens ous aspects of elections besides encouraging stuincluding voter registra- dents to exercise their tion, polling procedures, right to vote.

counting of votes, and electoral laws and regula

During the programme an interactive session was also held allowing students to ask questions and

To enhance the learning experience, students were provided with hands-on The primary objective training in setting up polling booths, and managtance of efficiency and The program aimed transparency in the pro-

The speakers on the

District Level Open Badminton Championship hosted by 52nd CRPF Bn concludes at Kishtwar

KISHTWAR, MARCH 7

The District Level Open Badminton Championship, started on February 29, 2024, and organized by the 52nd Battalion CRPF, Kishtwar, reached its conclusion today at the Badminton Court located here at FCI Store.

Deputy Commissioner, Dr. Devansh Yadav graced the concluding ceremony as the Chief Guest, joined by Abdul occasion was further adorned by the presence of CO 52nd Bn CRPF,

Parma Shivan. In a thrilling display of skill and sportsman-



Kumar showcased commendable performances as the Runners-up.

The Doubles Final in the below 45 years category witnessed an Qayoom, SSP, as the intense competition, Guest of Honour. The with Ketan Raina and Satish Rajput emerging victorious, and Sudeep Palsar securing the run- and healthy competition. ner-up position.

Final of the above 45 in the above 45 years success.

category, while Parma category. Meanwhile, Shivan and Mohinder Ketan Raina clinched the Singles Winner title, and Satish Rajput was the runner-up in the below 45 years category. The District Level Open Badminton Championship not only showcased exceptional sporting talent but also served as a platform for fostering Sharma and Diljeet community engagement

The 52nd Battalion In the Singles category, CRPF expresses gratiship, Lokesh Sharma and Lokesh Sharma claimed tude to all participants Arvind Parihar secured the winner's trophy, with and attendees for making victory in the Doubles Arvind as the runner-up this event a resounding

Awareness programme under **SVEEP held at Bhaderwah**

JI NEWS SERVICE

BHADERWAH, MARCH 07

As per the directions of the Election Commissioner of India, an awareness programme was organised today by Electoral Registration Election Officer Additional Deputy Commissioner 51-AC Bhadar-

The programme held under SVEEP was attended by a large number of Supervisors and BLOs and various departments at Community Hall Bhadarwah.

areas concluded today at Deputy Commissioner best performers among Kulgam, Athar Aamir the JJM team and the par-Khan presided over the ticipants. valedictory function.

(JJM) in their respective program.

members, with the neces-

KULGAM MARCH 7

sustainability of water schemes in villages.

stakeholders, Pani Samiti on the community.

sary skills and knowledge ed the dedication and

Addressing partici- were given felicitation Ahmad, Project Manager pants on the occasion, certificates for their DPMU kulgam, Er. Aijaz DC emphasized on the active participation and crucial role of Pani Samiti engagement throughout Civil, Er. G.A Beigh AEE's members in ensuring the the training program.

Level-3 community creating a lasting impact The DC also commend-

presented awards to the tenance.

The DC encouraged the participants to continue He urged them to take their efforts in transform-Four Day's training pro- their responsibilities seri- ing water management gram aimed to equip ously and work towards practices and making a positive impact on the

community. During the training period, participants were to effectively implement hard work of the partici- imparted knowledge the Jal Jeevan Mission pants during the training about various aspects of water conservation, Meanwhile, DC Kulgam management and main-

> Among others present on the occasion were Exen Jal Shakti Depart-Besides, participants ment Kulgam, Er. Nawaz Ahmad Keen, Consultant & other officers.

WDC organises loan mela to celebrate **International Women's Day**

JI NEWS SERVICE

SRINAGAR, MARCH 7

Day, Jammu and Kashmir their rights and orches-Women's Development trate prosperous life. Corporation (WDC) organized Loan Mela cum the Government had initi-Awareness Camp in the ated numerous schemes office premises at Bemina

sored by National Minori- due place in the society. ties Development and Finance Corporation New

Managing Director, (MD) Women's Developchief guest on the occasion inaugurated the pro-

beneficiaries including ating units. Self Help Groups from Qamarwari, Batamaloo, Noorbagh, Palpora, Ramin the programme.

Speaking on the occasion, MD emphasised upon women and Self

She further added that for making women economically self- reliant

While highlighting the activities undertaken by WDC for women empowerment, she stated that under various loan tions within and outment Corporation Ulfat schemes Corporation has side the Union Territory Jabeen, who was the disbursed an amount of besides participated in Rs. 327.49 crores benefitting 23058 women ben-About 400 women their own income gener- Haat etc.

the areas of Bemina, Cutting & Tailoring cum ters worth Rs 1.025 crores fabric art, Sozni & Shawl Embroidery, Departmenbagh, Rajbagh, Rajouri- tal Stores, Bakery units, kadal, Safa Kadal, Iddgah, Milk & milk products, generating units for their Budgam etc participated Dry Fruit and Cushion self-reliance through the making, she added.

Similarly under Educational Loan Scheme WDC has benefitted 881 To mark the celebration Help Groups to come for- beneficiaries by providof International Women's ward to work unitedly for ing loan to the tune of Rs 14.18 crores for pursuing education within and outside India.

WDC also provides marketing support to the beneficiaries & SHGs associated with it by conduct-The event was spon- which gives them their ing local exhibitions and providing opportunity to them to participate in the

national level exhibitions. WDC as on date has conducted 44 exhibithe national level exhibitions held at IITF, Suraeficiaries by establishing jkund, Dilli Haat, Hunnar

These units include disbursed authority letamong various women beneficiaries for establishing their own income concerned field staff.

One the occasion, MD

NEWS

FROM THE FRONT PAGE...

Have succeeded in...

stone unturned to return the love given to him by the you," Modi said. people of Kashmir. "That's the Modi's guarantee," he said and repeated it in Kashmiri, "Modi Seinz guarantee (Modi's guarantee)."

PM Modi said that he was recently in Jammu where he inaugurated developmental projects worth Rs 3200 Crore and today after a short span of time, he is in the food technology course, we got our opportunity," Srinagar to inaugurate many developmental projects worth Rs 6400 Crore. "J&K is India's crown and nobody can stop its journey towards touching new heights of opmental schemes were implemented in the rest of the all the clearances earlier. country but not here. Time has taken a new turn, today I have inaugurated schemes for the rest of the country from this place."

Taking a jibe at Congress and political parties of J&K, PM Modi said that Article 370 always benefited these parties and not the common man. "After removing Article 370, peoples' dreams are getting fulfilled and government will provide all possible support to your problem is that one becomes addicted to imitation and new opportunities are knocking on their doors. After revocation of Article 370, people of J&K are breathing freely," he said. "A few political parties used Article 370 for their own political benefits but that's over now." He, however, didn't name any party other than the Congress. He was apparently referring to the National the unity and integrity of the nation will be dealt with Conference and PDP.

After removal of the special status of J&K, PM Modi said that for the first time, West Pakistan Refugees, Valmikis and downtrodden people were given voting rights and full attention. "These people have been waiting for their rights for the past 70 years," he said.

Accusing the J&K's political parties of ruining the premier financial institution J&K Bank, PM Modi said that the Bank was about to sink and people were set to an official notification. lose crores of their deposited money. "Family rule and corruption were inter-linked in J&K for years together," he said.

"We saved this bank from the clutches of political parties of J&K. Today, the Bank earns profit worth Rs cies) 1700 Crore. Its share rate has also gone up to Rs 140. The bank is now doing business of Rs 2.25 lakh crore,"

He said that J&K is now being promoted as the most creation of a great India, and making Narendra Modi sought out wedding destination. "I am myself campaigning for this and a message has gone across that as per KNO. "Top celebrities are coming here making reels and taking selfies."

significant rise. Amarnath Yatra also witnessed a record to be completed because it is the 'Modi Guarantee'. pilgrim arrival last year and so was the scene at Vaishno Devi Shrine in Jammu," he said.

family, but they are not aware that entire nation is "Modi's family." "Today, people of J&K are giving my opponents a befitting reply by saying that they are Modi's family," he said. PM Modi said that as the fasting month of Ramadhan is approaching, J&K will move lies attract a crowd of lakhs. In the last 10 years, under ahead with peace and prosperity. "In next five years, the leadership of Modi ji and the able guidance of Amit J&K will witness a huge change on the developmental Shah, the country has traveled an unprecedented jourfront. Nobody can stop the J&K's train of success, peace ney of progress and prosperity. and prosperity," he said. KNO

Plagued by separatism...

'Man ki Baat'. "PM Modi has praised Kashmir's grams," he said.

oping Kashmir, LG Sinha said that today pedestrian make her nephew the Chief Minister, and Stalin's is to India Vishwaguru under the dynamic leadership of markets in Srinagar resemble those of Europe. "This make his son the Chief Minister. It's evident that nothing Prime Minister Modiji, he added. all was possible because of you (PM Modi)," the LG is left for the people of the country. In this scenario, it said, adding that "new markets have provided great is clear for the future of youth and a developed nation, livelihood opportunities to shopkeepers and youth."

He said that till 2022, there was no concept of nightlife and multiplex cinemas. "Today, youth spent time on Jehlum front and tourists enjoyed cinemas and night ous developmental projects to be completed by 2025.

Speaking on the occasion, MoS in PMO Dr Jitendera desperately waiting for you to listen to your speech," he said, adding that "Today, J&K is changed and I-Pads and Laptops have replaced stones and guns. Fingers that were once drenched in blood are now weaving

Prime Minister takes...

endeavours," Modi wrote on X.

While lauding the efforts of the young boy from Pulwama district, Modi said he has brought a "sweet revolution" in the beekeeping sector.

lution but you have brought about sweet revolution," Modi said after listening to Nazeer's story.

Nazeer said he started his beekeeping venture with two boxes as a hobby but soon availed a government to a powerful leadership at the centre. We are working scheme to increase the number of boxes to 25.

"The first extraction was 75 kg which earned me Rs 60,000. I took a PMEGP loan of Rs 5 lakh and added 200 boxes. The yield was good and through online befitting reply to anyone who casts an evil eye on India," marketing, we sold around 5000 kg of honey," he said.

He said he has now increased the number of boxes to 2000 and added 100 more youths to his beekeeping

"We got FPO membership in 2023. Now we earn Rs 1 lakh per stall at different exhibitions," he added.

Modi suggested that Nazeer should use online resources to study how beekeepers in Central Asia were using different crops for rearing bees so that they get different flavours of honey.

Central Asia honey is different, study it online. They rear bees in different crops for different flavours, he

Modi cited the example of Uttarakhand saying this

was successful in the Himalayan state. "You are giving direction to the youth of the country.

You are becoming the strength of the country. I thank Factory Board among others.

up their own bakery after undergoing a course in food

passionate about the bakery. When we got admitted in ago. We have set a target to achieve Rs 50,000 crore of Ehtisam Majeed Bhat, a Srinagar resident, said.

setting up their unit and how the government schemes development," he said. "There was a time when devel-helped them, Bhat said it was not easy for them to get

"However, the single window clearance set up after 2019 helped us in getting NOCs in one go," she said.

Modi lauded her for not only taking care of her sisters but linking her friends with her in her self employment

efforts," he added. (Agencies)

Govt declares terror...

India. "Anyone found involved in activities against ruthlessly," Shah posted on X.

Gujjar alias Salman alias Suleman with the intention to wage war against the country has been involved in mentality as the mindset of slavery," he said. carrying out a wide-range of terrorist activities, including coordinating, supplying, identifying locations for drones for dropping arms, ammunition, improvised explosive devices and cash, and delivering and managing consignments from across the border, according to

He has also been involved in creating new terror modules through recruitment and radicalisation by various means, including social media and other online encrypted communication applications, it said. (Agen-

Upcoming Lok Sabha...

the Prime Minister for the third time.

If we take a keen look at the past 10 years, it is undenihold weddings in J&K and stay here for a few days so able that the Modi government has undertaken unprecthat locals can benefit as well," the Prime Minister said edented work for the youth, ranging from space to semiconductors, digital to drones, AI to vaccines, and from 5G to fintech. The journey from building the third-He said that post G-20, J&K has recorded a huge tourlargest economy in the world to establishing space ist influx as over 2 Crore tourists arrived in the UT last stations by 2035, organising the Olympics in 2036, and year. "The number of foreign tourists has also shown a sending Indian astronauts to the moon by 2040 is set

As the 2024 Lok Sabha elections approach, the election activities are also increasing. Shah is gearing up to He said that some people claim that Modi has no convey the message of Modi's leadership and the BJP's victory once again. When Shah, Chanakya of Indian politics, prepares for elections, even the opposition becomes his admirers. After Prime Minister Narendra Modi, Amit Shah is the only leader whose election ral-

has given India a new identity. While the truth is that a coalition devoid of democracy will not establish democracy in the country. The alliance's sole aim is that Sonia various schemes which were 'out of bounds' for the famous Lotus Stem (Nadru), Pashmina and Saffron Gandhi wants to make Rahul Gandhi the Prime Minis- marginalized segments of the society before August besides various other things in his speeches and proter, Sharad Pawar's is to make his daughter the Chief 2019. Now the people of both the regions of Jammu While hailing PM Modi for his keen interest in devel- Thackeray the Chief Minister, Mamata Banerjee's is to integral part of the country's growth story and making Narendra Modi is the choice.

The people have seen that during Sonia-Manmohan's government, any nobody could enter from Pakistan to spread terror. However, when Modi Ji became Prime life across Srinagar. This change wasn't possible without Minister, Pakistan got a befitting reply within 10 days. your support (PM Modi)," LG Sinha said. He named vari- In the last 10 years, the Modi-Shah duo has not only removed Article 370 to make Kashmir an integral part of India but also abolished Triple Talaq and provided 33% Singh said that the flooded Bakshi Stadium reflects the reservation for women in state and national assemblies, people's love for PM Modi. "This huge crowd has been respecting women's power. While Modi is launching Chandrayaan on the moon, Sonia is launching Rahul for the 20th time, and Rahul is failing every time.

From the Ram Temple in Ayodhya to the Kashi Vishwanath Corridor, 'Nal se Jal' (water for all), Ujjwala Gas Scheme, free ration for farmers, old-age pension scheme, 'One Rank One Pension,' COVID vaccine, and numerous welfare initiatives, it's not wrong to say that in 2024, under Modi's leadership, the victory of the was happy to meet him. My best wishes for his future patriotic Bharatiya Janata Party is certain.

Armed forces ready...

and the previous dispensations, stating that the pres-"We have heard of green revolution and white revo- ent Government ardently believes in the capabilities of the people of India, while those in power earlier were somewhat sceptical about their potential.

"Today, our forces possess a strong willpower due continuously towards keeping the morale of the soldiers high," Singh said.

"They are equipped, capable and ready to give a

The Indian and Chinese troops are locked in an over three-and-half-year confrontation in certain friction points in eastern Ladakh even as the two sides completed disengagement from several areas following extensive diplomatic and military talks.

Singh described promoting 'Aatmanirbharta' (selfreliance) in defence manufacturing as the biggest change brought about by the government, saying it is giving a new shape to India's defence sector.

He also highlighted various measures rolled out by the defence ministry for achieving self-reliance in the defence sector, including setting up of defence indus- as Dearness Relief (DR) has been increased at the same trial corridors in Uttar Pradesh and Tamil Nadu, reserv-rate. (Agencies) ing 75 per cent of the capital procurement budget for domestic industry and corporatisation of the Ordnance

"The annual defence production, which was around He also interacted with an all-girls group who set Rs 40,000 crore in 2014, has now crossed a record Rs 1.10 lakh crore," he said.

"The defence exports today have touched Rs 16,000 "We belong to lower middle class families. We were crore from a meagre Rs 1,000 crore nine-ten years exports by 2028-29," he said.

The defence minister asserted that when it comes Asked about the challenges faced by the group in to technology, developing countries have two options – innovation and imitation – and New Delhi is laying special emphasis on making the country a technology creator rather than a follower.

"Imitating technology from developed countries is not wrong for those whose innovation capacity and human resources have not reached the level required to produce new technologies," he said. "If a country imitates technology from other nations,

"My best wishes to you and I assure you that the it still moves ahead from old technology, however, the gets used to second-class technology," he said.

This forces them to fall 20-30 years behind a developed country, he said.

"Losing national self-confidence is a bigger problem as one always remains a technology follower. This mentality comes into your culture, ideology, literature, lifestyle and philosophy," Singh said.

"Prime Minister Narendra Modi calls this follower

The defence minister described it as the duty of the government, media as well as intelligentsia to guide the nation out of the mindset of slavery.

We should possess knowledge about others, but we must be aware of our national heritage too, and feel proud of it," the defence minister said. (Agencies)

Modi pulled Kashmir...

far as the eye can see, has been waiting since morning to catch a glimpse of Prime Minister Modi.

This is 'Modi ka Parivar', he said, because the people here know that none other than Narendra Modi can understand the pain in their hearts.

Dr Jitendra Singh said, all these people have come together to join the caravan of Viksit Bharat, Viksit J&K under the leadership of PM Modi.

"Tomorrow, when you proclaim the New India, we, the people of J&K, would also proudly tell the posterity that we too had a modest role to play in blossoming the New Kashmir that shines brightly in the New India of PM Modi," he said.

PM Modi's visit to...

people, especially the youth. He referred to the enthusiasm among the youth during the Prime Minister's rally, saying the hallmark of the holistic efforts during the past four years is the fast growing culture of entrepreneurship.

Rana said the rank and file of the BJP is steadfast in its support for the Prime Minister's vision of a prosperous and harmonious Jammu and Kashmir, and have been working tirelessly towards its realization, ensuring that every citizen reaps the benefits of progress and development. The double engine government has The world is witnessing the theatrics of the 'Gha-reached the last person in the society to ensure their mandiya Gathbandhan' against Modi-Shah duo that participation in the development process and extending benefits of various schemes. The repeal of Article 370 has removed the bottlenecks in the implementation of Minister, Uddhav Thackeray's son is to make Aditya and Kashmir are feeling a sense of pride in becoming

J&K CEO's office to...

Commission of India is likely to announce the schedule for Lok Sabha polls in mid-March after concluding the visit of J&K. The ECI is visiting Jammu & Kashmir on March 12 and 13 to interact with different stakeholders including representatives of different national and regional political parties. KNO

Police seize 150...

hoarding them near his house for selling purpose, they said.

Upon receiving the information, the police team rushed to the spot, searched the area and found 150 deodar sleepers which the accused had kept near his house, the police said.

The sleepers were seized and a case under was registered relevant sections at Gandoh Police Station, they

Efforts are underway to nab the accused who is absconding, they added.

The Doda police have launched a special drive against smugglers of timber, drugs, and cattle. They have appealed to the public to provide information if any smuggling activity is noticed in their neighbourhood so that culprits are booked.

Centre hikes DA to...

allowance, canteen allowance, and deputation allowance among others have been increased by 25 per cent. House Rent Allowance has been raised from 27 per cent, 19 per cent and 9 per cent of basic pay to 30 per cent, 20 per cent and 10 per cent, respectively.

Benefits under gratuity have been increased by 25 per cent with an increase ceiling of Rs 25 lakh from the existing Rs 20 lakh

The burden on the exchequer due to an increase in various allowances would be Rs 9,400 crore annually. The increase in DA and DR in accordance with the

accepted formula, is based on the recommendations of the 7th Central Pay Commission.

The decision is likely to benefit 49.18 lakh central government employees besides 67.95 lakh pensioners

CBC's 3-Day Multi - Media **Exhibition concludes**

JI NEWS SERVICE

MENDHAR, MAR 7

bition (ICOP) on Viksit various centrally spon-Bharat Mission, Ek Bharat sored schemes and pro-Shreshtha Bharat, Mission grams and the pro-poor LiFE, Agnipath Scheme, schemes of the govern-Swachh Bharat Mission ment have brought a etc. at Shri Chhote Shah revolution in the country. College, Mendhar con- to spread awareness in cluded today. Sh. Mohd every nook and corner Azam, Principal GDC, of the UTs of J&K and Mendhar was Chief Guest, Ladakh. He also urged the and prominent among audience to serve as the the programme were the knowledge about the Sh. Bashir Ahmed, Vice schemes they have gained Principal GDC, Sh. Mohd during the programme. Sadeeq faculty, Sh. Mohd Rafi, HOD Deptt. Of Political Science attended the Persons from GDC Colprogramme. The Inte-lege, enlightened the audigrated Communication ence about the aims and and Outreach Programme objectives of Ek Bharat (ICOP) was being orga- Shareshtha Bharat & nized by Central Bureau of Schemes related to higher Communication Poonch, Education. Sh. Rajat Ministry of Information Nanwat, PSI from Police and Broadcasting, Gov- Deptt Mendhar spoke ernment of India at the on Drug Abuse and pre-GDC Mendhar, Poonch vention. Speakers from which commenced from ICDS Mendhar spoke on 5th March 2024.

that National Education Roshan'. Policy (NEP 2020) envia global knowledge super- ducted open quiz.. power. Sh. Azam further said, the programme orgaious departments, locals, nized by CBC at Poonch students, teachers etc is very impressive and attended the programme. effective and it's utility All the participants of culis multidimensional and tural programmes, open beneficial for the people Quiz winners, Resource of this area.

Central Bureau of Com- suitably honoured by munication, Poonch in his CBC, Poonch.

address said, the government is working towards the upliftment of the poor 3-Day Multi Media Exhiin the country through its Memorial Govt Degree He said that CBC is trying others who attended ambassadors of spreading

Prof. Dr. Rafi Resource Women Empowerment Sh. Mohd Azam said and 'Sahi Poshan Desh

Theme based and folk sions an education system items by Saraswati Sanrooted in Indian ethos geet Vidyalay, Poonch that contributes directly and students of NSS, GDC to transforming India sus- and KGN School Mendhar tainably into an equitable mesmerized the audiand vibrant knowledge ence The programme was society, by providing high- conducted by Sh. Sunil quality education to all, Sharma from CBC Jammu and thereby making India and Sh.Vijay Mattoo con-

Officers, officials of Varpersons, participant insti-Sh. Vijay Mattoo,I/c tutions and guests were

AAP leaders slam Director Estates for step motherly treatment



JI NEWS SERVICE JAMMU, MAR 7

Sr. AAP leaders including. retired Maj General R. S. Jamwal, Farooq Ahmed 2023' but no action till Banday, Nirmal Mahna & date. Kuldeep Kumar Rao, in a joint statement issued local Political Parties here have criticized the namely People's Demo-Director Estates for step cratic Party, Apni Party motherly treatment with etc without recognition AAP J&K. They said that as National Party, have our Party leaders on since been allotted gov-06-05-2023 have given a ernment accommodation, copy of representation, in Gandhi Nagar area but No AAP/JK/2023/J.N/143 no action has been taken dated 06-05-2023 to Divi- in respect of Aam Aadmi sional Commissioner, Party-the National Party, Jammu, along with a despite instructions from copy of recognition as Divisional Commissioner a National Party, vide Jammu as quoted above. Election Commission of Is it not a discriminatory India order, issued from or step motherly treatthe file bearing F.No.56/ ment, the AAP leaders Review/2022/PPS-II, dated deplored. In view of this 10th April 2023, (Copy of development, it is once the order also enclosed again requested to Direcfor ready reference) & tor Estate that the Aam the Divisional Commis- Aadmi Party, Jammu and sioner, Jammu directed Kashmir be allotted ade-Additional Commissioner, quate office space located Jammu to forward, this in a suitable area, prefercopy of representation ably in Gandhi Nagar, for along with its enclosures establishing the Party received from Er. Farooq office in Jammu city, with-Ahmed Banday, to Direc- out any further delay.

tor Estate, for perusal & action as he deems fit as per norms,vide ADC, Jammu's, No. 402/ Memorandum/ 763, dated 11-05-

Worth mentioning,

Sheep Husbandry Dept organises DLSA joins DSW, GGHS Ramban to 1-day training programme under **HADP at Rajgarh**



JI NEWS SERVICE

RAMBAN, MARCH 7

The Department of Sheep Commissioner, Baseer-Ul-Haq Chaudhary orga- and marketing of wool nized a one-day Capacity and pelt. Building-cum -Training Programme at Rajgarh for farmers, breeders, SHGs and FPO members here today.

on promoting wool and aims to provide veteri-

for efficient processing timely manner.

the HADP programme, in the region. The DSHO Sheep breeders.

including achieving self- expressed gratitude to sufficiency in mutton the district administraproduction, reducing tion and the concerned livestock mortality by ex-Sarpanch for their Husbandry Ramban, improving infrastructure support in identifying under the guidance of at highland pastures, and transferring suitable District Development and establishing FPOs land for the initiative in a

Highlighting the sub-

stantial potential for Continuing efforts, a sheep farming in the disprefabricated hut was trict, the DSHO emphaalso inaugurated at Ghari, sized the significant role Rajgarh, as part of the of the predominant farm-"Strengthening of Infra- ing community in foster-The program, held as structure at Highland Pas- ing agricultural develpart of the Holistic Agri- tures and Enroute Migra- opment in the region. culture Development Pro- tion" under the HADP The event witnessed the gramme (HADP), focused 2023-24. This initiative presence of key dignitaries including the District pelt for effective process- nary healthcare facilities Sheep Husbandry Offiing and marketing. The for the migratory sheep cer Ramban, Dr. Shabir initiative aimed at cre- and goat population, ben- Ahmed, Veterinary Assisating awareness about efiting the community tant Surgeon Chandvarious components of engaged in sheep rearing erkote, Ex-Sarpanch and

celebrate Int'l Women's Day

RAMBAN, MARCH 7

District Legal Services Authority (DLSA), Ramban celebrated International Women's Day by organizing an awareness program in collaboration with the District Social Welfare (DSW) Department, Ramban and Government Girls High School (GGHS), Ramban.

The program was held under the guidance of Chairman, District Legal Services Authority (Principal District & Sessions Judge) Ramban, Ranbir Singh Jasrotia.

Chief Judicial Magistrate, Bashir Ahmed Munshi was the Chief Guest. The awareness program was also attended by Ld. Additional Special Mobile Magistrate, Shilpa Dogra, Ld. Munsiff JMIC Ramban, Siddhant Vaid, President, Bar Association, Social Workers Special Women Cell, Suneha Thakur, and staff of District Judiciary and DLSA Ramban. Para Legal Volunteers of DLSA Ramban and staff of Govt. Girls High School Ramban and girls to be aware also present in the program.

In his address, the CJM highlighted the imporwhole. He encouraged the free legal aid and servic- help and assistance.





female students to study es and organizing various hard and work for their awareness programs to goals wholeheartedly.

cial Mobile Magistrate, the schemes and policies addressed the participants and made them aware about various free legal services and schemes that are available for all women such as Sukanya Samriddhi Yojna for young girls. She urged all the present women the schemes available to them.

Ld. Munsiff JMIC Ramban, in his address, tance and role of women highlighted the imporin society and also men-tance of education tioned challenges that and legal awareness women face in day to day among women. He also life. He emphasized the impressed upon the Suneha Thakur, Ramban empowerment of women efforts and role of the who expressed gratitude for the betterment of District Legal Services and assured the present women and society as a Authority in providing women of all possible

JI NEWS SERVICE

SHOPIAN, MARCH 07

A seminar on the cel-

ebration of International

theme "Inspire Inclusion"

was today organized by Dis-

ity Shopian in collaboration

the directions of Riaz-Ul-

Haq Mirza, Chairman DLSA

& Secretary DLSA Shopian,

Speaking on the occasion, Deputy LADC Rafie

Susheel Singh.

trict Legal Services Author- to them.

make women and gen-Ld. Additional Spe- eral public aware of all of the State and Central Government.

Other guests also spoke on the occasion and highlighted the role women play in society. They also encouraged the young girls present in the program to pursue their dreams and understand along with students were and take advantage of all the importance of self dependence so that status of all women, without any discrimination could be enhanced in the society.

> The event concluded with the address of Social Worker, Special Cell for Women Ramban

> > He said that the DLSA

Shopian provides free legal

aid to the women who face

violence and discrimination in the society besides

regard to their rights and

incentives being provided

On the occasion, Dis-

The programme was

attended by DLSA Staff,

LADC Advocates, PLV's,

NRLM staff and women

their success stories.

participants.

Rajouri Administration participates in PM's Program through virtual mode



JI NEWS SERVICE RAJOURI, MARCH 7

The District Administra-

All nineteen blocks being unveiled. of the district and five live streamed the Prime tion, coupled with the Minister's speech with enthusiastic participation each location witnessing of the public, served as a

Kumar Parihar; ACD, Vijay Kumar; ACP, Sheraz Chowfuture for the region.

han; DPO, Mohd Nawaz Choudhury and other district and sectoral officers and officials participated tion Rajouri showcased in the event. Besides, the unwavering commit- event also witnessed a ment and enthusiasm as substantial turnout of the it actively participated in public, reflecting the keen the public rally of Prime interest and enthusiasm of Minister Narendra Modi at the local populace in the Bakshi Stadium Srinagar. development initiatives

The active engagement Municipality offices also of the district administraa huge gathering of locals. testament to the collective Among others, DC resolve and determina-Rajouri, Om Prakash tion towards realizing the Bhagat; ADDC, Pawan shared vision of a prosperous and progressive

Ramban people applaud PM for holistic development of J&K



JI NEWS SERVICE RAMBAN, MARCH 7

attendance the Prime 3000 people participated. Minister Narendra Modi's the PM for his tireless launch of multiple projthe live streaming of the of Hazratbal Shrine', Sri-

Srinagar was organized at District Headquarter Ramban and in all the 11 The people of Ramban Blocks and at 3 MCs of district joined in virtual the district in which over

People thanked PM programme at Bakshi Sta- for dedicating Holistic dium Srinagar. The people Agriculture Development of the District Ramban Programme worth about expressed gratitude to Rs 5000 crore and the efforts for promoting ects related to the tourism holistic development of sector worth more than the UT. Under the diligent Rs 1400 crore to nation coordination of the Dis- under Swadesh Darshan trict Administration, led and PRASHAD scheme by Deputy Commissioner, including the project for Baseer-Ul-Haq Chaudhary, 'Integrated Development Prime Minister's visit to nagar.

Int'l Women's Day celebrated with Badlav rally in Udhampur

JI NEWS SERVICE

UDHAMPUR, MARCH 7

International Women's Day was celebrated in Udhampur district with fervor and enthusiasm.

A series of programs were organised, including the "Badlav Rally" organized by the District Administration in collaboration with the Department of Social Welfare.

combat female feticide.

missioner Joginder Singh

over 500 individuals, Beti Bachao Beti Padhao The rally, named "Beti included students and scheme near Town Hall media persons, the DC Apki Dhan Lakshmi staff of the schools and being implemented by the congratulated all the paraur Vaibhavi," aimed to colleges, members of Department of Social Welpromote gender equal- Women Self Help groups fare under Mission Shakti, ity, women's rights and under Umeed, Sangini furthering the cause of ating awareness among and Sahayikas of Mis-Deputy Commissioner sion Poshan, Staff of OSC, Saloni Rai inaugurated the DHEW and Special cell for rally from the DC Office women traversed through that the objective of the ering women through Complex, accompanied various parts of the city, rally is to educate the by Additional District spreading the message of public especially women Development Commis- women empowerment, regarding new ventures sioner Ghan Sham Singh, and culminated at the and to impart training combating gender-biased

The rally, comprising drivers established under drivers.

women's empowerment the masses. She stressed

and inclusivity. Additional Deputy Com- Mini Stadium Udhampur. and necessary skills to sex selective elimina-Meanwhile, Deputy women drivers for com-Jasrotia, District Social Commissioner also inau-mercial vehicles and the Welfare Officer Kanika gurated the first-ever pink auto stand dedicated cance of educating girls Gupta, and other officers. Pink stand for women to women commercial and urged the public to

While briefing the ticipants and emphasised the importance of generthat such programs are The DC emphasised instrumental in empoweducation and promoting their equal participation in all sectors, while also tion of girl children. She underscored the signifiprioritize their education.

Ahmad Ganie said that the At the end of the promain objective of organizgramme PLV's and LADC ing the seminar is to make shared their contact numwomen in general aware of bers with the participants their entitlements under for the registration and

various enactments being redressal of their grievprovided to them.

DLSA, NRLM Shopian celebrate

Women's week under the makes them aware with

with National Rural Live- trict project manager Irfan

lihood Mission at District Bashir also threw light on

Mission management Unit various schemes under

NLRM Shopian. The Semi- NRLM while several ben-

nar was organized under eficiaries of NRLM shared

International Women's Day

Jammu district gears up for Ramzan, ADDC Sher Singh reviews preparations

JI NEWS SERVICE JAMMU, MARCH 7

With the holy month corner, Additional District Development Commissioner Sher Singh today convened a meeting to review the preparations for the smooth and peaceful observance of the fasts and prayers in the district.

The ADDC instructed the concerned authorities to ensure uninterrupted power supply during Sehri and Iftar times, when the devotees consume their pre-dawn and sanitation in and around

the religious places. The ADDC ordered the market checking teams to conduct regular inspections of Ramzan round the of the pricing and quality of the food items, especially meat, in the markets. He warned of strict action against any violation of the norms and regulations.

> He also discussed the security arrangements with officers from the district police and others and termed coordination and cooperation essential for all arrangements.

The meeting was attended by Sub Divisional Magistrate Jammu post-sunset meals. He also North Nitish Rajora, SDM asked them to provide Jammu South Atul Dutt adequate water supply. Sharma, officers from He further directed the Jammu Municipal Cor-JMC to ensure proper poration and from other garbage management and line departments and the district Police.

across Ramban

organises awareness camp

Animal Husbandry Department



JI NEWS SERVICE RAMBAN, MARCH 7

The Animal Husbandry Department Ramban, under the guidance of awareness camps play a Deputy Commissioner, vital role in disseminating Baseer-Ul-Haq Chaudhary, today conducted an aware-farmers, and promoting ness camp at Ind area of sustainable practices in Subdivision Gool.

The main objective of the camp was to educate insights from progressive farmers about various farmers who shared their departmental schemes firsthand experiences as such as IDDS, IPDP, HADP beneficiaries of governand IFFD. Additionally, the ment-sponsored schemes, importance of vaccination highlighting the positive and deworming in control- impact on their liveliling animal diseases was hoods.

emphasized by Dr. Zaid Bashir and Dr Ilyas Ahmed. Under the

> CAHO Ramban, Dr. Suhail Kawoosa the

leadership of

programme was efficiently conducted with Dr. Zaid and Dr. Ilyas oversaw the proceedings.

CAHO said that these knowledge, empowering animal husbandry.

The sessions featured

DIG DKR Range interacts with AVSAR Trainees at Doda

JI NEWS SERVICE DODA, MARCH 7

Deputy Inspector General of Police, DKR Range, Shridhar Patil, along with Deputy Commissioner Doda, Harvinder Singh and SSP, Javaid Iqbal interacted with AVSAR trainees at District Employment and Counseling Centre,

The purpose of the visit was to engage with the trainees enrolled under the AVSAR scheme and currently undergoing training being imparted to them by expert faculty from IIT Jammu.

The Deputy Inspector ing messages to the train- respective fields they ven- Doda, alongside the train- of the community at large.

General (DIG), who was ees. They emphasized the ture into. the chief guest, along importance of dedica-

with the Deputy Com- tion and passion for their included officers and laborative effort towards missioner Doda and SSP work, encouraging them officials from the District fostering skill develop-Doda delivered empower- to strive for excellence in Industries Centre (DIC) ment and empowerment

ees. This collective pres-The gathering also ence underscored the col-

EDITORIAL

Complexities of Indo-Pak relations!

inally, Pakistan has got a "democratdically-elected" government. Almost a month after Pakistan's elections resulted in an inconclusive verdict, Shehbaz Sharif has begun his second term as Prime Minister. The Pakistan Muslim League-Nawaz (PML-N) and the Pakistan People's Party (PPP) have formed a coalition after extensive negotiations. The country's military leadership has achieved its goal of preventing jailed former-Prime Minister Imran Khan and his Pakistan Tehreek-e-Insaf from returning to power, despite candidates backed by the party winning more seats than both the PML-N and the PPP in the February 8 elections. This indicates that the Pakistani military establishment will continue to wield significant influence. Facing an economic crisis, Shehbaz has prioritized improving the economy. The immediate challenge is to persuade the International Monetary Fund to extend the funding facility beyond the current agreement, which expires in April. On the geopolitical front, Shehbaz faces challenges due to Pakistan's strained relations with neighboring countries Afghanistan, Iran, and India. India-Pakistan relations have been frosty since 2019, marked by the Pulwama terror attack, the Balakot airstrikes, and the abrogation of Article 370, which granted special status to Jammu and Kashmir. While Shehbaz has pledged to improve Pakistan's ties with all major nations, including its neighbors, he has stirred controversy by equating Kashmiris with Palestinians. Pakistan recently raised the Kashmir issue at the UN Human Rights Council, prompting a strong reaction from India, which urged Islamabad to address its 'appalling human rights record' and its reputation as a 'terrorism factory'. The relationship between India and Pakistan is one of the most intricate and volatile in the world. Rooted in a shared history but divided by deep-seated animosities, the two nations have struggled to find common ground and build lasting peace. Recent events have once again underscored the fragile nature of this relationship, highlighting the urgent need for both countries to reevaluate their approach and prioritize dialogue and cooperation over hostility and confrontation. At the heart of the Indo-Pak conflict lies the issue of Kashmir, a region that both countries claim in its entirety but control only parts of. The dispute over Kashmir has been a major source of tension and conflict between India and Pakistan for decades, leading to several wars and numerous skirmishes. Despite various attempts to resolve the issue through bilateral negotiations and international mediation, a lasting solution remains elusive. It is imperative for both India and Pakistan to recognize that peace and stability in the region are in their mutual interest. Continued hostility and confrontation only serve to deepen mistrust and breed further conflict. Both countries must demonstrate the political will and leadership necessary to engage in meaningful dialogue and resolve their differences peacefully. The path to peace between India and Pakistan is fraught with challenges, but it is not impossible. It requires courage, vision, and a genuine commitment to dialogue and reconciliation. Both countries must rise above their differences and work together to build a future of peace, prosperity, and cooperation for the betterment of their peoples and the region as a whole. Having said this, the new Pakistani government seems set on maintaining good relations with both China and the US, suggesting that cross-border terrorism is unlikely to cease and relations with India will remain strained.

Philanthropic collaboratives: A new paradigm for social impact

PRITHA VENKATACHALAM

'ndia's philanthropic landscape has shifted significantly in recent years, particularly since the onset of the COVID-19 pandemic four years ago. In early 2020, The Bridgespan Group, a reputed research group published a report on philanthropic collaboratives in India, delving into how and why philanthropists and other stakeholders were working together to address social challenges at scale. It was an early signal of the change that was to come.

When the pandemic hit, the collaborative model gained momentum. During the early months of the lockdown, diverse NGOs, philanthropists, CSR organisations, and the private sector came together to reach vulnerable communities-particularly to enable access to healthcare, nutrition, and education. The need for prompt relief meant that grassroots NGOs, working alone, could have only limited reach and impact, especially in far-flung rural communities. This is how the Responsible

munity Response), or RCRC, was across many players, making many collaboratives undertake, to evolve to drive sustainable more than 98 member organisa-India's rural population.

In its 2020 research, it tracked 13 philanthropic collaboratives across the country, which were defined as entities co-created by three or more independent philanthropist or philanthropist. As we note in our latest report, India, the number of collaboramore than sixfold. These collaboratives pursue shared visions and strategies for achieving social impact, using common resources and agreed-upon governance mechanisms.

started. Growing from 20 NGOs it easier to build solutions at bringing together partners with impact. It involves the oftenin May 2020, RCRC now has scale. EdelGive Foundation's Grassroots, Resilience, Owntions united by a desire to help ership, and Wellness (GROW) Fund brings together Indian and From facing crisis to building international funders—including philanthropic institutions, individual philanthropists, eminent businesspersons, and changemakers. Together, they build the capabilities, resilience, and future-readiness of 100 grassactors, including at least one roots organisations across India, by investing up to Rs 100 crores across them over two years. The Growing Momentum of Additionally, when collabora-Philanthropic Collaboratives in tives enable funding for earlystage, innovative initiatives, the tives in India has grown at least risk is divided so it does not fall threefold since, with capital upon a single funder. The India invested in them having grown Climate Collaborative is a case in point, having launched in 2019 with more than 10 funders coming together.

Philanthropic collaboratives also tend to have greater credibility with governments: While the pandemic was key in Having several organisations uniting diverse stakeholders for and individuals united in colhumanitarian and relief causes, lective thinking can assuage there have been other reasons and influence those in the public behind the recent rise in collab- sector wary of individual, vested critical in a country like India, Coalition for Resilient Communi- orative initiatives. Chief among agendas. Another growth driver where entire ecosystems with

complementary skills to deliver unseen work of coordinating integrated solutions that aim to lift entire communities or demographics, rather than solve one practices, strengthening relachallenge at a time. Anamaya, the tribal health collaborative, and the Dasra Adolescents Collaborative, each aspire for population-level change for specific communities.

The research also pointed to how collaboratives are now forming across a wider set of issue areas. While most of them addressed near-term pandemic needs in healthcare and education in 2020, collaboratives are now working on environment, rural transformation, climate, equity, and other issues. The power of the collective Collaboratives offer efficient

solutions because of how they approach their work–most notably how they set goals for field strengthening, scaling impact, and supporting promising organisations. Field strengthening, also known as ecosystem building or field building, is ties (formerly the Rapid Com- them is the ability to share risk is the community-level lens multiple stakeholders need

across diverse actors to pursue shifts in policy and institutional tionships, enhancing funding, or changing public narratives around an issue. The Migrants Resilience Collaborative (MRC) a grassroots-led multi-stakeholder initiative formed at the height of the pandemic to provide relief to migrant workers, it now focuses on building resilience by fixing broken social protection delivery systems across India for these communities. They hold the potential to address complex social challenges across the Sustainable Development Goals-such as gender inequalities, poverty, WASH, and climate change-over the long term. This offers domestic philanthropiescorporations, family foundations, and wealthy individualsmany untapped opportunities to have an outsized impact on India's development through joining forces with other mission-aligned stakeholders.

(The author writes on philanthropic subjects; views are personal)

Boost deterrence to subdue China

ASHOK K MEHTA

literary festival in Ajmer called China India's primary threat adding confrontation along the LAC was librium. His comments a good thing as it exposed came a day after Armane this ground reality that at the INDUS-X FORUM Delhi was shy to admit. in Delhi called Beijing a Last week EAM S Jaishan- bully adding "We expect kar and Defence Secretary our friend US will be there Giridhar Armane called a in case we need their supspade a spade which will infuriate Beijing.

as the reason for carrying bully will incense China. out nuclear tests which had to travel to Beijing to "untie the knot". I was 1 enemy". This caused to being seen as or worse a threat by any country.

The government hopes to secure full disengage-

ary. EAM S Jaishankar speaking at the Raisina arlier this month dialogue said that China former Army Chief should not be allowed to ■Gen Naravane at a play mind -games to counter which India must use other means (implying US help) to seek better equiport". Not since 1962 have we sought US military In 1998 India gave China support. Calling China a

US help so far is highannoyed the Chinese so tech military equipmuch that then foreign ment worth USD 20bn minister Jaswant Singh and another USD in the pipeline. During the PLA incursions in Ladakh will help us in our fight". witness to the repair exer- and later in Tawang, the Armane's plea indicated cise in Beijing even as our US provided critical real-Army was retaking Tolol- time intelligence, and will support each other in ing Heights, Kargil. Singh high altitude equipment face of common threat". China has broken proto- kar walks up to him for a which is tantamount to had to say that China was for India's counter deploy- This brings the centre- cols and faith which have 'chance encounter' and closing the stable door not a threat. Sometime ment. Whether combat stage question of US reli-violated a peaceful and conversation. Neither after the horse has bolted. later than defence min- contingencies on LAC ability as a partner given tranquil border that is side has reported the Unless India substantially ister George Fernades and US help; and India's India's historical experi- essential for normal bilat- contents of the conversa- enhances deterrence vis called China the number assistance to the US in ence of US sanctions/ eral relations whereas tion. Indian aim is to keep a vis China-the military one threat though it was a Taiwan conflict have embargos. It recalls that China's line is that border dialogue and diplomacy modernization budget misreported as the "No. been discussed is not when Delhi signed a conknown though boots on tract with the UK for Hawk a diplomatic furore as the ground are unlikely. trainer aircraft, a clause issues. Its spokesperson further demilitarisation jing will continue to bully China is acutely sensitive In 1962 Jawaharlal Nehru was inserted that there reminds India ad nau- in Depsang and Demchok, Delhi. sought military assistance from President John Kennedy when Se La and larly questions India's reli-Bomdi La had fallen. 12 ability given its close ties ment of Chinese intru- squadrons of fighters sions diplomatically manned by US pilots, and strategic autonomy. At the and inappropriate for the relations even as succesthough the gloves came two squadrons of B47s Munich Security Confer- Indian side to insist on sive Army Chiefs have off last week in Febru- to take out PLA bases in ence last month Jaishan- linking border with bilat- sought restoration of



Tibet were sought. Nehru kar was asked whether wrote: "Chinese invasion threatened the survival of India. We are confident that your great country a "strong resolve that we es". would be no US parts in the aircraft. The US simi-

fortable with India doing whatever it wanted whenever it wanted. His reply: exercise multiple choic-

issues and bilateral relations are two separate have closed the door to the previous year's-Beiseum that the border two key launchpads for problem "is leftover from offensive operations by history and not whole of China-India relations" with the USSR/Russia and lately adding "It is unwise 'equilibrium' in bilateral

eral relations". Two video clips

reflect how seriously pursued. The first video shows Prime Minister Modi rising from his dining table accompanied by an the Bali G20 summit, engaging in conversation without his two shadow aides, NSA Ajit Doval and Jaishankar.

This video was soon

India. Jaishankar has not yielded about seeking

the status quo ante April 2020. He is buying time until the elections ensurand diligently China ing the word 'China' does diplomacy is being not figure during the election campaign. The Chinese fired the

last salvo during the Raisina Dialogue last month when Jaishankar said that interpreter during the biggest opponent to Security Council reforms walking up to Presi- is not a Western coundent Xi Jinping and try alluding to China. Its spokesperson Mao Ning retorted, "Reform should benefit all member states rather than serving selfish interests of a few". That puts paid to India's the US is happy and comblanked out. The other prospects for reforms at video is more recent the UN. The 1988 modus at the Munich Security vivendi has expired. Chi-Conference where For- na's continued coercive "India is smart enough to eign Minister Wang Yi is behaviour is increasing. speaking and Jaishankar Jaishankar proudly talks is in the audience. As soon of India's swift counter-Jaishankar says that as Wang finishes, Jaishan-deployment along LAC alive even if the Chinese in real terms is less than

> (The writer, a retired Major General, was Commander, IPKF South, Sri Lanka, and a founder member of the Defence Planning Staff, currently the Integrated Defence Staff. Views are personal)

The consequences of workplace stress

cated at the Lakeland Colpossessed a Midas touch and magically amassed trillions of Yen. As a youngster he was fearless, but over a period acquires soon his mind gave way to a negative connotation. ing in forbidden activities, achievers rekindle their he perilously ignored the tenets of Shinto and soon succumbed to Karoshi.

death by cardiac arrest mind, which makes them or stroke, triggered by overwork. "The present Even if they are girdled moment is inevitable," is a sutra that has been articulated by several and resolute enough not enlightened Masters. Only to capitulate and instead expectations do not match by living in the present blossom like a lotus in with the desired results. In moment can an individu- a lake that is otherwise an organisational setup, al annihilate the cobwebs overflowing, and live in an excellent performance

traverse purposefully and mindfully, rather than raroshi was a suc-think about the past or the cessful Japanese future and lose track in the cessiui Japanese lucuse and entrepreneur, eduByzantine labyrinths and consequently misplace lege and the International precious peace of mind. University of Japan, who It should not be forgotten that the Japanese entrepreneur became deceitful and snuffed out his life. Stress the lucre of money; indulg- However, some high-end passion to excel in highpressure conditions. Tension or stress in

Karoshi is a Japanese these individuals increases word that signifies sudden tautness or stretch in the deliver on the world stage. with negative emotions, their minds are robust

constraints and demands they face.

This occurs when high

with such an attitude a below-par presentation flounder while clambering review may be interpreted to the summit and accu- as a lackadaisical performulate stress due to the mance which can even amount to being fired from the placement. An organisation is akin to an at hand, which leads to yourself and you can fight organism which has its enormous vexation. They limitations and can lead to intriguing situations.

of fear and stress which the present moment to review normally triggers also suffer from family, the organisation is plagued mushroom in the mind. accomplish their Holy a jump in emoluments or economic or personal- by a high percentage of It is prudent to live and Grail. Those not blessed even a promotion, while ity misadventures which absenteeism and turn-

may disorient his perfor- over. Organisations need mance and thus result in to follow a two-pronged a tardy result. Many times strategy to win the probprivation of an adequate lem. Actuate the employsocial support system or ees by offering suitable hostility and perceived apertures and resort to malevolence of co-workers mid-course corrections affect the performance of by stimulating the mind employees and thereby through proper time man-

lead to stressful situations. agement, prioritising actives of such situations are and offering packages of dangerous as they often mental diversion. Alternalead to physiological disortively, employers could set ders like migraines, insom- up gyms and swimming nia, spondylitis, diabetes, obesity, infertility, and hypertension/hypotension to do physical exercise to which can result in cardiac soothe frayed nerves and

problems or strokes. Dreaded psychological in the form of anxiety, depression, and diminishing interest in the job are a demotivated set of personnel whose produc-An employee can tivity is singularly low and

The tragic consequenc- ities, rescheduling work, pools on the premises, which exhort employees undertake wellness programmes such as the Hapsymptoms can also arise piness Programme of the Art of Living or the Vipassana breathing techniques. Know your enemy, know a hundred battles without disaster," wrote Sun Tzu.

(The writer is the CEO of **Chhattisgarh East Railway** Ltd and is a faculty of the Art of Living. Views are personal)

EDAMAME: NUTRITION FACTS, HEALTH BENEFITS AND RISKS

the nine essential amino acids and

is the main plant-based wellspring

of complete protein. Studies have

proposed that substituting meat-

based protein with edamame can

reduce the risk of coronary illness.

Soy protein, in particular, has been

decreases LDL (bad cholesterol)

and increases the body's HDL(good

cholesterol). Studies have noted

low incidences of CVD (cardiovas-

cular diseases) in people who con-

sume soy foods as a dietary staple.

Edamame is a Good Source of Iso-

Phytoestrogens (a kind of isofla-

vone) found in edamame beans can

reduce the symptoms and condi-

tions caused by estrogen deficien-

cy. As per research, dietary intake

of phytoestrogens can decrease

the incidence of postmenopausal

cardiovascular diseases. In addi-

tion, soy isoflavone lowers blood

pressure and cholesterol levels,

reducing the risk of strokes and

heart diseases. Soy isoflavone also

reduces the risk of specific tumours

by regulating oestrogen levels and

consists of 8 gms of fat and 3 grams

cant health benefits. Omega-3 can

reduce the risk of chronic illnesses

such as cancer, heart diseases and

fibre can also aid weight loss and

support gut health. In addition,

studies have reported a significant

increase in satiety and a decrease

in hunger with an increase in

Edamame generally contains

60% of the suggested daily copper

intake. As per studies, zinc and

copper are essential for immune

function. Copper deficiency can

decrease neutrophils and macro-

phages (white blood cells) and thus

decrease immunity. Moreover.

research shows that phytoestro-

gens present in edamame assist

lowering cholesterol.

Abundant in Good Fats

Good Fibre Content

dietary fibre intake.

flavones

MEHAK SHAH

damame beans are young green soybeans that get harvested before maturation. Farmers harvest them when the soybean pods are filled, nearly 80% mature, and just before they turn yellow. They are available shelled. new, or frozen. Edamame is a common ingredient in East Asian cuisine. People in China have used edamame for its nutritional and medicinal value as early as the 2nd century BC.

This well-known plant-based food offers several health benefits. Edamame beans are gluten-free and low in calories. They are a wellspring of vegetable protein, fibre and significant nutrients and minerals. Clinical studies have proven that isoflavones in soybean proteins reduce blood cholesterol and thus the risk of heart diseases. Soybean isoflavones are also known to prevent some forms of cancer, reduce osteoporosis and alleviate diabetes.

Soybeans harvested at this stage have more sucrose and free amino acids, which contribute to a distinct flavour. As a result, edamame has a sweet and nutty pea. The pods can be boiled in salt water or roasted like peanuts. They can also be stir-fried or added to soups, stews, salads and even pasta dishes. As per studies, vegetable soybeans are healthier and more delicious than sovbean legumes. Therefore, you shouldn't hold back when adding edamame to your diet.

Edamame beans are fresh vegetable soybean seeds harvested before maturation. Also, they have a greater fraction of vitamins and minerals than mature soybeans. Also, edamame's sweet, nutty flavour seamlessly enriches several delicious recipes

Nutritional Properties of Edamame

As per USDA data, 100 grams of cooked edamame serving contains:

Energy: 140 Kcal Carbohydrate: 8.63g Fibre: 5g Sugars: 2.11g Protein: 11.5g Fat: 7.57g Cholesterol: 2 mg Vitamins and Minerals Calcium: 61mg Iron: 2.2mg Sodium: 128 mg Choline: 54.7 mg Zinc: 1.33mg Folate: 286 µg Magnesium: 62mg Phosphorus: 164 mg Potassium: 422 mg Vitamin C: 5.3mg

A cup full of cooked edamame than cooked mature soybeans. comprises 7.57 grams of fat and 1 gram of immersed fat. As per **Note** research, a large quantity of fat is monounsaturated, which is advantageous for decreasing cardiovascular disease. In addition, it comprises 3.5 grams of polyunsaturated fat and omega-6 fatty acids, which reduce cholesterol levels.

Carbohydrates

One cup of shelled, cooked edadiet has several health benefits, including weight loss, increased good cholesterol, decreased risk of Perfect Source of Dietary Protein heart diseases etc.



Protein

Edamame involves about 11.5 grams of protein. Soy protein is generally highly nutritious. According to research, it has several health benefits like regulatflavour and soft texture, similar to ing blood cholesterol, weight loss, reduced risk of cancer etc.

Edamame includes plenty of micronutrients, particularly magnesium and L-ascorbic acid. A cup full of soaked, cooked edamame beans contains:

11% of your daily L-ascorbic acid requirements.

8% of the calcium you expect every day.

20% of your daily iron require-

Edamame offers almost 14% of your day-to-day potassium needs, in addition to copper, riboflavin, niacin, vitamin K. zinc and phos-

The edamame health profile is similar to regular soybeans, soy flour, or tofu. Edamame has more vitamin K, manganese, and folate than mature soybeans; however, it contains less iron and copper. Additionally, the nutrients and minerals included in edamame may differ a little depending on where the seeds get cultivated.

Edamame has incredibly improved degrees of soy isoflavones. Isoflavones are frequently attributed to as "normal estrogens" since they can act like oestrogen in your body. They can also prevent chemical-dependent malignant growths, osteoporosis, type 2 diabetes, and cardiovascular illness and assist with easing side effects from menopause. Also, each cup of steamed edamame has around 28 milligrams of isoflavones. Theregrams of fibre, which helps keep

Edamame beans are rich in isoflavones which can fight oestrogen deficiency in the body. As a result, they are beneficial for side effects caused by menopause.

Health Benefits of Edamame Beans

Edamame, a favourable soy protein source, is rich in health benefits. According to research, it is mame contains approximately 14 suitable for people with high chograms of carbs, which is lower than lesterol and high blood pressure. skin, ocular, gut health etc.

Edamame contains every one of

with defending specific malignant growths and diseases.

Abundant with Antioxidants

Edamame contains antioxidants which can enhance cell function and flush out poisons, toxins, free radicals and damage-causing free components. Antioxidants help prevent oxidative damage caused by free radicals, which are responsible for conditions like cancer, cardiovascular diseases, ocular diseases etc. In addition, edamame is rich in beta carotene, which reduces Alzheimer's and age-related cognitive decline symptoms

Outstanding for the Skin Health

Edamame has a good amount of vitamin A, which helps keep the skin healthy. It prevents collagen breakdown caused by the sun and thus offers UV protection. It also stimulates collagen production and prevents wrinkles and sagging of skin, as per studies.

Bone Health and Osteoporosis

Soy protein correlates with favourable aspects of bone health in some medical analyses. For example, as per research, soy diets enhance bone mineral density linked to cardiovascular health. It and decrease the risk of osteoporosis in postmenopausal women. In addition, edamame beans are also rich in minerals like calcium, potassium and phosphorus, which promote bone health. Calcium is the major component of bone and is instrumental in bone metabolism.

Soy isoflavone supplements reduce the chance of osteoporosis in women. In a study, soy isoflavones increased bone mineral density by 54% and reduced the bone

absorption marker by 23%. Scientific evidence suggests that deficiency of calcium may impair bone development in children. Studies have found dietary intake of potassium decreases calcium loss from bone and increases bone mineral density. Phosphorus is also crucial for bone growth and mineralisation. According to studies, its deficiency may cause conditions like rickets and osteomalacia (bone softening).

A cup of boiled edamame beans How to Include Edamame Beans in **Your Diet**

To prepare edamame beans, of polyunsaturated fat. Consuming unsaturated fats can help in reduccook them for 5 to 10 minutes. ing cholesterol and keeping the whether on the burner or in the heart healthy. Polyunsaturated fats microwave. Then, it can be boiled in edamame incorporate omega-3 and served with pepper and salt. A sticky baked tofu noodle bowl unsaturated fats and have signifi-

combines edamame with tofu for a vegetarian supper.

Pasta with prosciutto, edamame, and carrots add a bright green tone and flavour to a popular pasta recipe. You can put it in your pasta the body's ability to absorb essen-

A cup of edamame comprises 4 to make a nutritious meal. Garlicky Olive, Walnut and Edafore, it is 20% more phytoestrogen the stomach-related disorder and mame Mix combines flavour and inhibit iodine assimilation and lowers cholesterol levels. Dietary nutrition in a snack.

Edamame Wraps

Servings: 3 Preparation Time: 20 minutes Cooking Time: 20 minutes Total Time: 40 minutes

Edamame Benefits the Immune Ingredients Frozen edamame beans: 100 g

Chickpeas: 400 g Garlic clove (chopped): 1 Cumin (ground): 1 tsp Plain flour: 1 tbsp Olive oil: 1 tbsp To serve:

Red cabbage (shredded): 1/4 (75 g) Lemon (juiced): 4-5 drops Flathreads or wraps: 4 Hummus: 4 tbsp

Cucumber (chopped): 1/4 (approx. 50 g)

Red chilli (thinly sliced): 1 **Procedure:**

Preheat the oven to 190°C. Line a baking tray with parchment.

Put edamame, chickpeas, garlic, cumin and flour in a blender. Blend

until you have a smooth mixture. Oil your hands and scoop the mixture to make balls. Put the balls on the baking tray and gently press with the palm of your hand.

Brush each falafel with oil and bake for about 20 minutes until they turn golden.

Mix shredded red cabbage with lemon juice and salt and set aside for five minutes.

Warm the wraps and spread hummus on top with falafel, cabbage, cucumber and chilli.

Nutritional Value

Calories: 433 kcal Fat: 15 g Sugars: 4 g Fibre: 11 g Protein: 18 g Salt: 1 g

At room temperature, edamame beans have a short lifespan of natural usability. However, fresh and raw edamame, whether hulled or in units, will not withstand more than a day. After that, you must put fresh edamame in a refrigerator in a plastic bag. It will retain its flavour and quality for 12 months. If the edamame gets cooked, try consuming it immediately or refrigerate it for up to 4 days.

Precautions and Possible Side Effects of Edamame Beans

Allergies and Interactions Edamame is an additional name for green soybeans. Therefore, any individual susceptible to soy should avoid edamame and dishes made with edamame. Likewise, those with soy sensitivity should avoid edamame. It can cause allergic reactions like rashes, hives, facial enlarging, or even hypersensitivity. Look for clinical consultation if you experience side effects after eating edamame.

Stomach-related Issues: When edamame is consumed in

excess or eaten raw or half-cooked. it can cause bloating, gas, and cramping. In addition, people with irritable gut disorders must avoid edamame beans since they might experience gastric irritation after consumption.

Contain Antinutrients

Edamame contains antinutrients. Unfortunately, they reduce tial nutrients. Also, it includes intensifiers. As a result, they can affect thyroid function.

Summary

Edamame beans, identical to different soy commodities, are packed with essential nutrients. They are full of proteins, vitamins and minerals. In addition, they are glutenfree, low in calories, and high in essential unsaturated fats.

Edamame has been famous for its health benefits and delicious flavour since the 2nd century BC. Also, it promotes healthy bones, reduces the risk of cardiovascular diseases, improves skin health, assists in weight reduction etc. So it can be a healthful addition to an individual's diet and an alternative to sweetened and processed foods.

RECIPES

There are essentially three ways you can cook your black rice. First, you can cook it as your usual rice, like pasta and as a pilaf. Below are the recipes to cook it, like pasta and pilaf.

BLACK RICE PREPARATION FOR PASTA RECIPES

Serves: 3 Preparation Time: 1 hour Ingredients

Black rice: 1 cup Water: 6 cups Kosher salt: ½ tsp

Method Combine the water, black rice, and kosher salt in a medium saucepan or dutch oven. Bring to a boil, then lower to low heat and simmer for 20 minutes, or until the rice is softened completely (stirring regularly). After draining the liquid with a colander, serve hot.

BLACK RICE PILAF

Preparation Time: 1 hour

Ingredients

Olive oil: 1 tbsp Onion: 1, small (chopped) Carrots: 2, small (cut into small pieces)

Celery: 2 stalks (cut into small pieces) Garlic: 1 clove

Dried cranberries or raisins: 1/2 cup (roughly chopped)

Black rice: 1 cup Water or stock: 1¾ cups

Pecans: ½ cup (chopped)

Method

Heat the vegetable oil in a medium saucepan with a lid over medium-high heat. Add in your vegetables. Cook for 5 minutes until the onion, carrots, and celery soften. Sauté garlic, fresh thyme leaves, and a handful of dried cranberries for 30 seconds. Add the black rice, water (chicken stock or vegetable broth), and salt & pepper to taste. Bring to a boil, keep it on low heat and simmer for 30 minutes, or until the liquid is completely absorbed. If preferred, garnish with chopped pecans/walnuts and fresh thyme leaves. Serve

VEAL WITH PEPPERS AND MUSHROOMS

Serves: 4 servings Preparation time: 85 minutes

Ingredients

Boneless lean veal: 250 grams

Olive oil: 1 tbsp Green bell pepper: 1 Red bell pepper: 1

Fresh mushrooms, sliced: 1 cup Cayenne pepper: 1 pinch Tomato puree: 1 cup

Salt, to taste

Freshly ground black pepper, to taste Method of Preparation

Cut the veal into thin strips or bite-sized pieces. Heat the olive oil in a pan over medium heat to brown the veal on all sides. Add the bell peppers and mushrooms to the veal. Cover and reduce the heat to low. Cook for about 10 minutes, stirring occasionally. Add the cayenne pepper and tomato puree. Simmer for 30 to 45 minutes longer. Season with salt and pepper to taste.

VEAL WITH LEMON

Serves: 4 servings Preparation time: 20 minutes Ingredients

Boneless lean veal: 250 grams Olive oil: 1 tbsp Mushrooms: 1 cup Garlic, minced: 1 clove Lemon zest: 1 tsp Lemon juice: 2 tbsp

Finely chopped fresh rosemary: 1 tsp (Or use ½

teaspoon dry rosemary) Finely chopped fresh parsley: 2 tbsp Salt, to taste

Freshly ground black pepper, to taste **Method of Preparation**

Sprinkle veal with salt and pepper. Heat olive oil in a skillet over medium heat. Sauté the veal quickly, and remove it from the pan when browned. Sauté mushrooms in the same pan until tender. Add the veal back to the pan with lemon juice, zest, garlic, and herbs. Simmer for about 3 to 4 minutes.

Cream Cheese: Fresh Cheese with a unique Flavour

ZOOMI SINGH

s the name suggests, cream cheese is a combination of cream and milk. It was first produced in mass quantities by William A. Lawrence in 1873. You freshly prepare cream cheese using cream and milk, yielding soft cheese with a mild taste. For industrial purposes, carrageenan and carob bean gum stabilisers are used

According to the U.S Food and Drug Administration, cream cheese contains milk fat of around 33%, moisture content of 55%, and pH of 4.4-4.9. However, it is defined differently in different countries based on the percentage of higher milk fat, pH, and moisture content. Cream cheese needs to be consumed fresh by preparing it as it is not supposed to mature or age. Therefore, it is different from soft cheeses like Neufchatel and Brie. Cream cheese taste and texture become more complex based on the production.

Manufacturing Process You can easily prepare cream

cheese and other delicate cheeses at home. You require a cheesecloth, basic for 24 hours until the whey (a slight, utensils, and a bit of meticulous work. Primarily, dairy farmers in the field utilise extra milk to make some sort of

cheese like cream cheese. A few business foundations use cream or "milk and cream" to set it up. Clean and pristine utensils are necessary to get excellent quality cream cheese. Other pre-necessities are puri-

substances. For example, mesophilic

cultures containing microorganisms switch milk lactose completely to create lactic acid and vegetable rennet. thickening the acidic milk, Buttermilk can likewise act as traditional mesophilic culture To begin with, warm the milk to 70 – 80° F in a hard steel bowl. Next, add 50 ml of cultured buttermilk or one pack of active mesophilic starter

well, cover the bowl and permit the starter-immunised combination to sit undisturbed for an hour at room temperature. In the alternate stage, mix the vegetable rennet in a portion of some cold water and mix well. Add this combination to the pasteurised milk. Mix well to guarantee the rennet is equally distributed in the milk. Cover the holder

culture to every gallon of milk. Mix

Mix gently to separate the curd Plain Cream Cheese

00000

with a top and leave it undisturbed

yellowish fluid) isolates and curd



pletely coagulates. Heat the "set" again to $110^{\circ}F$ to separate the whey from the curd and accelerate the draining and pressing. When the whey separates, it is filled with cheesecloth to drain. Press until the curd has got a fine, glue-like consistency.

add salt in 1 tsp for each pound. Blend thoroughly, and store in the fridge. **Types of Cream Cheese**

Cream cheese is available in various flavours and tastes. You can choose flavoured cream cheese and fulfil your cravings based on your likes. The different types of cream cheese are:

00000 00000

Plain cheese is simple, and one can prepare it at home. Moreover, it has a distinct flavour that can be suitable for different foods. For example, one can mix plain cheese with meatballs, fondue, and dishes prepared using

Chocolate cream cheese can be

heaven to chocolate lovers. Therefore, it can substitute for preparing brownies, cupcakes, and chocolates. Also, chocolate cream cheese is filled with the richness of chocolate and goes well with honey.

Honey Walnut Cream Cheese This substitute of cream cheese is

Strawberry Cream Cheese Strawberry cream cheese adds a tangy flavour to any type of food. It pairs well with crunchy and soft foods such as cakes and brownies. You can combine it with bagels to make your breakfast even better.

Blueberry Cream Cheese

more taste and flavour.

Blueberry cream cheese has something beyond that dazzling purple colour. Its tart lavishness is fantastic with bagels, croissants, or a serving of new organic products. One can incorporate it into the sweets like McDonald's did with their pies!

Cinnamon Cream Cheese

Cinnamon cream cheese is easy to make. You can prepare it by adding sugar and cinnamon and blending it. It can go well with toasts, roti, rolls, and buns

Funfetti Cream Cheese

With this Funfetti cream cheese. one will feel like a party is in their mouth. Beginning with a block of

it using crushed walnuts, honey, and coloured sprinkles, and in the end, cinnamon. It can be added to and is add powdered sugar. It can act as a suitable for various foods since it adds muffin topping.

Apple Pie Cream Cheese One's first fruity dessert moved

into this smooth, luscious cream cheese, produced under eight steps. While walnuts offer a decent crunch. cinnamon intensifies the taste with a warm, relieving mouthfeel

Scallion Cream Cheese

Sweet, tart, with a reviving sharpness from scallion, this cream cheese will assist with beginning the day more brilliantly than any other time. To improve its flavour, feel free to mix in new spices or add a spot of lemon juice for additional tanginess. Then, bring out the bagels!

Herb and Garlic Cream Cheese

Have confidence as one will faint over this cream cheese, which comes with a sweet-smelling smell from new spices and a warm touch from garlic. To accomplish the best result, guarantee that one should utilise fresh garlic to put away in a great garlic companion. Then, flavour it up with parmesan or dark peppers based on choice.

One will want it with anything, from bagels and sandwiches to other meat-based dishes. But, of course, a solid serving of salad will make a fantastic combination also.

Cranberry Jalapeno Cream Cheese

Nothing is more interesting than a sweet and spicy combo. Therefore, one can choose this cream cheese as an ideal model, where one will experience a pleasing pungency from cranberries and a kick from jalapenos in a solitary

Low-Fat Cream Cheese

Also called decreased fat cream cheese, this choice is ideally suited for those weight watchers or whoever is attempting to reduce their fat intake. There will be a minor change in surface, yet it shouldn't change the taste as yet unchanged sweet and tangy flavour one will love.

Full Fat Cream Cheese

Then again, full-fat cream cheese contains more calories than the simple and low-fat form. Be that as it may, its rich taste is habit-forming. It can offer chilled pastries an undeniably more pleasing look.

BJP holds Jammu-Reasi Parliamentary **Election Management Committee meeting**

JAMMU, MAR 7

After the declaration of the candidates for LS elections, BJP held meeting of Jammu-Reasi Parliamentary constituency at party headquarter, Trikuta Nagar, Jammu, chaired by the Constituency Incharge Balwant Singh Mankotia, the former MLA.

Former Deputy Chief Minister, Kavinder Gupta, 2363 booths, 73 mandals bestowed with an impor-BJP State Vice Presidents and 790 shakti kendras tant responsibility has to Sham Lal Choudhary in the Jammu-Reasi Par- devote more time for the (former minister), Surjeet liamentary constituency entire campaign period. Singh Salathia (former and not rest till the lotus Everyone has to deem first minister) and Chander blooms with record vic- and most important duty Mohan Gupta (former tory. He said that every to contribute in victory of Mayor), shared the dais in election is an opportuparty's candidate, he said. this meeting. The meeting was con- with the achievements of addressing the meeting,

was also discussed in achievements.



nity to reach the masses vened to further gear up the party and its govern- said that every activist of the election related activiment and mobilize the the party has been given ties across the constituen- public support for winning an important assignment cy, wherein, the working every seat and the BJP has for election management of different departments too much to claim as its and each one has to prove

Balwant Singh Manko- also the Convenor of the task bravely. He said that tia, while chairing the constituency, said that every department of the party activists have to the booth level will lead to united efforts will lead to put best efforts in all the success and every activist achieve the desired results mittee.

Kavinder Gupta, while his or her ability, capabil-Chander Mohan Gupta, ity to face the challenging

Lok Sabha. Sham Choudhary said that there is great enthusiasm among the people and are waiting for the polling day to vote overwhelmingly in favour of the BJP candidates and to ensure maximum voting every activist has to knock the doors of every single voter to contribute for making BJP win with thumping majority. Surjeet Singh Salathia

said that the BJP has an experienced cadre and is well versed in election management related homework, which is going to prove of great help. He said that the BJP has already taken lead in announcing its candidates and opening of election offices, which will obviously prove to be a plus point in comparison with the other parties. The meeting was attended by all the Convenors and Co-Convenors of all the departments of Jammumeeting, said that the micro-management upto party has its own role and Reasi Parliamentary Elec-

166 MH, 136 Station Health Organization celebrate Int'l Women's Day 2024

JI NEWS SERVICE

JAMMU, MAR 7

In honor of International Women's Day 2024, the 166 Military Hospital (MH) and 136 Station Health Organization (SHO) in Jammu Cantt came together to organize a series of impactful women's health seminars. The theme for this year's celebration was "Inspire Inclusion," reflecting the commitment to empower and uplift women in the community.

The seminars, which took place on 7th March, were met with enthusiastic participation from the families of Jammu Cantt. The lineup of events included insightful sessions addressing crucial aspects of women's health and well-being:

Inspire Inclusion-Importance of Women by Lt Col Amandeep Raj, Empowerment by Lt Col Sumeena Bajaj, OC SHO, Jammu Cantt, highlighted the significance of empowering women across various spheres of life.



impact of women's mental concerns that women may health on their children.

Fertility and Issues" Gynecologist, provided essential information and ing with fertility chal-

Child Mental Health for by Lt Col Manisha Jindal, 'HER' by Col RN Mani, Psy- Psychiatrist, addressed chiatrist, focused on the specific mental health and impact of the initia-

encounter. Following these enlightening seminars, an inauguration for a screening cum wellness camp for the fam-create a ripple effect in the support for women deal- ilies of Jammu Garrison community, contributing was held from 7th to 14th to a healthier and more March 2024 at the wellness inclusive environment for

offered a range of valuable services, including breast self-exam tutorials, anemia screening, Vitamin D level checks, and PAP smears. This holistic approach aimed to provide essential preventive and early detection measures for women's health issues.

The events saw significant participation, with 30 officers, 40 officers' families, 30 Junior Commissioned Officers (JCOs), and 156 JCOs' families, along with the families of other ranks from Jammu Cantt, actively engaging with the seminars and the wellness camp. This widespread and diverse participation emphasizes the relevance tives organized by the 166 MH and 136 SHO. The positive impact of the women's health seminars and wellness camp is poised to HER' Mental Health" clinic,166 MH. The camp women in Jammu Cantt.

Marathoners across India, overseas joining at Manali for Snow Marathon

JI NEWS SERVICE JAMMU, MAR 7

Marathoners and runners from India and overseas have started to gather at Manali to participate in the third edition of Snow Marathon on March 10 at Sissu, the Lahaul & Spiti district of neighbouring Himachal Pradesh. This event has the reputation of being the only snow marathon in Asia and highest in the world at around 10,000 feet above the sea level. The event is being organised by Reach India in association with Himachal Tourism and District Administration.

cal Partner, Polaroid as pass last year's figure of Sri Lanka and Ethiopia.



Organizers Rajeev kilometers. Ten marathon-Kumar and Gaurav Schim- ers are participating from The event is supported mer are confident that overseas nations like the by Fortis Hospital as Medithis time they will sur- UK, USA, Australia, Nepal,

Eye Wear Partner, Campus participants which could Continuing the trend, ters for the first time in Shoes as Running Partner, reach beyond 250 in four as many as runners of the Fast & Up as Nutrition Part-categories of full mara-Indian Navy have reached ing, emphasis was laid on ner, Bonn as Energy Part- thon (42 kilometers), half Manali and are going nutrition, trekking gear, ner, Youngear & Gokyo as marathon (21 kilometers), through acclimatization snow running and other ten kilometers and five from the last three days. aspects of the adventure.

These sailors hailed from as far as naval bases of Mumbai, Kochi, Goa and Visakhapatnam along with New Delhi. The team, led by Commander Dinesh Bali said sailors are well trained to overcome the different geographical conditions of the country apart. Apart from sea diving, they are sent to different expeditions and exercises. Apart from them, 15 jawans from the Indian Army are also participating in the marathon. These runners prac-

ticed extensively under the guidance of high altitude trainer Nakul Bhutta on Wednesday. After trekking nearly seven kilometers, the team did a snow walk of about two kilomethis tour. During the train-

Two -day Multi Media Exhibition organized by CBC, Rajouri concludes

JI NEWS SERVICE

RAJOURI, MAR 7

On Day-2 Multi Media Exhibition on the theme of "Vikisit Bharat" "Mission Life" "Agnipath Scheme" "EBSB" "Swatchh Bharat Abhiyan" and other allied themes of Govt of India organised By Central Bureau of Communication, Ministry of Information & Broadcasting, Rajouri (J&K) at Government Degree College, Kalakote attended the function as Chief Guest. Dr. Seema Arora, Principal Degree College, Kalakote. Sh. Sunil Kumar, ,CBC, Field Unit, Fire, Social Welfare departments of Kalakote.

Dr. Seema Arora , Prin- aware citizens. cipal Degree College,

Pawan Raina, Shashi



He said that CBC's programmes serve as a bridge for Information between programmes, Seminars, Government and Common Expert Lectures, Competi-Masses. The valuable tions etc. to aware/engage information disseminat- the masses about various er, CBC, Jammu conducted through displays and schemes. He advised the ed the programme on Expert Lectures will help students to avail benefits Rajouri presided over the locals think about availing of Govt. schemes and earn Life" "Agnipath Scheme" function along with faculty the benefits of various cenbesides studies to become "EBSB" "Swatchh Bharat Government Degree Col-trally sponsored schemes Atamnirbhar (self relient). Abhiyan" and other allied lege, Kalakote, Staff of CBC and becoming entrepre- He urged the audience to themes, theme based J&K and representatives of neurs. She highlighted the spread the message about cultural programmes, the Health, and Agriculture, role of teacher in students' benefits of various CSS attractions for the youth. life, Unity in diversity and among common masses. Winners of Culture Activirole of responsible and

Kalakote (Rajouri) appre- Rajouri in his address said ciated the efforts of Cen- that CBC has the mandate tral Bureau of Communi- of disseminating informacation, J&K for organizing tion and awareness among the event at Kalakote. common masses in rural as well as urban areas. CBC uses Exhibition, Cultural

others who spoke on the guests were honoured by Sh. Sunil Kumar, CBC, occasion were Dr. Avtar CBC, Rajouri.

Charnal Ayusman Department, Mr. Rajesh Langer, Agriculture Department. Shri Khursid Anwar Malik, Social Welfare Department and Fire Department Kalakote. All the resource persons gave a detailed overview of various Centrally Sponsored Schemes related to their respective departments. Students of Government Degree College, Kalakote also participated the function i.e. lecture on central sponsored scheme and song etc.

Sh. Ram Lal, Perform-"Vikisit Bharat" "Mission Prominent among ties, Resource person, and

Congress protests against Modi govt, SBI over electoral bonds issue

JI NEWS SERVICE JAMMU, MARCH 7

As part of nationwide programme, the JK Congress today held a strong protest demonstration against Modi Government and State Bank of India (SBI) over the issue of non disclosure of requisite information regarding electoral bonds, as per orders of supreme Court and accused the government of pressurising the SBI to seek five months more time to disclose the information.

Apart from several leaders & workers. district headquarters in Jammu region, a strong Modi government and & Irregularities. protest demonstration was SBI, the Senior Congress dents Balwan Singh & expose the BJP govt on ernment, he added. Ravinder Sharma (Chief donations from corpo-Spokesperson) Vice presi-rates. secretaries frontal heads, unconstitutional. The dis- ous issue. Supreme Court Narinder Gupta(Org), gress workers.

DCC Jammu urban & rural closure will expose the BJP

govt and corporate nexus Raising slogans against and large scale illegalities

He said that SBI is held in Jammu at Shahee- leaders accused the gov- having 48 crore bank di Chowk in which large ernment of pressurising account holders, 66000 ernment tried to scuttle number of senior leaders the SBI to seek more time ATMs and fully digitalized Congress protests by and activists including of five months in order to and computerized then women & district, block hide the vital information why it needs such a long all over Jammu & Kashworkers participated. from the general public. time to share informa- mir under the garb of PM Working President JKPCC The Modi government tion about 22000 elec-Raman Bhalla led the doesn't want the requisite toral bonds. It's deliberdemonstration accompa- information from the SBI ate attempt by SBI on the restrained from joining nied by Senior Vice Presito be exposed which will instructions of Modi gov-

JKPCC Senior Vice Gupta, District President hiding the vital infor- Modigovernment and BJP

judgment has vindicated Congress stand & exposed BJP over the legalized corruption and loot through electoral bonds scheme. He disclosed that gov-

imposing heavy restricted visit and PCC President Vikar Rasool Wani was the protest by the police by not allowing him to move out of the hotel in Srinagar President and Chief in the morning. He termed dents Yogesh Sawhney, Raman Bhalla lashed Spokesperson Mr. Ravin- it panic of BJP and Modi Vinod Sharma, Naresh out at the BJP govt for der Sharma hit out at the government for resorting to such dictatorial & anti Jammu Urban Th Manmo- mation from the public for pressurising SBI not to democratically approach. han Singh, besides other before elections since the share information as per Prominent leaders who led by DCC President senior leaders, General supreme Court has held Supreme Court directook part including PCC Pankaj Dogra and attend-Secretaries, secretaries, the scheme as illegal and tions and termed it seri- General Secretaries ed by large number of con-

Sharma, T.S. Tony (DDC), Anayatullah Rathar(DDC), Satish Sharma, Amrit Bali, Thomas Khokhar, Secretaries Sanjeev Panda, Rajvir Singh, Hoshiyar Singh, Michael Wazir, Chairman Congress Seva Dal Vijay Sharma, President NSUI Ajay Lakhotra, Chairman Social Media Dept. Jatin K Raina, Sr. Vice President Mahila Congress Bhanu Mahajan, I/C PYC Ricky Dalotras, Vice Chairman Kissan Cell Daleep Kumar, DCC functionaries Dr. Rama Kant Khajuria, Ajaib Motton, Sat Pal Sapolia, Ram Prakash Magotra, Baldev Singh, Samanpreet Singh, Ram Magotra, Sanjay Sharma, Rakesh Kumar, Atul Sharma, Anoop Gupta, Bushan Kumar, Rafiq, Manddep Choudhary, Tableen Boprai and others.

Similar protests were held at Katua, Udhampur & some other places.

At udhampur the protests was led by - Vinod Khajuria DCC President accompanied by Former MLA Krishan Bhagat and others

At Kathua Protest was

GDC, Ramnagar organizes Poster **Making Competition on Women's Day**



JI NEWS SERVICE RAMNAGAR, MARCH 07

INDIA".

Day today on the theme in them. "ROLE OF WOMEN IN DEVELOPMENT OF

was convened under the science to politics, edu- with trophies and certifiable guidance of worthy principal, Dr. Bhavna- beyond should be cel- were present to witness ish Chand. The welcome ebrated and this can be the event. address was presented by best celebrated through Prof. Ashni Devi, conve-such artistic activities. ner Women Development Cell, in which she told judged by Dr. Kewal Dr Pankaj Sharma, Dr.

this poster-making activ- Zoology. Women Development cell ity was to raise awareof Government Degree ness of women's rights, College Ramnagar org- to empower women, to

ish Chand in his address Mr. Vidut Modi of Sem-II. said that achievements of The winners of the com-The whole program women in all fields, from petition were felicitated cation to business, and cates. About 50 students

to check the creative and from Department of Psy- Prof Kaku Ram.

artistic skills of the stu- chology and Prof. Sonia dents. The objective of Raj from Department of

Total 12 students participated in the competition. First position was bagged snised a Poster making educate students about by Ms Anisha Sharma of Competition to celebrate gender sensitivity, equali- Sem IV, 2nd position was International Women's ty, and to inculcate values secured by Ms Krishika of Sem IV and 3rd posi-Principal Dr. Bhavna- tion was acclaimed by

Staff members present during the prize distri-The competition was bution ceremony were that the aim of conduct- Kumar, from Department Majeed, Prof. Ritika Mahaing this competition was of Botany, Dr. Isha Goel jan, Prof Sunil Mehra and

BJP effectively bridging gap between govt-public: Yudhveer Sethi

Organizes public grievance camp

JI NEWS SERVICE JAMMU, MAR 7

Yudhvir Sethi, J&K BJP Vice President today emphasized that the BJP leadership in Jammu and Kashmir is working relentlessly to bridge the gap between the government and the people. He underlined the need for Naseeb Singh, Vice Presi- He reiterated the governefficient governance and dent Bajalta Mandal and ment's commitment in emphasized that the BJP is Ricky General Secretary delivering basic amenicommitted to fulfilling the BJYM Bajalta Mandal also ties and facilities to the aspirations of the people accompanied the senior people, particularly in of Jammu and Kashmir.

He was speaking after to address the problems to address the issues of cacy. being faced by the general unemployment, poverty, public. Arun Sethi, Generand underdevelopment witnessed a huge rush resolved soon.



al Secretary East Mandal, in the Union Territory.

Sethi pointed out that

rural areas.

Yudhvir said that BJP listening to the griev- the Prime Minister, Naren- remains committed to Pt Prem Nath Bhawan in interest in the welfare of concerns of the people Kacchi Chawni, Jammu. the people of Jammu and of Jammu and Kashmir, The camp was organized Kashmir. The BJP-led gov-thereby bridging the gap the primary objective taken various initiatives and the masses with effi-

Earlier, the camp

of people from across Jammu city who came to the party office to discuss their issues with senior BJP leaders. Various deputations, including individual persons--most of whom were women--visited the camp to present their grievances on issues such as ration, education, pension, PHE, PDD, revenue, power, water scarcity, roads, and other development-related topics, as well as personal issues.

patient hearing to the deputations and resolved ances of general public at dra Modi, has a personal addressing the issues and most of their issues instantaneously by talking to the authorities concerned on the phone. He assured the by Yudhvir Sethi with ernment at the Centre has between the government visiting people that he will take up the rest of their issues with the concerned authorities and get them

Yudhvir Sethi gave a

CUJ organizes Educational visits of Schools of Samba

JAMMU, MARCH 7

Central University of Jammu under the dynamic leadership of Hon'ble Vice Chancellor Prof. Sanjeev Jain organised the study visits of students and Teachers of High and **Higher Secondary Schools** of district Samba covering all zones viz. Samba, Ghagwal, Ramgarh, Purmandal, Marh, Gandhi Nagar (Khanna Chhargal) and Vijaypur starting from 27th of February, 2024 to Study visit of around 3000 students and 300 teachers was jointly organized by the office of Dean Students' Welfare and Indian National Young Academy of Science under the con-

A team of University faculty coordinators and cocoordinators were framed

venership of Dr. Shweta

Yadav.

ers about the University. their departments along students and faculty mem-The students and teach- with the speciality of each bers. The students and ers from schools of Samba program/ course offered. teachers felt very happy district visited the differ- The students and teachers and entertained. They ent departments of CUJ, Campus including the procedure of admission and shared their valuable 6th of March, 2024. The Auditorium, ISRO, DRDO, into various courses. The feedback regarding their Computer labs, Language coordinators also briefed exposure to university life. labs, Library and hostels. The educational tour ricular and co-curricular rich vivid experience of forms the part of their activities and fests organ- academic and hostel life. modern teaching -learning process, wherein the

tral university of Jammu. university welcomed the services provided in the university partnership in each department with students and teachers campus. Special arrange- thereby encouraging acathe purpose of orienting and oriented them about ments of refreshment were demia community particithe students and teach- various courses offered by also made available for pation.

were oriented about the expressed their gratitude them about various cur- They left the place with the ised by the University from The whole event was car-

students learned first-hand experience with respect to teachers and students also Vice Chancellor Prof. Sanreal-time working of Cencame across the facilities jeev Jain who is always a like Health centre, Sports, source of inspiration and The departments of Gym, Canteen and Banking very committed for school

ried out smoothly under During the visit, the the guidance of Hon'ble

Apni Party committed to empower women in J&K: Manjit Singh

JI NEWS SERVICE JAMMU, ,MAR 7

Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has reiterated commitment of the Party to empower women in Jammu and Kashmir.

As per the press release, a meeting of the Party workers was organized by Provincial Secretary Women Wing, Jammu, Shikha Bhardwaj at ward number 23 in Nai Basti in Jammu District.

While speaking at the meeting, the Former Minister said the Party is committed to the in Jammu and Kashmir by giving them the opportunity to represent themselves in politics.

wants to upgrade their preneur," he said. He said and educationally.



empowerment of women centric Govt sponsored Apni Party is committed schemes to guide them to ensure their approprito set up industrial units ate political representaand guide them through- tion so that their aspira-He said that the Party them a successful entre- adequately.

out the process and make tions can be addressed

Meanwhile, he also living standard of women that the women should discussed developmeneconomically, politically, have proper political tal issues and expressed representation in Jammu his concern over the slow Youth, Shubam Choud-"There shall be women and Kashmir, and the pace of development,

and poor implementation of Smart City Project in Municipal limits.

He said that it was unfortunate to see the slow pace of development, and poor drainage system in Nai Basti with poor cleanliness which shows that the JMC has failed in its motive.

He also expressed concern over unprecedented power cuts and demanded that the electricity supply system should be improved especially in the wake of the upcoming summer season.

The meeting was also attended by Provincial Vice President, Ex-MLA Prem Lal, Women Wing Vice President Women Wing, Neelam Gupta, Secretary Women Wing, Sheetal Sharma, Senior District Vice President, Jammu Urban, Vaibhav Mattoo, District President, Minority, Dalbir Singh, District President hary, and others.

SBI donates Bio Chemistry Analyser, Complete Blood Cell Counter, Chair for CHC Batote



JAMMU MAR 7

Today Donation of Bio-Chemistry Analyzer (Fully

Automatic), Complete Blood Cell Counter And Chairs For Doctors (10) And Patients (3) For Community Health Centre, Batote Distt Ramban Under CSR Inititative of The BankState Bank of India, Administrative Office, Jammu under Banks CSR initiative has donated a Bio-chemistry analyzer (fully automatic), Complete blood cell coun- rate social responsibility ter and Chairs for doc- initiative by the Bank for tors(10) and patients(3) the betterment of society worth Rs 8.00 Lacs for the and was pleased that the benefit of local population equipment will be of great falling under the Commuhelp to visiting patients at nity Health Centre, Batote. CHC, Batote.

The event was organised on 06.03.2024 in the presence of Dr. Opinder Singh (Block Medical Officer, Batote). Dr. Singh hailed the Bank's initiative and said that the equipment will be of great help for the needy people residing in this far flung area. The equipment was handed over by AGM (RBO V, Jammu)) Sh. Rajeev Kumar Chhabra and Sh Rahul Gupta, CM AO Jammu also graced the ocassion. Sh. Chhabra emphasized on the importance of corpo-

Indian Army organizes "Kaumi Ekta Meet" at Doda



JI NEWS SERVICE

DODA, MAR 7

To promote everlasting the region a 'Kaumi Ekta Nation consists of people from diverse cultures, of various pillars of soci- in the area.

ety in promoting everlasting brotherhood, National Integration and Communal Harmony. A total of peace and prosperity in 53 persons from both the communities attended the Meet' organised at Sui- meeting. Speaking on the garh, Doda (J&K). The occasion Mr Rohit Sharma, Teacher, Government High School, Thalela thanked all religions, traditions and the participants of Suigarh, ethnicity, all co-existing who whole heartedly parwithin one entity. Kaumi ticipated and expressed Ekta acts as a binder for their views on spreading National Integration to the message of peace, harkeep these diversities mony and brotherhood in together. The scope of this the region. He also stated meeting was to include that such constructive analysis of the communal efforts will go a long way and ethnic milieu existing in promoting brotherhood in the region and the role and communal harmony

Ajaz Jan asks party cadre to escalate activities ahead of LS Polls



JI NEWS SERVICE POONCH, MAR 7

Ajaz Jan, Provincial Kashmir. President of Jammu and

during a meeting held es faced by the region, him. at the Mandi area of he said, adding that the Poonch district.

Jan highlighted its fail- the national level. ure to provide basic that only the National the time of Sher-e-Kash- of Jammu and Kashmir.

Conference can fulfill mir Sheikh Mohammad the aspirations of the Abdullah. Notably, four people of Jammu and candidates were initially shortlisted for the posi-As the Lok Sabha election of Block President, Kashmir National Contions draw near, the including Bashir Naik, ference (JKNC) Youth, National Conference, Abdula Razaq, Mubassir Jammu, today called under the guidance of Banday, and Abdul upon party workers to Dr Farooq Abdullah Ghani Lone. However, intensify their efforts and Omar Abdullah, ultimately, Bashir Naik in preparation for the remains committed to was elected unopposed upcoming Lok Sabha represent the aspira- as the other three canelections in the country. tions of the people and didates withdrew their He made this appeal addressing the challeng- candidacy in support of

Ajaz Jan conveyed his party will continue to heartfelt gratitude to Expressing disap- work tirelessly to ensure Bashir Naik on behalf pointment with the that the voice of Jammu of Dr. Farooq Abdullah, present administration, and Kashmir is heard at the Party President, Omar Abdullah, the Earlier in the meet- Vice President, and the amenities to the general ing, Bashir Naik Sar- General Secretary. He public. He emphasized panch was elected as the said that the National that the absence of a New Block President of Conference values the popular government Mandi. Having contrib- support and dedication in Jammu and Kashmir uted his services to the of its party workers, has led to a manifold party in various capaci- who play a crucial role increase in the sufferties, Naik's association in furthering the party's ings of the people. In with the National Con-mission and serving the this context, he stressed ference dates back to interests of the people

Mesmerizing performance by GCW Udhampur at Int'l Women's Day celebration



JI NEWS SERVICE UDHAMPUR, MARCH 7

In view of the outreach activities, the students from Government College for Women (GCW) Udhampur put up a mesduring the celebration of International Women's Day held at District Police Lines Udhampur.

The Theme based cultural programme was prepared under the supervision of Principal of the college Dr. Nalini Pathania.

Additional Deputy Commissioner Udhampur Mr. Joginder Singh Jasrotia was the chief guest while Judicial First Class Magistrate Ms. Malika Sharma was the guest of honour on the occasion.

The programme orga-

nized by Jammu and Kash- ment was also served to mir Police Udhampur in the students by the orgacollaboration with Depart- nizers. HoD Music Assoment of Social Welfare ciate Professor Dr. Seema Udhampur and Special Sharma, Assistant Profes-Cell for Women Udham-

merizing performance department GCW Kumar and Mr. Kuldeep Udhampur namely Shruti Sharma and Party prescintillating cultural programme which was highly applauded by the audience. Besides a motivational theme based skit was also presented by the students of GCW Udhamhighly appreciated by the

of participation. Refresh- sion.

audience.

sor of Music, Dr. Shallu Jasrotia, Assistant Pro-Students of music fessor of Music Mr. Yash Singh LFE escorted the students. The proceedings sented a theme based of the programmes were conducted by Ms. Azra Parveen of Special Cell for

Women Udhampur.

Among others, Additional SP Udhampur, Mr. Baljeet Singh, District Social Welfare Officer, Ms. pur namely Seema and Kanika Gupta, Wing Comparty which was also mander Indian Air force Sonam Bakshi, Advocate Sanjeet Kumar, other About 38 students of senior officers of district the college participated police and students were and received mementoes also present on the occa-

Sahil Mahajan, others release Maha Shiv Ratri Devotional Album "Shiv De Malang"



JI NEWS SERVICE JAMMU, MAR 7

Near Vaishno Devi Mandir Kashmir. Shahidi Chowk, Jammu.

Rana released the Album.

organized by Maa Bawe Wali especially.

Records (MD)Sahil Mahajan. Malang " has been sung in making the release of by singer Athwal Brother, the album. Keshav also and composed by Chandan said that new opportuni-Jassu. The video has been ties are being opened up prepared by Kk Malhotra everywhere today for the Lyrics Rajan Athwal under innovative mind setup. He Special thnx Kuldeep Majo- said that "Bharat Bhoomi" tra, Naresh Kumar .The has a vast and rich cultural Album has been released heritage and these devotees on YouTube Athwal Broth- of fine arts ensure that the ers Music Channel " simul- mind of our creative youth taneously.

ated the BJP Sanskriti Art & tive mind setup.

Culture Cell J&K for encouraging the young talent. He said that we as a societal Bharatiya Janata Party (BJP) family must endeavour to Sanskriti, Art and Culture support and nurture young cell released Devotional talent which will bring lau-Album "Shiv De Malang" at rels to the whole Jammu &

Keshav Chopra while BJP Jk Ut Co-Convenor speaking lauded the young Sanskriti Art Culture Cell talent of Jammu & Kashmir Sahil Mahajan Along With in bringing out melodious Chairman Samvedna Soci- devotional albums. He said ety Keshav Chopra, Singer that "Shiv De Malang" is Kuldeep Majotra & Sunil revered by one and all in the whole region. He praised The programme was the whole production team,

The Singers and Sahil The song "Shiv De Mahajan for their efforts is directed towards nurtur-Sahil Mahajan appreciing their skills with a posi-



Jammu police beat drums and made announcements against proclaimed offender

JI NEWS SERVICE JAMMU,07.03.2024

Today an accused person namely Faquir Chand son of Jeet Raj R/O Pasgal Bishnah Jammu who was evading his arrest in FIR No 42/1990 U/S 302 RPC 4/25 A Act of PS Bishnah for which the Honble court of JMIC Bishnah has declared him " Proclaimed Offender"to proceed further into the matter, a poster of his proclamation was pasted in public places as well as on the gate of house of the accused person was done and announcements regarding the same was also made, by beating the drums in and around the vicinity of his house, to aware the general public with the request that if anyone has information with regards to the whereabouts of the Proclaimed Offender may kindly be shared with PS immediately, otherwise his property would be attached under section relevant provisions of law.

Jammu Police arrested narcotic Smuggler in Trikuta-nagar area JI NEWS SERVICE

JAMMU, MAR 7

Continuing its mission against peddlers in Jammu District, today Police Party of Police *Station Bahu Fort while patrolling in the jurisdiction of Police Station when reached near Grand Inn Hotel Trikuta Nagar, one person who was coming from Channi Puli towards Railway Station and was carrying one bag at about 1800 hours today.On seeing the police party, he tried to escape. On suspicion, alert police party chased and over powered him, during questioning, he disclosed his name as Booby Kumar S/O Mantu Mandal R/O Radhanagar Banka Bihar A/P Sector No.1 Trikuta Nagar Jammu .On his search, 560 grams Ganja like substance, cash amounting to Rs 77,000 along with material used for preparing the packets of Ganja were recovered from his bag. Accordingly FIR No.58/2024 U/S 8/20/62 NDPS Act has been registered at Police Station Bahu Fort, Jammu & further investigation is going on. People have applauded the efforts of Jammu Police.

Jammu police convenes Policepublic meetings at Rajpura Kanachak and Chinore

JI NEWS SERVICE JAMMU, MAR 7

In order to further strengthen the relationship between police and public, the Jammu Police organised a PCPG meeting at Rajpura area falling under Kanachak police station and Chinore area of Domana Police Station in Jammu district.

Meeting was chaired by SP Rural Jammu Sh. Brijesh Sharma-JKPS alongwith SDPO Domana, concerned SHO's and IC Police Posts.

A large number of civil society members, youth and other people of the areas participated in the meeting wherein issues of public importance were discussed.

CBC Doda concludes 2-Day Photo Exhibition, Outreach Programme

JI NEWS SERVICE RAMBAN, MARCH 7

The Central Bureau of Communication (CBC), Doda, under the Ministry of Information & Broadcasting, Government of India, successfully concluded its two-day Photo **Exhibition and Outreach** Programme today at national initiatives.

(GMHSS) in Batote. The ety of topics. Dr. Shuaib cultural diversity. event witnessed a large Balwan shared valuable Reduce, Reuse, Recycle," exhibition showcased key living practices. Dr. Rajesh standing of the prog- 23RR elaborated on the nity. ress and impact of these Agnipath scheme, show-

Higher Secondary School presentations on a vari-sizing national unity and

to learn about various Life: Lifestyle for Living - of the Chief Guest, Sh, Dev Raj Principal of Gov-The captivating photo emphasizing sustainable ernment Higher Secondary School Batote, who national themes such as Kotwal shed light on the shared inspiring thoughts Viksit Bharat, Ek Bharat significant aspects of the on the event's themes. He Shresht Bharat, Mission Ayushman scheme, high-commended the efforts Life, Swachh Bharat Mis- lighting its importance of the CBC Doda for orgasion, and the Agnipath in providing accessible nizing such a grand event Scheme. Visitors gained healthcare to all citizens. aimed at educating and a comprehensive under- Sh. Satish Singh from empowering the commu-

Distinguished speak- discussed "Ek Bharat overview of the bureau's mative initiatives.

the Government Model ers delivered insightful Shresht Bharat," empha-role in disseminating information and promoting public engagement. The event was graced Sh. Rajesh Sharma, Execturnout of citizens eager insights on "Mission by the esteemed presence utive Officer of the Municipal Committee Batote, also graced the occasion with his presence.

The two-day Photo Exhibition and Outreach Programme proved to be a resounding success, fostering public understanding and encouraging participation in national development endeavors. The CBC Doda remains Earlier, Sh. Vikram committed to facilitattransformative initiatives casing its impact on rural Uppal from CBC Doda ing open communication through the informative development and empow- presented a welcoming channels and empowererment. Sh. Vinod Kumar address, providing a brief ing citizens through infor-

Modi's Srinagar Rally marks as watershed moment for peace restoration: Kavinder

JI NEWS SERVICE JAMMU, MAR 7

Kavinder Gupta, senior BJP leader and former Deputy Chief Minister, expressed his utmost admiration for Prime Minister Narendra Modi's today rally in Srinagar, hailing it as a watershed

moment for peace restoration in the region. He emphasized that the rally witnessed an people belonging to various faiths, marking a significant shift after decades of conflict.

here today, Kavinder high-tourism, with a record ble realities for the people lighted the transformative number of visitors flock- of the valley, he added. impact of PM Modi's deci- ing to witness the natusion to abrogate Article ral beauty and cultural the vision of a New India, 370, which granted spe-richness that Jammu and Kavinder expressed his cial status to Jammu and Kashmir has to offer. Addi- optimism for a bright Kashmir. He emphasized tionally, significant devel- and harmonious future that this historic move opment projects have for Jammu and Kashmir. has played a pivotal role been initiated, which aim He urged all stakeholdin reshaping the destiny of to enhance the infrastrucers to actively contribute the region and generating ture and socio-economic towards building a proa renewed sense of hope well-being of the people. gressive society that cherand progress. He empha-



PM Modi.

sised that today Jammu tude to PM Modi and his peace.

ment under the regime of towards the welfare of Jammu and Kashmir. Kavinder further Through their concerted emphasized that the efforts, peace and pros-In a statement issued valley is flourishing with perity have become tangi-

As a firm believer in He extended his grati- ishes unity, growth, and

MDU felicitates NC Block President Udh for his dedicated service towards community

JI NEWS SERVICE

UDHAMPUR, MAR 7

Union Udhampur today of the Union, were presfelicitated Om Prakash, City President of JKNC for community during a programme held today.

Syal, State General Secretary, Mohd Ashraf Sr Vice President, and Darshan The Mazdoor Dastkar Kumar, District President

Accepting the honour, his unwavering dedication Om Prakash expressed and service towards the his appreciation for the support of the Union



members and assured resolution of their issues He also promised that if is voted to power in the is essential to work cohe-serve the Udhampur com-On the occasion, Shashi them of his backing in the with the administration. the National Conference upcoming Assembly elec-sively with worker repre-munity.

Om Prakash empha-

tions, their issues would sentatives to support and be accorded priority atten- elevate labour rights in the

The National Confersized the National Con- ence has always been ference's commitment to engaged in promoting a their vision of supporting just and equitable society, labour communities in and Om Prakash's efforts addressing their pressing further exemplify our challenges. He said that it Party's commitment to

GOVERNMENT OF JAMMU AND KASHMIR OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER THATHRI

Subject: Provisional/Tentative selection list of candidates for the posts of Sanginis (Anganwadi Worker)- inviting objections thereof.

Whereas vide this office notification No. 01 of 2024 Dated 02-02-2024, applications were invited from the eligible female candidates for various vacant posts of Sanginis (AWWs) in panchayats/Muincipal wards under the jurisdiction of Poshan Project Thathri. Whereas detailed scrutiny of application forms was conducted by the members of District Level Selection Committee on 02-03-2024 as per the guidelines laid down in the Human Resource Policy issued vide Govt order No. 222-JK SWD of 2022 Dated 30-11-2022 and also Govt order No. SWD-ICDS/43/2022 Dated 14-08-2023. The following candidates have been provisionally/tentatively considered for the post of Sanginis (AWWs) against available vacant posts in Anganwadi Centres of Panchayats/Muincipal wards mentioned against each.

S. No.	Name of Applicant	Parentage/ Husband Name	Name of Panchayat	Ward No.	D.O.B.	Age as on 01.01.2023	Qualification	Marks Obtained	% age	Weather the candidate is available within the family of retiring AWW/ AWH (Additional 2% Marks)	Total % age	Remarks
01	Sumrina Banoo	W/o Mohd Ashraf	Sunarthawa	06	10-11-2003	19yrs	12th	329/500	65.80	Nil	65.80	
02	Razana Banoo	D/o Liyaqet Ali	Sunarthawa	06	04-04-2003	19yrs	12th	327/500	65.40	Nil	65.40	ĺ
03	Samera Banoo	W/o Nayeem Ahmed	Sunarthawa	06	28-11-1999	24yrs	12th	273/500	54.60	Nil	54.60	
04	Rahila Anjum	W/o Imran Ahmad	Sunarthawa	06	16-04-1995	28yrs	12th	271/500	54.20	Nil	54.20	
05	Mahnaz Akhter	W/o Yassar Arafat	Sunarthawa	06	20-12-1990	33yrs	12th	344/750	45.86	Nil	45.86	
06	Sayma Banoo	W/o Raif Hussain	Sunarthawa	06	02-02-2004	18yrs	12th	229/500	45.80	Nil	45.80	
07	Fozia Farooq	W/o Zaheer Abbass	Sunarthawa	06	15-01-1989	33 yrs	12th	273/600	45.50	Nil	45.50	
08	Allia Tabasam	W/o Mohd Asif	Sunarthawa	06	02-02-1990	33yrs	12th	340/750	45.33	Nil	45.33	
Pane	chayat Sunarthaw	nis (AWW) of Poshan F a Anganwadi centre B		No. of	D.O.B.	1	1	2024. Marks	0/. 250	Candidate is available within the	Total	Remarks
S. No.	Name of Applicant	Parentage/ Husband Name	Panchayat	Ward	р.о.в.	Age as on 01.01.2023	Qualification	obtained	% age	family of Retiring AWW/AWH (Additional 2 % Marks)	% age	Remarks
01	Sumrina Banoo	W/O Mohd Ashraf	Sunarthawa	06	10-11-2003	19yrs	12th	329/500	65.80	Nil	65.80	
	it list of Sanginis (AWW) of Poshan Proj	ect Thathri A	dvertise		lo. 01 of 2024 I	Dated 02-02-20	24.			•	•
Muir S.	it list of Sanginis (AWW) of Poshan Projri Ward No. 03 Name Parentage/ Husband Name	ect Thathri A	dvertise i centre Ward	d vide notice N	lo. 01 of 2024 I	Dated 02-02-20 Qualification	24. Marks Obtained	% age	Weather the candidate is available within the family of retiring AWW/AWH (Additional 2% Marks)	Total % age	Remarks
Muir S. No.	it list of Sanginis (ncipal Ward Thathi Name of	AWW) of Poshan Proj ri Ward No. 03 Name Parentage/	ect Thathri A of Anganwadi Name of	dvertise i centre Ward	d vide notice N Chinar Mohall	lo. 01 of 2024 I a. Age as on		Marks	% age	within the family of retiring AWW/		Remarks
Muir S. No.	it list of Sanginis (ncipal Ward Thathr Name of Applicant	AWW) of Poshan Projri Ward No. 03 Name Parentage/ Husband Name D/o Ajaz Hussain	ect Thathri A of Anganwadi Name of Panchayat Thathri Ward No.	dvertise i centre Ward No.	d vide notice N Chinar Mohall D.O.B.	Age as on 01.01.2023	Qualification	Marks Obtained		within the family of retiring AWW/ AWH (Additional 2% Marks)	% age	Remarks Under age
	it list of Sanginis (ncipal Ward Thathr Name of Applicant Sahila Parveen	AWW) of Poshan Projri Ward No. 03 Name Parentage/ Husband Name D/o Ajaz Hussain Khan	Name of Panchayat Thathri Ward No. 03 Thathri Ward No. 03	dvertise i centre Ward No.	d vide notice N Chinar Mohalla D.O.B.	Age as on 01.01.2023	Qualification 12th	Marks Obtained 422/500	84.40	within the family of retiring AWW/AWH (Additional 2% Marks)	% age 84.40	
Muir S. No. 01 02 03 Sele	it list of Sanginis (Incipal Ward Thathr Name of Applicant Sahila Parveen Mehruma Banoo Seema Amin	AWW) of Poshan Projet Ward No. 03 Name of Ward No. 03 Name of Ward Name Parentage/Husband Name D/o Ajaz Hussain Khan D/o Farooq Ahmed	Thathri Ward No. 03 Thousand No. 03 Trathri Ward No. 03 Project Thathri	dvertise i centre Ward No. 03 03	d vide notice N Chinar Mohalla D.O.B. 03-02-2003 01-02-2006 11-03-1998	Age as on 01.01.2023 19yrs 16yrs 24yrs 2e No. 01 of 2024 Inc.	Qualification 12th 12th 12th	Marks Obtained 422/500 381/500 379/500	84.40	within the family of retiring AWW/AWH (Additional 2% Marks) Nil	% age 84.40 76.20	
Muir S. No. 01 02 03 Sele	it list of Sanginis (Incipal Ward Thathr Name of Applicant Sahila Parveen Mehruma Banoo Seema Amin	AWW) of Poshan Proje Ward No. 03 Name Parentage/Husband Name D/o Ajaz Hussain Khan D/o Farooq Ahmed W/o Tariq Hussain iis (AWW) of Poshan F	Thathri Ward No. 03 Thousand No. 03 Trathri Ward No. 03 Project Thathri	dvertise i centre Ward No. 03 03	d vide notice N Chinar Mohalla D.O.B. 03-02-2003 01-02-2006 11-03-1998	Age as on 01.01.2023 19yrs 16yrs 24yrs 2e No. 01 of 2024 Inc.	Qualification 12th 12th 12th	Marks Obtained 422/500 381/500 379/500	84.40	within the family of retiring AWW/AWH (Additional 2% Marks) Nil	% age 84.40 76.20	

Whereas objections are invited from the general public regarding the above mentioned provisional/selection list within 10 days from the date of issuance of this notice after which no objection shall be entertained. Note: The above selection list is purely provisional/tentative and may likely be modified in case of valid proven objections or detection of forged documents or any other reason. No.: ICDS/Th/Selection/24/2522

Dated: 05-03-2024

Women Entrepreneurs are accorded top priority by Modi Govt: Manhas

JI NEWS SERVICE JAMMU, MAR 7

Former Member Parliament (Rajya Sabha) & Ex State President Bharatiya Janata Party, Jammu & Kashmir Shamsher Singh Manhas today Inaugurated a mega awareness camp cum Loan Mela organized by Vandana Kumari, Ex Sarpanch of Nagbani sponsored by National Minorities Development & Finance Corporation (NMDFC) Ministry

About 600 women bendistributed.

of Minority Affairs, Gov-

ernment of India.

where there are over 15.7 rise by 90%. Despite their has introduced a number to beneficiaries.



eficiaries participated in million women-owned growing zeal, women the camp amongst whom enterprises and women entrepreneurs still face loan application forms as are driving the start-up a variety of challenges, well as pamphlets were ecosystem, female entre- such as bias against them preneurship is gaining because of their gender, a While speaking to the ground. It is anticipated lack of funding, and inadwomen beneficiaries that during the next five equate support. Manhas Yojana scheme which Manhas said that In India, years, this number will said Modi government offers financial assistance

of programmes to assist female entrepreneurs in response to these difficul-

Mahila Coir Yojana (MCY) intends to empower women by providing spinning equipment at reduced prices following proper skill development training. Under this scheme, women entrepreneurs can get a subsidy of up to 75% of the cost of equipment and machinery for coir processing. The scheme also provides a margin money subsidy of up to 25% of the project cost, he added. While elaborating Modi Government schemes Manhas said Women Entrepreneurs are accorded first priority under the Centre's flagship Pradhan Mantri Mudra

SMVDU, 06-Bn CRPF jointly organize 'Anti Drug Awareness Campaign'

JAMMU, MAR 7

The Anti-drug awareness campaign was organised at SMVDU as a step to make the future generation conscious of the ill effects of drugs in youth, which was attended by more than 800 students. Welcome address was presented by NSS Coordinator, Dr. Rajiv Kumar. Various cultural performances by the students were featured during the event which included skits, dances, songs, speeches and poems on awareness rally, Rangoli contests pertaining to the theme on the days preceding the event. Prizes

drug indulgence, emphathe theme. Pre-events tion. Chief guest of the Gupta (JKAS), Training & were also organized like event, Hon'ble Vice Chan- Placement officer, Sh. making and Poster making graced the occasion and Command, 06 BN CRPF.

dant O6-BN CRPF, Shri. and Dr. Kamaldeep. Y. R. Bunker shared his Pledge was also taken by insights on the vices drug the students of Univeraddictions could bore. In sity, which was adminishis address, the Commantered by NSS volunteer dant sternly cautioned stu- Sadhvi Sharma, against dents against the perils of the Drug abuse. Registrar, SMVDU, Sh. Ajay Kumar sizing the paramount Sharma (JKAS), Dean Stuimportance of prioritiz- dent Welfare, Prof. R. K. ing their well-being and Mishra, Dean Academic academic pursuits over Affairs, Prof. Balbir Singh, substance experimenta- Finance Officer, Sh. Neeraj cellor, Prof. Pragati Kumar B.K. Bhatia, Second-inelucidated on the impor- Sh. Rajpal and Sh. Rajesh tance of being free from Sharma were also presrecreational drugs in a stu- ent during the event. The were also presented to dent's life. The event was event ended on a patriotic the winners of these com- coordinated by Dr. Varun note with the euphony of petitions. The Comman- Dutta, Dr. Rajiv Kumar the national anthem.

Apni Party will resolve issues of VDCs/SPOs & daily wagers, says Vikram Rathore

JI NEWS SERVICE DODA, MAR 7

Apni Party's Legal Cell Provincial President, Jammu, Vikram Rathore today said that the Party is committed to address issues of VDCs / SPOs and daily wagers in Jammu and Kashmir if it forms the next Govt.

To discuss the issues confronted by the VDCs/SPOs and daily wagers, a meeting was organized at Dak Bungalow in Doda under the leadership of Vikram Rathore, who is Provincial President of Legal Cell, Jammu Region.

During the meeting, a threadbare discussion was held regarding the issues of the VDCs/SPOs and the daily wagers who have been working tirelessly to keep the system working despite facing financial issues, and hardship in their life.

In his address, Vikram Rathore extended all possible support to the VDCs/SPOs and daily wagers while assuring that if the Party forms next Govt, the regularization issue of the daily wagers in various departments would be addressed within six months of the Govt formation in Jammu and Kashmir as assured by the Party's leadership.

He said that the VDCs/SPOs issues regarding wage disparity would be addressed.

The meeting was also addressed by District President Doda (Urban), Saleem Magrey, and Legal Cell District President Manmeet Singh.

Youth Exchange Program of NCC opens New Vistas

JI NEWS SERVICE

JAMMU: 07 MAR 2024

In a remarkable display of commitment towards the cause, the Group Commander NCC Jammu, Brig PS Cheema, recently engaged with three exceptional cadets from the 2 J&K NCC Battalion. These young leaders shared their experiences from their extraordinary journeys.

ventured to Vietnam, preparing for the same. while SUO Abhishek Saini



Having taken a solemn battalion got selected for country's programs, visits who contribute positively vow to mentor ten cadets different Youth Exchange to institutes of academic to society.

each from their institu- Programs in a single year; transformative experitions and friend circles, which is a testimony of ences as part of the Youth these cadets are on a right selection, perfect Exchange Program, shed- mission to inspire bigger grooming and constant ding light on life-changing dreams and hopes among motivation for the cadets opportunities, immersive the youth. Their role as to aim for higher goals moments, frozen memo- mentors during camps has and achieve these with ries and wealth of new proven to be an incred- commitment and dedicaible source of inspiration tion. Huge credit goes to for their peers. All these the Heads of the institutes Senior Under Officer three cadets hold the aspi- of MAM College and GGM (SUO) Vireshwar Manhas, ration of joining the Indian Science College as well as a native of Pallawala, defence forces and are Associate NCC Officers, Care Taker Shiv Kumar Under the overarching and Lt Devender Kumar explored Kyrgyzstan, and guidance of JK & L Direc- Sharma. The cadets SUO Sameer Singh, hailing torate and the immediate expressed their gratitude from Doda, embarked on a command of Col Rajesh for the opportunity to journey to Bhutan. These Jasrotia, the 2 J&K NCC meet Indian ambassadors cadets recounted their Battalion of Jammu Group and high-level officials of mesmerizing moments, has consistently created the host countries, engagincluding the exhilarating extraordinary achieve- ing with fellow cadets Exchange Program is a experience of air travel for ments for its cadets. This is from diverse backgrounds testament to the NCC's the first time, particularly the first time in the history and cultures. This includ- commitment to nurturing on an international flight. that three cadets from one ed demonstrations of their

excellence, insights into armed forces training, exploration of architectural marvels in palaces, and exposure to the history and cultural heritage through museums.

The Youth Exchange Program facilitated by the NCC has played a pivotal role in providing these cadets with an enriching experience. The initiative has not only broadened their horizons but has also strengthened the bonds of friendship and understanding between India and the host countries. SUO Sameer Singh recounts "Exposure to concepts such as Gross National Happiness of Bhutan has left an indelible mark on him".

The NCC, through such initiatives, continues to fulfil its stated objectives of instilling a sense of discipline, leadership, and national pride among the youth of India. The Youth well-rounded individuals

NABARD J&K Regional Office, Jammu celebrates International Women's Day - 2024

JI NEWS SERVICE JAMMU, MAR 7

"International Women's Day - 2024 Celebration' was organized with great enthusiasm by NABARD Iammu & Kashmir Regional Office, Jammu on 07 March 2024. Successful women from different fields were invited for for women empower-

On this occasion Shri Bhallamudi Sridhar, Chief General Manager, NABARD Jammu & Kash-Jammu sensitized the and agriculture and agriimportance of women contribution in develop-JKL motivated the particiof women. She motivated ka presented the vote of pants to be self reliant and women to come forward thanks.



successful entrepreneur. In this event, Professor participants to become successful businessand highlighted their sig-

in administrative services. Women members of self-Amisha Gupta, Jammu help groups from various University, inspired the districts of J&K also participated in this program. Stalls were set up by women by getting higher various SHG members in addressing participants education and technical NABARD Office, Jammu. education. Professor Jyoti Women members of self-Kachroo, Sher-e-Kashmir help groups showcased University of Agricultural their products and got a Sciences and Technol- chance to sell their prodogy, Jammu, discussed in ucts during this event. detail the important role NABARD shared the mir Regional Office, of women in agriculture energy, inspiration and excellence of women and participants about the culture allied activities honored their excellent led development in the nificant contribution in ness about the contribusociety. He discussed the these sectors. He stressed tion of women in the sociimportance of women's on increasing one's ety and supported them income and becoming to become self-reliant. On ment and inspired them self-reliant by starting an this occasion, NABARD to become self-reliant. He Agri Startup to increase General Manager Shri also spoke about tailor their income and lifestyle. Sandeep Sharma, Sohan made development ini- Smt. Namrita Dogra, Addi- Lal, Assistant General tiatives for active particitional Secretary, State Tax Manager and other offipation of women at all (J&K) highlighted the role cers and staff were also stages. Ms Varuna Anand, of women in develop- present. In the end, Gen-Chairperson, FICCI, FLO, ment and empowerment eral Manager Mrs. Anami-

One Week Special Winter Camp concludes at GLDMDC, Hiranagar

JI NEWS SERVICE HIRANAGAR MARCH 7

Under the patronage of Principal Dr. Pragya Khanna and in supervision of NSS Program Officer Dr. Ram Krishan, NSS Unit of Govt. Degree College Hiranagar concludes the week long winter camp (29th February-7thMarch 2024) with a full week organized series of events under the theme sure". The motive behind organizing such events was to motiand community for the theme of

by the Worthy Principal of the Namarata Choudhary presented College, Dr. Pragaya Khanna the formal vote of thanks. Madam in the presence of the NSS Committee Members and making competition under NSS volunteers with the lighting 7-Day Winter Camp on second of Traditional Lamp and Saraswati Vandana.

the special winter camp.

emphasized in her address that the theme - Nothing like Voting, I NSS volunteers being in direct vote for sure. Students of Semescontact with the community at ter II, IV and VI participated in large are better placed to dis- the competition. Prof Bindu seminate the awareness on the Sharma, Prof Anupma Arora and processes to further enrich our Prof Madhvi Manohar Lal, Prof. largest democracy. She further Nerru Sharma and Prof Amit exhorted the NSS volunteers to Singh were the main organiser tively to educate the students of mittee members were also presthe college and residents of the ent on the occasion. adopted village Pathwal.

duced aims and objectives of the Writing competition under the



democratic set up. Prof Madhavi Manohar Lal coordinated

Govt. GLDM organised poster day. NSS committee of Govt. GLDM Degree College organised Worthy Principal Madam Poster making competition on Voting Rights and other electoral Dr. Rajni Bala were the Judges. utilize these seven days effec- for programme. Other NSS com-

On the third day, NSS unit To begin with, Dr Rajani Bala, 'Chestha' of Govt. GLDM Degree NSS Committee Member intro- College organized a Slogan

and Prof. Madhvi Manohar Lal were the Judges. Prof. Namrata Choudhary, Prof. Raman and Prof. Bharat Bhushan were the members were also present on the occasion.

7 Day NSS winter Camp, NSS Unit of Govt. Degree College, Hiranagar organized a Quiz teams were constituted. In all, Elections, National Voters Day, Number of Voters etc.

of the Week Long activities to be slogans on the theme - Nothing Election (30) secured second nibhana hai, Matdaan karne concluded.

ly. Prof Amit Kumar Sharma, ing the people for casting their Assistant Professor of Political valuable votes as informed Science was the Quiz Master for voters. Prof. Poonam Kamotra, the Quiz and conducted the pro- Prof Bindu Sharma, Prof Amit ceedings of the programme. The Kumar Sharma, Dr Rajani Bala, score card was maintained by Prof Surinder Kumar, Prof Neeru Prof. Neeru Sharma, NSS Com- Sharma, Dr. Bharat Bhushan mittee Member and time was also accompanied the NSS volkept by Mr. Sushil, NSS Volunteer from class Sem-VI. On fifth day, NSS unit of

Govt. GLDM Degree College Hiranagar, 'Cheshta' organised a visit to its adopted village Pathwal for Plantation-cum-Cleanliness Drive and Voters Awareness rally as part of the ongoing The Camp was inaugurated the entire Programme and Dr. main organizers of the pro- 7-Days NSS Winter Camp. Pringramme. Other NSS committee cipal of the College, Dr. Pragya Khanna flagged off the rally from the college and guided the vol-On the fourth day, As part of unteers to share the knowledge on Voting and Electoral Pro-manoharlal, Prof. rakesh Kumar, cess with the residents of the adopted village Pathwal. NSS Competition on the theme volunteers of the college then 'Nothing Like Voting, I Vote for enthusiastically proceeded to Sure'. To begin with, Prof. Amit the village holding the placards Singh, NSS Committee Member with the slogans on the themeintroduced the theme and the Nothing like Voting, I vote for structure of the quiz. Four sure. The visit started with the Dr. Ram Krishan read the report plantation drive at Govt. Middle of the whole winter week camp four teams-Democracy, Citizen, School Pathwal. The teach-Voter and Election comprising ers and students of the school NSS volunteers increased the four participants each particiactively participated in the drive. craze of the valedictory function pated in the quiz competition. After plantation, the cleanliness The questions were asked from drive was set off in the village in the volunteers who stood first, the topics- Right to Vote, Fun- which volunteers collected the second and third in the actividamental Rights, Parliamentary plastic waste from the streets. ties conducted during the seven The visit ended with the Voters day winter camp were honored Awareness rally in which volun- with medals and certificates. At Team democracy with 45 teers raised the slogans "Shodo the Last Prof. Madhvi Manaohar National Service Scheme (NSS) banner of 7-Days Special Winter Marks was declared winner Apne saare Kaam", Chalo Pehle Lal gave the vote of thanks and and briefed the NSS Volunteers Camp. Students crafted effective while Team Voter (35) and Team kare Matdaan, 'Hume apna farz the valedictory function was

and third positions respective- Zaroor jana hai" for sensitizunteers for their encouragement. On the sixth day, A short video clip was shown to the NSS volunteers again on the theme-"Nothing like I vote for sure" of

the camp. On the seventh day, a valedictory function was organized where function started with the traditional lightening of the lamps by the Worthy principal, Dr. Pragya Khanna, Prof. Bindu Sharma, Dr. Ram Krishan NSS Programme officer, Prof. Madhvi Prof. Rajesh Kumar, Prof Amit Kumar Sharma, Prof. Neeru Sharma, Prof. Rajni Sharma, Dr. Amit Singh, Dr Mukesh Kumar.

Prof. Amit Kumar Sharma gave the welcome address, thereafter NSS Program Officer; with all the activities. Different with cultural activities. At last

Project Sampark (BRO) holds **Snow Clearance Operation**



JI NEWS SERVICE JAMMU, MAR 7

Project Sampark of BRO through its 69 Road (GREF) with its dedicated Construction Company staff has ensured continu-(GREF) /35 BRTF is put- ous snow clearance operting herculean efforts in ation to facilitate movesnow clearance on road ment of security forces, Basholi-Bani-Bhaderwah. tourists and residents. Snow accumulated during

through. been kept open till Sarthal civil population.

and progressing towards Chhatergala. Despite various challenges, 69 Road Construction Company 69 Road Construction

this season in Sarthal and Coy (GREF)/35 BRTF Khardwa area has been a Project Sampark has also major challenge to keep taken up simultaneous the line of communication snow clearance operation in Dalhouse area Heavy snow accumula- of Himachal Pradesh. tion approximate 4 to 8 Adequate state of the art feet has been experienced equipment's have been in this region during this deployed for snow clearwinter season. To ensure ance. Due to extreme cold connectivity to habitated climate in this area icing areas, meticulous plan- on road surface makes the ning was done and nec- work more challenging. essary resources were Despite various odds BRO deployed to clear the men & resources have snow in this area. Ongo- been working continuing snow clearance work ously to keep the line of has been progressing on communication through war footing and road has for forces, tourists and

Int'l women's day 2024 celebrated in District Doda

Beti Bachao Beti Padhao

Several women achiev-

Talk show discussion

DODA, MARCH 7

The International women's day was celebrated with great enthusiasm and zeal in the Community Hall Doda here today.

Additional District Development Commissioner, Pran Singh presided over the function as chief guest, while Project Officer ICDS Paramjeet Singh was the special guest of honour.

officer, Parisha besides of these women. other officers and staff of the social welfare depart- challenges and struggles activities and it is achieved ment were also present at faced by women in soci- due to active participation the function featuring a ety breaking stereotypes of all stakeholders espescintillating cultural pro- and advocating for wom- cially women folk. grams including dance en's rights, was a major performances, songs, highlight. The audience ers were felicitated for and poetry recitations was deeply moved by the their outstanding contriby women from different powerful performance butions in various fields,

was also set up, showcas- commitment. ing products made by women entrepreneurs and ing on the occasion, highhad the opportunity to buy tance of women in nation issues, addressing topics wah in collaboration with paign.

handmade crafts, clothes, building. He said Doda

A skit, highlighting the by organizing a series of and applauded the artists inspiring the younger gen-An exhibition of stalls for their dedication and eration to strive for excel-

The ADDC, while speak-dreams.

sharing their opinions and ideas on how to create a more inclusive and equal

society for women. Painting exhibition was also organized to show-

employment opportuni-

in a meaningful dialogue,

Participants engaged

ties for women.

Day was a resounding fields. success, bringing together women from diverse backgrounds to celebrate their achievements and advocate for gender equality. It was a day filled with joy, empowerment, and solidarity, emphasizing the importance of women's rights and the need for continued efforts to create lence and follow their a more just and equitable world for all.

Similarly, the Social welself-help groups. Visitors lighted the role and impor- was held on women's fare Department Bhader- Bachao Beti Padho" cam-

such as gender discrimi- the District Legal Services nation and domestic vio- Authority celebrated the lence, education, and day at Bhaderwah by hosting a colourful function based on the theme "Beti Bachao, Beti Padhao ".

> DDC member, Youdhvir Singh Thakur was the chief guest on the occasion.

Speaking on the occasion, DDC member Youdhvir Singh highlighted different aspects of women case the artistic talents of empowerment and their women in the community. rights. He said that women The celebration of should be given equal District Social Welfare supporting the livelihood District has done well in International Women's status and respect in all

> Child Development project officer, Farat Shameem Khan, Principal HSS Boys Dr. Nazir Ahmad, Social Welfare Officer Subash Chander, Majid Malik, Javid Ahmed ITI and Arif Rana from education Department were also Present on the occasion.

Girl students of different educational institutions of the district spoke on the significance of "Beti

Sheep Husbandry Department organises series of capacity building programmes in Udhampur

JI NEWS SERVICE UDHAMPUR, MARCH 7

Department of Sheep Husbandry Udhampur today organized four Capacity Building awareness camps for farmers/ self help groups (SHGs) and Farmer Producers organizations (FPOs) under Wool and Pelt project of Holistic Agriculture Development Pro-

nagar and District Sheep Husbandry Office Com- mental schemes and Department. The farmers plex Udhampur.

gramme- HADP.

Bashir, delivered lecture distribution of resource demanded more camps to goat farmers to avail Assistant Surgeon of dif- areas for the benefit of departmental schemes Udhampur attended the ly Gujjars, Bakarwals and enhancing their Socio tices including Artificial refreshment during the



techniques by delivering lauded the role of Depart-District Sheep Hus- lecture, depicting ban- ment in organizing such bandry Officer, Dr. Farhat ners and posters and by awareness camps and and advised the sheep/ material. Veterinary be organized in far flung the benefits of ongoing ferent blocks of District General Public particularparticularly Holistic Agri- camps and educated the Gaddies. The participants culture Development farmers regarding latest were provided with pam-Programme (HADP) for Sheep Husbandry Prac-phlets, Medicine kits and economic status . More Insemination, Embryo above mentioned camps.

NABARD Celebrates International Women's Day in Anantnag, Kulgam

JI NEWS SERVICE

SRINAGAR, MARCH 7

To celebrate International Women's Day, NABARD organised two impressive programmes at RSETI Anantnag and RSETI Kulgam.

The programmes attracted a large number of female trainees who have undergone training in various trades such as tailoring, beautician,

Besides, Cluster Head, Women's Day celebration Empowerment". He literacy campaigns. event at Anantnag.

by District Officers of the example of women about women empower- ments in livelihood gener-LDM, Director RSETI, DST cial independence.

Kashmir's first sanitary women through Micropad making unit in Anant- enterprise Development

quoted instances of vari-

invitee.

general EDP and other nag was invited as special Programmes (MEDPs), Livelihood and Enter-Speaking on the occa- prise Development Pro-Shaziya Khan who was sion, the DDM NABARD grammes (LEDPs), Selfchief guest; DDM NABARD highlighted the theme of help Groups (SHGs), Joint Rouf Zargar, LDM Anant- International Womens Liability Groups (JLGs), nag, Director, RSETI Day, "Count her in- Accel- Farmer Producer Orga-Anantnag, DST Trainer erating Gender Equal- nizations (FPOs), waterattended the International ity through Economic shed, financial and digital

Lead District Manag-Similarly, at Kulgam ous SHGs promoted by ers spoke on the occasion RSETI were felicitated for the event was attended NABARD who have set and expressed their views their outstanding achieve-NABARD including DDM, empowerment and finanment. They threw light ation and establishment of on the role of banks in income generating units. He also shared supporting female entre- These women shared On the occasion, Rid- the details of various preneurs. Details about their journey and success wana, a successful social schemes of NABARD for women centric schemes stories with other particientrepreneur running empowerment of rural of central and state gov-

ernment were discussed in detail which are aimed to give priority to women by empowering them in various fields.

Speaking on the occasion, Shazia said that there is the need to celebrate this day to highlight the importance and significance of the women's role in developing the prosperous and respectable society. She said women with their sheer grit, dedication and determination have achieved their goals.

She said women need to be empowered at par with men as they have the capacity, capability and even talent to demonstrate with enormous success in every field.

On the occasion, 05 female trainees in each

Commissioner Secretary inaugurates International Women Day celebration by SWD

JI NEWS SERVICE

JAMMU, MARCH 7

As part of International Women's Day, the District Social Welfare Office, Jammu, organised International Women's Day under the theme "Invest in Women-Accelerate Prog-

The department launched and a series of events and initiatives to celebrate and promote gender equality on this significant day.

retary, Social Welfare, Sheetal Nanda, inaugurated the celebration comprised of several events including the walkathon, marathon and cyclothon at Government College for youth. Women, Gandhi Nagar, where around 700 youth participated.

Commissioner Sec- different activities includ- Corporation.

ing nukkad natak, demo puzzles, tongue twister

The women entrepreneurs were encouraged through their stalls estab- hard work. The mega event was lished in the exhibition

The Commissioner Secon self defence, group retary visited the stalls dance, song performance, and had feedback from nancy among the women cultural activities, games, the women entrepre- youth. neurs regarding their perwere presented by women formance and progress as Shakti/Mission Vatsalaya, well. She appreciated the Harvinder Kour, Director, promising entrepreneurs Social Welfare Departfor their creativity and

held in the auditorium of organised by the National gathering, the Commis-Reasi and other officers Government Women Col- Rural Livelihood Mission sioner Secretary stressed were also present on the lege Gandhi Nagar where and Women Development on providing equal oppor- occasion.

women for financial independence, education and personal development.

Later, the Commissioner Secretary felicitated the women achievers including Navneet Kour, NGO support; Nirmal Pawar, JKRLM; Pooja Devi, first female JKSRTC bus driver of J&K, Bindiya Raina Tickoo, Nationally known Anchor, Author and Poet and Advocate Meenu Padha, child and women activist.

Dr. Paras Khanna also delivered brief lecture on awareness about malig-

Director, Mission ment, Jammu, Bharat Bhushan, District Social While addressing the Welfare Officer, Jammu,

BBBP: DC Rajouri flags off Mega Awareness Rally under Save Girl Child campaign

RAJOURI, MARCH 7

Deputy Commissioner Rajouri, Om Prakash Bhagat today flagged off a mega rally of students, fervently championing the cause of gender equality and saving girl child through the Beti Bachao, Beti Padhao (BBBP) scheme.

The rally was organised by the Social Welfare Department. It started from the DC office and culaimed to raise awareness and development. about the challenges faced more equitable society.

and advancing women's initiative strives to ensure full potential. empowerment across the that every girl has access

multifaceted objectives of brighter future. the BBBP scheme, which



Furthermore, the

by the girl child and under- Deputy Commissioner and beyond. score the significance of drew attention to the The DC emphasized the and opportunities for a

ness about the inherent and the palpable energy of present on the occasion.

value of the girl child and the participants conveyed minated at PWD Dakbun- promoting gender-neutral a unified commitment to glow Rajouri. The event opportunities for growth building a more inclusive and equitable future for the girl child in Rajouri

The Beti Bachao, Beti education in fostering a comprehensive approach Padhao scheme, fortiof the scheme in improv- fied by events like these, The BBBP scheme ing the efficacy of welfare emerges as a beacon of stands as a testament to services for girls. By creat- hope and progress, guidthe commitment of the ing a supportive environ- ing the nation towards a Government to address- ment and dismantling sys- future where every girl is ing gender discrimination temic barriers, the BBBP empowered to realize her

Among the others, to education, healthcare, Assistant Commissioner Revenue, Mohd Jhangir Khan; District Social The mega rally, com- Welfare Officer, Wakeel extends beyond educa- prising enthusiastic stu- Ahmed Bhatt; Administration to challenge ingrained dents, echoed the collector OSC, Nitu Sharma, offigender bias. The scheme tive call for societal trans- cials of the Social Welfare seeks to catalyze a societal formation. The vibrant dis- Department and students shift by fostering aware- play of banners, slogans, in large numbers were

DC Kathua inaugurates Kisan Mela as part of Mahashivratri celebration

KATHUA, MARCH 7

Deputy Commissioner Kathua Dr. Rakesh Minhas today inaugurated a vibrant Kisan Mela as part of Mahashivratri festivities, illuminating the serene precincts of Airwan Mandir, Nagri.

The event witnessed an

enthusiastic convergence of farmers, artists, and devotees alike, fostering a spirit of community and celebration. Commencing with an auspicious ceremony, the Kisan Mela served as a beacon of agricultural prosperity and cultural richness, showcasing an eclectic array of locally sourced produce and other prodsurrounding regions congregated to exhibit their bountiful harvests, of fresh fruits, vegetables essence of rural abundance.

milieu, artists showcased region's rich cultural heri-role of such cultural cel-



ucts. Farmers from the captivating the senses of the essence of our heriits role in fostering unity, attendees and dignitar- tage while embracing the ies alike. Inaugurating winds of change. Echoing heritage. Encouraging the the festivities, DC Kathua Dr. Minhas's sentiments, community to embrace offering a kaleidoscope lauded the efforts of the representatives of the the spirit of reverence Airwan Mandir Commit- Airwan Mandir Commit- and introspection synony-& grains embodying the tee in fostering commutee expressed gratitude mous with Mahashivratri, nity cohesion and pro- to the participants and the DC underscored the moting rural entrepre- attendees for their unwav- importance of celebrat-Amidst the bustling neurship. Emphasising ering support, affirming ing traditions that bind the symbiotic relationship their commitment to nur- us together as a cohesive their talent, presenting between tradition and turing a vibrant cultural society. Among others, a mesmerizing perfor- modernity. Dr. Minhas tapestry rooted in tradi- ADC Kathua, CAO Kathua mance and exhibited the underscored the pivotal tion and camaraderie.

tage and artistic finesse, ebrations in preserving to the enduring spirit of occasion.

rural resilience and communal harmony, served as a prelude to the grand festivities slated for Mahashivratri, underscoring the timeless allure of Airwan Mandir as a sanctum of devotion and cultural reverence.

The DC also extended his heartfelt greetings and best wishes to all attendees on the auspicious occasion of the upcoming Mahashivratri. He emphasized the significance of this sacred festival, highlighting

spirituality, and cultural and other Sectoral Offi-The Kisan Mela adding cers were present on the

Capacitybuilding program for farmers organized by **Sheep Husbandry Department Kishtwar**

JI NEWS SERVICE KISHTWAR, MARCH 7

Capacity-building program for farmers/breeders was today organised by the Department of Sheep Husbandry at Karai Sarthal, under the promotion of wool and pelt for effective processing and marketing under HADP.

The program was attended by 85 breeders from the area, along with PRIs (Panchayati Raj Institutions). The Veterinary Assistant Surgeon Dr. Mussawar Rashid informed the breeders about various schemes run by the department for unemployed youth in the area. The officer stressed the importance for breeders to register themselves in the HADP portal to avail the benefits of the scheme, including self-sufficiency in mutton production and the promotion of wool and pelt for effective processing and marketing.