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# **PM Modi presents first-ever National Creators Award**

#### AGENCIES NEW DELHI, MARCH 8

Prime Minister Narendra Modi presented the firstever National Creators Award to digital content creators at Bharat Mandapam here on Friday.

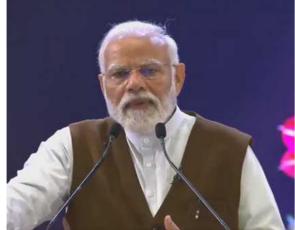
The awards were given across 20 categories to celebrate the contributions of digital content creators who have brought about positive social change and innovation.

The awards were also envisioned as a launchpad positive change.

During the event, Modi also had a brief interaction the content creators". with the winners.

has created a new world for content creators.

He added that, "In the them" Modi said. last 10 years, the strength-



for using creativity to drive ening data revolution and also urged the youngsters cheap mobile phones have to create content for the created a new world for world. "Together, we should

One dead, 4 injured as vehicle

falls into gorge in Poonch Village

"This might have hap- start a 'Create on India Addressing the gather- pened for the first time Movement'. Let us share ing, the Prime Minister that youngsters in any stories related to India, said Digital India Mission sector have inspired the India's culture, India's hergovernment to think about itage and traditions with them, to do something for the whole world. Let us

> create in India, and create The Prime Minister for the world" he added.

The Best Storyteller Award went to Keerthika Govindhasamy known as Keerthi History. Disruptor of the Year was awarded to Ranveer Allahbadia.

Ex-Scientist from ISRO, Pankti Pandey from Ahmedabad received the Green Champion Award for amplifying the message of Mission LiFE.

The Award for Best Creative for Social Change went to Jaya Kishori known as Meera of modern times, whereas Lakshya Dabas received the Most Impactful Agri Creator for his work on improving agricultural practices with the use of innovation and technology.

Cultural Ambassador of the Year Award went to Maithili Thakur, while the best International Creator Award had three creators. Kiri Paul from CONTINUED ON → PAGE 4

## Peace has returned to J&K, won't allow it to derail: DGP Swain

#### **JI NEWS SERVICE** SRINAGAR, MAR 8

The Director General of Police (DGP) RR Swain Friday said that peace has returned to J&K and the police force won't allow it to derail.

Addressing the culmination ceremony of All India Police Water Sports Championship at SKICC here, DGP Swain as per news agency, said that they were a little bit worried about Prime Minister Narendera Modi's visit but "everything went off peacefully."

"Peace has returned to J&K and we will not allow it to derail," the DGP said. "The ability of

ers, the J&K police chief will collaborate with the an adversary has always been limited. It is not an the year 2025 will be self- J&K.

explanatory." Later, talking to report- it as a commitment. We he said. To a query about endeavours," he said.

absence of J&K police's women team in the event, the DGP said that women cops are good at policing and recording keeping. "It's a matter of time and very soon we will have women's teams as well," he said.

Present on the occasion, LG's Advisor Rajiv Rai Bhatnagar said that there has been a great growth in sports infrastructure and the administration is committed to expand it and involve all sections.

ADGP J&K Vijay Kumar, while thanking the participants of the event said that he was hopeful that all participants will remember the water sports championship. 'There was a great enthu-

said that the water sports sports department and easy task to counter the events will be organised the experts to explore the siasm among the particifear. We are in 2024 and at the nook and corner of villages and cities where pants and we are hopeful there are water bodies to that more participants "J&K police have taken promote water sports," will join us in the future

Kovind-led panel in process of submitting report on simultaneous polls

#### AGENCIES

NEW DELHI, MAR 8

The high-level committee led by former president Ram Nath Kovind is in the process of submitting its report to the Government on 'One Nation, One Election', sources said on March 8.

Besides suggesting a procedure to synchronise the terms of State Assemblies to ensure that all polls are held together from 2029 onwards, the Committee is also likely to push for a common

#### JI NEWS SERVICE POONCH, MAR 8

One person was killed and four others injured in a road accident in Jammu and Kashmir's Poonch district, officials said.

The incident occurred in the Shindhara village of Poonch late Thursday evening when a pickup van plying on Shindhara brought to the hospital. road, skidded off the road

and fell into a gorge. Poonch for further treat-



"Four injured people were deceased," Dr Bhatti said. Mohammad Ishaq, one One among them who had of the injured said, "When serious chest trauma was the vehicle reached near The injured were evacu-referred to Government Shindhara, it met with an ated to the district hospital Medical College Rajouri". accident. We both were "District administration sitting in the back seat. ment. Dr Nusrat Bhatti, has provided Rs 5,000 to Five people were travel-

#### Rs 2,094 Cr for highway, ropeway projects in J&K सड़क परिवहन और राजमार्ग मंत्रालय JI NEWS SERVICE SRINAGAR, MAR 8

Major Dev Push for J&K: Centre allocates

The central government on Friday gave a further push to J&K's development by sanctioning Rs 2,094 crore rupees for the widening and strengthening of various National Highway projects in the Jammu and Kashmir Union Territory.

Union Minister for Road Transport & Highways, Nitin Gadkari in a series of posts on X, as per the news National Highway-701. agency said, in Jammu &



and Strengthening project Mode under Package I. of the Rafiabad - Kupwara aims to transform the 51 Chowkibal - Tangdhar Km route into 2-lanes with - Chamkot section of Paved, Shoulder. Critical He said this initiative, this strategic route con- Mode, utilizing MonoCa-

tourism sector in North Kashmir near the International Border In another post, Gadkari said, an allocation of Rs. 126.58 crore has been approved for the development, Operation, and Maintenance of a Ropeway from SDA Parking (Near Zabarwan Park) to Shankaracharya Temple.

He said spanning 1.05 Km in Srinagar district, this initiative operates for logistics in the region, on the Hybrid Annuity Kashmir, an allocation of executed under Project necting Baramulla and ble Detachable Gondola

to the development of the

electoral roll for elections to Lok Sabha, Assemblies and local bodies, including municipalities and panchayats.

Set up in September 2023, the panel headed by former president Kovind is mandated to examine and make recommendations at the earliest on the issue of holding elections simultaneously.

Sources said that Article 83 (on the duration of the Houses of Parliament), Article 85 (on the dissolution of Lok Sabha by the President), Article 172 (on the duration of the State legislatures), CONTINUED ON » PAGE 4

2 Russia-based agents under **CBI scanner for** sending indians to Ukraine War AGENCIES

NEW DELHI, MAR 8

"Two Russia-based agents involved in the human-trafficking network that pushed Indians into the Ukraine war zone are under the Central Bureau of Investigation (CBI) scanner," officials said on March 8.

"The agents allegedly confiscated the passports of Indians arriving in Russia and forced them to fight with the armed forces," officials said. The network was busted

CONTINUED ON >> PAGE 4

Superintendent, District the injured and Rs 10,000 ling when the accident Hospital Poonch said, to the next of kin of the took place".

Rs. 1404.94 crore has been Beacon in Baramulla & Kupwara districts plays a approved for the Widening Kupwara districts on EPC pivotal role and is integral

(MDG) Technology CONTINUED ON >> PAGE 4

## Dr Jitendra Singh given rousing welcome, hails Udhampur among most developed constituencies in 10 years

#### **JI NEWS SERVICE** JAMMU, MARCH 8

Union Minister Dr Jitendra Singh said here today that with the patronage and support of Prime Minister Narendra Modi, Udhampur-Kathua-Doda is among the country's most developed constituencies in last 10 years and now it is the

time to devote the third 5-year term to consoli- speaking soon after his consecutive term. date the gains of last two arrival this morning for terms and transform this the first time after having region as among the most been officially nominat- liamentary Constituency attractive destinations of ed the BJP candidate for office at Gandhinagar, Udhampur Lok Sabha the country.



Dr Jitendra Singh was constituency for the third

On his arrival, from the airport right upto his Par-CONTINUED ON >> PAGE 4

## Sgr-Jmu highway to remain closed for 14 hours on Sat, Sun for road widening

JI NEWS SERVICE RAMBAN, MAR 8

The vehicular movement on the Srinagar-Jammu National Highway will remain suspended for 14 hours on Saturday and Sunday between Nashri and Banihal in Ramban district.

An order, a copy of the requisition received 12 Noon on 10.03.2024 for from Project Director, widening of carriageway to NHAI, PIU Ramban, vide



granted in favour of NHAI, conditions outlined in the PIU Ramban, for taking 14 aforementioned commuwhich lies with the news hours traffic haltage from nication received from the agency reads, "In view of 10 PM on 09.03.2024 to Project Director NHAI, PIU Ramban.' "Senior Superintendent 2 lanes at Dhalwas, during of Police, Ramban and

**ACB** arrests forester and official for accepting Rs 12,500 bribe in North Kashmir JI NEWS SERVICE SRINAGAR, MAR 8

Jammu and Kashmir's Anti Corruption Bureau on Friday arrested a Forester and an official of the Forest Range office, in north Kashmir for allegedly demanding and accepting bribe of Rs 12,500 for processing and issuance of transit permit.

Forester Mansoor Ahmad and an official of the forest Range office, Watergam , Mushtaq Ahmad, were arrested by a team of ACB.

The ACB said they received a complaint from a resident of Rafiabad Baramulla saying therein that he has timber business and recently sold about 375 Cft timber to a customer from Srinagar for which he needed transit permit from Range Office, Watergam.

Accordingly, he submitted four applications online under National Transit Pass System (NTPS) which is required for transporting timber from Baramulla to Srinagar. He further stated that when he CONTINUED ON → PAGE 4

## Maha Shivratri celebrated with religious fervour

Har Mahadev', Maha Shivratri was celebrated fervour in the winter capi-

**JI NEWS SERVICE** 

JAMMU, MAR 8

tal of the Union Territory. morning thronged varigaiety across the region.

Devotees thronged the holy Ranbireshwar temple and performed special

Amid the chants of 'Har Pooja of Lord Shiva. Though the rush of devotees was normal during on Friday with religious the wee hours but swelled as the day progressed. The devotees offered

Devotees drawn from flowers, Bel leaves, milk, different areas since curd to the 'Shivlingam'. Famous temples here ous Shiv Temples and paid including 'Aap Shambu' Shivratri celebrations ho, Raghunath Temple, devotees. with religious fervour and Shiv Dham, Shiv Par-



obeisance to mark Maha at Roop Nagar, Peerk- unprecedented rush of night long prayers in the temples.

Special arrangements The traffic jams were vati Temple, witnessed have also been made for also witnessed on various

roads leading to famous ing religious rituals and temples.

organized by religious bodies at temples while tees from Jammu and outsecurity arrangements side the Jammu and Kashwere made for smooth and mir also accompanied the incident free celebrations.

However, on the eve of Maha Shivratri, the devo- chanting the religious tees of Lord Shiva took hymn and singing bhajans out impressive Jhankis, as in praise of Lord Shiva.

'Shiv Baraat', and passed through the main streets Lieutenant Governor, of the city.

taken out after perform-

prayers in the temple Special langars were premises by devotees.

A large number of devo-Baraat.

The devotees were also

Manoj Sinha has extended greetings to the people CONTINUED ON >> PAGE 4

Jammu and Kashmir

The Shiv Baraat was

above-quoted reference haltage the widening at Senior Superintendent and in order to ensure the other places will also be of Police, Traffic, NHWs, safety and well-being of the taken up for restoration Ramban, shall implement general populace/travelers/ from Nashri to Banihal the above orders in letter drivers, sanction is hereby in strict adherence to the and spirit." the order states.



# DC inaugurates CBC's 5 day exhibition in Ganderbal

#### **JI NEWS SERVICE** GANDERBAL, MARCH 8

The Deputy Commissioner Ganderbal Shri Shayambir on friday inaugurated a fiveday multimedia exhibition of the Central Bureau of Communication, Ministry of Information and Broadcasting, Government of India.

The Deputy Commisioner was accompanied Bharat Mission and Agnipath by the Head of CBC J&K, scheme. Ghulam Abbas, Field Publicity Officer CBC Srinagar, Naseer Ahmad Rather, and mad Lone.

The exhibition on Viksit Bharat is being organised by sioner emphasized the delivering the message and 2024

The five day exhibition reach the masses. He reit-



schemes of the government, support to people in availwith a special focus on Viksit ing the benefits of various Bharat, Mission Life, Swachh schemes

On the first day, resource role of CBC in disseminating persons from the ICDS information about public department delivered welfare schemes of the gov-Field Publicity Officer CBC insightful lectures about ernment and development Anantnag, Shahid Moham- the department's various initiatives effectively. He mentioned that the media The Deputy Commis- outreach helps in effectively

CBC's Field Office Srinagar at importance of effective com- field units of CBC organise the Mini Secretariat Gander- munication in reaching the such programmes across bal from 8th to 12th March grassroots level, ensuring the length and breadth of that government schemes Jammu and Kashmir.

During the event, the DC ous welfare initiatives and commitment to extending the exhibition venue by variment.

ous departments including Agriculture, Health, Horticulture and ICDS.

Attendees were further entertained and informed through cultural performances by the CBC cultural troupes, which highlighted information about various government schemes in an entertaining manner.

The programme wit-Head of CBC J&K, Ghulam nessed an enthusiastic Abbas, underscored the participation from numerous students from various schools and workers from the ICDS department.

An open quiz was also organised for the audience during the programme. The winners were felicitated by the Deputy Commissioner.

Tomorrow, on the second day of the exhibition, resource persons from the health department will deliver lectures about variaims to showcase vari- erated the administration's also visited stalls set up at ous schemes of the depart-

## **KVK Kishtwar celebrates International Women Day**

**JI NEWS SERVICE** KISHTWAR, MAR 8

On the occasion of International Women Day, Krishi Vigyan Kendra Kishtwar SKUAST Jammu today organized one day raining programme on vegetable cultivation and distributed hybrid vegetable seed kits at KVK HQ Dadpeth Block and Tehsil

Mugal Maidan of the District. 50 farm women of the village attended the programme.

which was intended to commemorate this year's an emphasis on combat-



At the end of the pro-

contribution in holistic ing nutritional security development of society. by growing seasonal high Komal Sharma while nutrition rich vegetables. speaking on the occasion explained that women gramme, vegetable seed

day is observed on March kits were distributed 8 every year to mark among the participat-The programme was and celebrate the social, ing women for starting organized by Dr Narinder economic, cultural and the nutri-gardens and Paul Head KVK Kishtwar political achievements of strengthening the houseunder the guidance of women and raise aware- hold nutritional security Dr Amrish Vaid Director ness about women's through production of Extension SKUAST Jammu equality and accelerate quality vegetables at home gender parity. During or backyards. Reeta Devi, the training programme Jamila Begum, Rubina theme, "Invest in women: the women were trained Begum, Kamla Devi, Accelerate Progress" with about scientific cultiva- Heena Banoo, Santosha tion of vegetables in their Devi, Bimla Devi, Zahida ing economic disempow- nutri-gardens for meeting Begum and 50 other erment' and educate the out household vegetable women attended the profarm women about their requirements and ensur- gramme.

**SWD** spreads awareness on menstrual hygiene JI NEWS SERVICE JAMMU, MARCH 8

On International Women's Day, District Social Welfare Officer, Mamta Rajput, who also serves as the Nodal Officer for Mission Shakti in Jammu, spearheaded an awareness and distribution drive focussed on menstrual health and hygiene in the slum areas of Jammu district.

The initiative was supported by the District Hub for Empowerment of Women (DHEW) and the One Stop Centre (OSC), whose officials handed out hygiene kits and sanitary napkins.

The campaign also educated young girls and women on the importance of menstrual hygiene to prevent health complications. Additionally, they were advised on the environmentally responsible disposal of sanitary products.

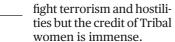
### **BADC** acknowledges contribution of Tribal Women in J&K's Economic Growth

#### JI NEWS SERVICE JAMMU, MAR 8

On International Women's

asked the government and civil society to not forget the contribution of women in Jammu and Kashmir's economic growth and increase in literacy rate. The BADC in a state-

remain appreciable to said.



schemes.

Dr Shazad Ahmed Day, Jammu and Kashmir Malik, Chairman of BADC Border Area Development and former Vice Chancel-Conference(JK\_BADC) has lor urged the J & K govern-

ment to recognize the immense contribution of Tribal Women in J & K. He also appealed the civil society to come forward and lend helping hand in education of the girl child.

"The tribal ment said " The worst suf- women of J & K are inspiferer of violence leashed ration for the modern out by the hostile west- world, the way they ern neighbor of India is diligently perform their women and children but household duties, raisdespite all the sufferings, ing children and also take the women of J& K stood care of agriculture and strong and not allowed live stocks, they silently the violence to win". The contributing in economic organization also stated growth of their families, that though the role of clan and ultimately the every resident of J & K society" the former VC

## **DAHWA holds annual Shivratri-cum-rural** awareness Mela at Khooneshwar Shiv temple

#### JI NEWS SERVICE UDHAMPUR, MARCH 8

The Destitute And Handicapped Welfare Association (DAHWA), in collaboration with district administration, Udhampur, today organized the 27th cum-rural awareness mela at Khooneshwar Shiv tehsil of the district.

Thousands of people and paid obeisance at the thronged the ancient Aap historic ancient temple of the congregation held Shiva. amid spiritual ambience

of the revered shrine. On the occasion, the including Agriculture, Health, Veterinary and others established their citizens. stalls to educate the farm-



annual Maha Shivratri- nized by DAHWA, on generating awareness and go a long way in satiating the eve of Mahshivratri seeking involvement of the religious aspirations which witnessed a good village community in vari- of the devotees, as infratemple, Khoon in Majalta participation of devotees ous initiatives designed by structural development who thronged the event the government for their will give rise to the influx welfare.

Shambu Temple to be part to seek blessings of Lord Founder President

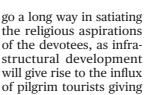
DAHWA, Surat Singh Sumbria, inaugurated the mela government departments which was among others at generating awareness

ers regarding their respec- sion, the speakers appretive schemes. They spoke ciated DAHWA for orgain length about the pro- nizing this pro-people gratitude to all stakehold- Parvati Vihaw and Bhacedure and requirements event since the past over ers especially Deputy jans devoted to Lord Shiva for availing the benefit of 27 years. They said the Commissioner Udham-besides awareness orient-

Lauding the enthusiasm a big fillip to economic among the participants at

the annual feature, Chairman DAHWA and founder of Mela, Surat Singh Sumbria, said the event aims attended by government among the rural masses officials and prominent about the government Speaking on the occa- socio-economic emancipation.

Sumbria expressed artists on themes like Shiv



activity in the area.

On the occasion, a scintillating cultural bonanza featuring folk music, folk dances and Dogri songs, was presented by the artists of Cultural Wing, District Informaschemes meant for their tion Center, Udhampur besides renowned Ram Ditta party and other local

### **DLSA Bhaderwah celebrates** International Women's Day



**JI NEWS SERVICE** BHADERWAH, MAR 8

Authority Bhaderwah in occasion along with all collaboration with Social PLVs . Addressing the Welfare Department celebrated International Majid Malik, Panel Lawyer Women's Day with great DLSA and who was also fervor and enthusiasm the resource person on in the premises of ITI the occasion, highlighted Bhaderwah here today in the importance of the day which more than five hun- and provided invaluable dred womens from Bhad- insights and guidance to erwah and Bhalla areas the participants. She said participated.

held under the guidance free of bias, stereotypes and direction of Chairper- and discrimination. He son DLSA and Pr. District familiarized the particiand Sessions Judge, Bhad- pants on how to lodge a erwah, Suneet Gupta complaint or register an

wah Thakur Yudvir Singh and Advocate Mohd Majid Malik Panel Lawyer District Legal Services were also present on the gathering, Advocate Mohd that the day also marks The programme was for gender equality that is and Secretary, DLSA F.I.R. in case of offences Bhaderwah (Sub Judge) against women.During his speech, he also focused



**Deputy Commissioner Rajouri** celebrates Mahashivratri with slum residents



#### **JI NEWS SERVICE RAJOURI, MARCH 08**

slum area, spreading joy faces of all present. and festivity among them.

diversity, resonated deeply society.

throughout the event.

During the visit, the DC extended heartfelt greet-In a heart-warming dis- ings to the slum residents, play of community spirit, conveying warm wishes the Deputy Commission- for Mahashivratri. As a er Rajouri Om Prakash gesture of goodwill and Bhagat, along with Addi- compassion, sweets were tional Deputy Commission- distributed among the resier Rajeev Kumar Khajuria, dents, further enhancing celebrated Mahashivratri the festive atmosphere and with the residents of the spreading smiles across the

The initiative not only The Deputy Commis- underscores the empathetsioner engaged with the ic approach of the district residents, fostering a administration towards sense of inclusivity and social integration but also togetherness. The spirit highlights its steadfast of Mahashivratri and the resolve to fostering a more significance of unity in equitable and harmonious

these ambitious schemes. event has immensely pur and all departments ed events on government

ment distributed free avail benefit of various in making this festival a seeds among the farmers government schemes thus grand success. He urged were former PRI membesides the Health depart- expanding the coverage of upon the government to bers including Chain ment facilitated the rural beneficiaries.

participants with free healthcare check up.

The Agriculture depart- helped the rural populace for extending cooperation schemes. Among others present

observe this annual Maha Singh, Romesh Chander They lauded the efforts Shivratri festival officially and others besides promiof DAHWA for organizing in view of its popularity nent citizens and a large The religious Gramin- this annual festival saying and importance for the number of devotees were Kisan mela was orga- that such events help in area. He said that it will present on the occasion.

, Ramesh Lal.

The programme focused on free and competent on upholding achieve- legal aid and assistance ments of women and to as outlined in the Legal equip them with the nec- Services Act, 1987 to essary knowledge about navigate legal challenges. their Rights & empow- She also briefed about erment besides help- Sexual Harassment Act at ing them to recognize the work place. He also challenges of domestic threw light on Section 125 violence. Tehsil Social Cr.P.C and 498 A IPC and Welfare Officer Subash also explained domestic Kotwal, CDPO Bhader- violence act 2005 along wah Farhat Shamim Khan with dowry prohibition , DDC Councillor Bhader- act 1961.

## Int'l Women's Day: Deputy Commissioner **Rajouri Om Presides over Mega Event**

#### **JI NEWS SERVICE** RAJOURI, MARCH 8

District Administration Rajouri, in collaboration with the Social Welfare Department, today celebrated the International Women's Day under the

theme "Invest in Women: Accelerate Progress."

The event was presided of government schemes spheres of life. over by the Deputy Com- and programs specifically missioner Rajouri, Om designed for the welfare Prakash Bhagat and it was and empowerment of aimed to celebrate the women. With convicinvaluable contributions tion, he urged women to of women to society and seize the opportunity and shed light on the imperaactively engage with these tive need to empower initiatives to secure their them for accelerated soci- rightful benefits. etal advancement.

During the event, the Throughout the event, ASP, Musadiq Majid Basu a number of impassioned and ADC Rajouri, Rajeev speakers took the stage Kumar Khajuria delivto underscore the sigered inspiring speeches, nificance of International emphasizing the crucial Women's Day. They listed role of women in the soci- initiatives, with a signifi- sion were ADC Rajouri, the myriad of Govern- ety. They reiterated the cant number of beneficia- Rajeev Kumar Khajument schemes exclusive- commitment of the police ries availing themselves ria; ASP, Musadiq Majid ly tailored to uplift and and civil administration to of the myriad benefits Basu;ACR, Mohd Jhangir empower women socially ensure the safety, empowand economically. erment, and equal oppor-

In his address, the tunities for women, while the collective responsibil- Singh; DSWO, Wakeel District Social Welfare also encouraging greater ity to create an inclusive Ahmed Bhatt; and others.



Officer, Wakeel Ahmed participation and leader-Bhatt outlined a number ship from women in all

Rajouri, in his address, eloquently articulated the pivotal role of various initiatives taken by the Government in fostering women's self-reliance and ensuring their dignified integration into society.

Deputy Commissioner accentuated the multifaceted support provided by the Social Welfare Department. He emphasized the tangible impact of these offered.

and equitable society where every woman has the opportunity to thrive and contribute meaningfully to the community.

The event served as a poignant reminder of the ongoing journey towards gender parity and the indispensable role of collaborative efforts in real-

In addition to celebrating the broader theme of International Women's Day, the event also served as a platform to honor and felicitate women achievers from various fields. Their remarkable contributions and achievements were

acknowledged, highlighting their resilience, determination, and invaluable impact on society.

Among the others who were present on the occa-Khan; CMO, Dr. Rajinder The DC also emphasized Sharma; CAO, Sohan **DHEW-Mission Shakti** commemorate 'International Women's Day' at Handwara



#### **JI NEWS SERVICE** KUPWARA, MARCH 8

The District Hub for Empow- included painting compeerment of Women (DHEW) tition, debate and rally. Mission Shakti, Department Winners of painting comof Social Welfare Kupwara petition, and debate were today celebrated Inter- felicitated with mementos national Women's Day at and appreciation certifi-Palaash Handwara. On the cates.

occasion, DHEW Kupwara organised a series of events to celebrate the day which

izing this vision.

Deputy Commissioner

## International Women's Day celebrated in Poonch International Women's Day: High Court, J&K Legal Services



#### **JI NEWS SERVICE** POONCH, MARCH 8

GDC Poonch.

guest of honour.

The Department of Social women and discussed var- generating unit. Welfare with the Collabo- ious centrally sponsored ration of District Adminis- women centric welfare various speakers while tration, SKC GDC Poonch, schemes that are aimed at highlighting the sig-DLSA and Police Depart- providing hand-holding to nificant role played by ment celebrated Interna- the women to make them women in social, eco-

in Multipurpose hall SKC female folk to avail ben- tional and judicial fronts The function was pre- also highlighted various about the rights of women sided over by the ADDC steps taken by the district and to acknowledge their Poonch, while Dy. SP administration towards achievements is the need Headquarter was the women empowerment.

DSWO Poonch, Abdul Principal SKC GDC Pro- Raheem Mir highlighted tion ceremony was orgafessor Aurangzeb, CPO the role of DHEW/ OSC in nized to felicitate and Police Department, SHO, creating awareness about honour the female mates Female Achievers in dif- these schemes at grass- who have shown exemferent fields, District Hub roots level so that more for Empowerment of females are empowered fields. A good number of Women, Sakhi One Stop by these schemes. He Women were given certifi-Centre, CHL and Superin- asserted that the economi- cates of appreciation and tendent Parisha/Palaash cally independent women participation in the Scooty were present on the occa- is the first major step rally which was organised sion. Speaking on the towards empowerment on 6 March 2024 along occasion, the ADDC high- of women and urged the with mementos.

lighted the role of women females to avail benefit of in nation building. He also schemes aimed for estabthrew light on the rights of lishing their own income

During the function, tional Women's day here self-reliant and urged the nomic, political, educaefit of these schemes. He said that mass awareness of the hour.

Meanwhile, a felicitaplary services in different

#### ration with administration of UT of Jammu & Kashmir and University of Kashmir, organized a mega event to mark celebration of International Women's Day at University of Kashmir. The speakers, while

vices Authority, in collabo-

**JI NEWS SERVICE** 

SRINAGAR, MARCH 8

speaking on the occasion, advocated women empowerment and active participation in progress and prosperity of the nation for a flourished society.

Chief Justice of High Court of Jammu and sity of Kashmir, Farooq Kashmir and Ladakh, Ahmad Registrar Judicial, and Patron-in-Chief of J&K Amit Gupta, Member Legal Services Authority, Justice N Kotiswar Singh, Bari, Joint Registrar Judigraced the occasion as cial, members of the Regchief guest while Vice istry, Judicial Officers and Chancellor of University of Kashmir, Nilofer Khan, vices Authority and High participated as guest of honor. The event was police administration, offialso attended by eminent personalities including of University of Kash-



Khajuria, Justice Waseem Department, DLSA staff Jan, Sadiq Nargal, Principal Secretary to Chief Justice M.K. Sharma, Dr. Naseer Iqbal Registrar Univer-Secretary JKSLSA Abdul Officers of J&K Legal Ser-Court, officers of civil and

ors. cers and faculty members Dr. Vijay Lakshmi Brara, mir, frontline workers of Advocate Masoodha

event was virtually joined Ladakh.

their outstanding endeav-

The women achievers Mohsina Sibtain (JKPS), Justice Moksha Kazmi Health and Social Welfare Jan, Advocate Aarifa special live performances society.

Afshaan, Neerja members and Para Legal Mattoo and Soliha Bashir Volunteers, members of expressed their views on LADC and students. The the occasion. They highlighted the importance of lor of University of Kashfrom Jammu by Shahzad conducive environment mir, commenced the Azeem Registrar General for overall development event with her opening High Court of J&K and of girl child. Additionally, ten success stories from importance of creating a The event highlighted ten districts of the Valley the invaluable contribu- were screened during the for women's growth and tions of women achievers event, shedding light on empowerment. The celfrom various spheres of their remarkable achievelife, felicitating them for ments, inspiring others to

strive for excellence. Chief Justice also felicitated them for their hard work and dedication. The program featured fostering a more equitable

Production, addressing pertinent issues such as drug abuse and violence against women. Through artistic expression, the audience was sensitized about these

by artists from Cultural Department and Roshni

pressing concerns, fostering a collective resolve to combat them. Chief Justice, in his special address, under-

scored the constitutional and statutory safeguards imperative for women's empowerment, reaffirming the commitment of judiciary towards gender equality and justice for all.

Earlier, Vice Chancelremarks, emphasizing the conducive environment ebration of International Women's Day served as a poignant reminder of the collective responsibility to empower women, thereby

accelerating progress and

### **Fisheries deptt ensures** elaborate arrangements for fish availability on Shivratri

#### JI NEWS SERVICE JAMMU, MARCH 8

auspicious occasion of employment to many Shivratri.

also transported through the demand of Fish. refrigerated vehicles at all the customers.

Pertinently, the private fish farmers estab-

lished by the department The Department of Fish- throughout the UT, also eries has made adequate contributed equally in arrangement for supply- delivering sufficient ing and ensuring suffi- quantity of fish available cient quantity of differ- on this occasion in their ent species of fresh fish respective area under across the Union Terri- the overall command tory among the common and control of the departmasses in general and ment. The production Pandit Community in of fish through private particular as per instruc- farmers has significantly tions of Principal Secre- increased over few years tary, Agriculture Produc- and the department has tion Department, on the been able to provide

new entrepreneurs. On the occasion, the The Department is department established making all efforts for number of stalls in every rejuvenation of fish aquadistrict besides gearing culture in the Union Terup Departmental Fish ritory and number of new Rearing Units, Sale Cen- initiatives are being taken tres as well. The mobile under Holistic Agriculture vans were also pressed Development programme into service for delivery besides other schemes of fresh fish at the door to create employment points of consumers. opportunities at larger Besides, Trout fish was scale and also meet out Principal Secretary, wholesale fish Marketing Agriculture Production Centre Narwal Jammu Department, Shailenand other centres for the dra Kumar, and Director people. A total of 8.810 Fisheries, Deep Raj, also MT of trout/carb fresh extended warm wishes to live fish was provided to the people on the occasion of Maha Shivratri.



JI NEWS SERVICE on Friday, for which a special program was AKHNOOR, MARCH 8 organized. During the

International Women's program, the cake was Day was celebrated with cut mainly by the social great enthusiasm at worker Kuldeep Kaur Akhnoor Police Station and the students pres-

**Indian Army felicitates Women** Achievers to celebrate Int'l

## Int'l Women's Day celebrated at Police Station Akhnoor

w

u

Station Incharge Tariq the program, SP Brijesh their rights. He said that men who did excellent Ahmed were also present. Sharma said that the Jammu and Kashmir Police work were also honored Kuldeep Kaur present objective of this day is to is doing a lot of work for by the SP Rural. During in the program expressed respect women and give the safety and security of the programme, women her views and created them equal status in the women. He said There a and students shared their

ent. After which all the en's rights and shared Women's Day is celebrated is establidhed in every women present congratu- her achievements with every year on March 8 to police station where lated each other. During the schoolgirls and all make people of the soci- women police cops will this, SP Rural Brijesh the women present. ety aware about women listen to the cases related Sharma, SDPO Akhnoor Addressing the students empowerment and to to women. During this Mohan Lal Sharma, Police and women present in make women aware of period, women policeawareness about wom- society. International special Women Help Desk experiences.

Accommodation : Genera

Aligarh and Hathras Stations.

						_					
HOLI FESTIVAL SPECIAL TRAINS-2024				04064/04063 Delhi JnTundla-Delhi Jn.							
or the conveni	ence	of the passeng	ers N	lorthe	rn Railway			Expr	ess Special (Daily	7)	
vill run the following Holi Festival Special Trains during th				•	Train No	o. 04064			Train No	o. 04063	
upcoming Holi fe	estiva	season. The de	etails	are as	s under:-	ARR.	DEP.	♥	STATIONS <b>T</b>	ARR.	DEP.
04033/0403	4 Nev	w Delhi-Marty	r Cap	tain '	Tushar		13:20		Delhi Jn.	22:15	
		elhi Express				17:15			Tundla		17:45
Train No. 04033		CTATIONS	•	Train	No. 04034				Ex. Delhi Jn. and 0400	63 Ex. Tur	ndla from
	1 🖌	STATIONS				21.03.20	24 to 24.0	)3.202	24 (Daily).		

mainin		$\perp$ stations <b>t</b>		
ARR.	DEP.	V STATIONS	ARR.	DEP.
	23:45	New Delhi	09:30	
11:10		Martyr Captain Tushar Mahajan		20:55
Days of	Run :	04033 Ex. New Delhi from	m 22.03	.2024 t

29.03.2024 (Friday) and 04034 Ex. Martyr Captain Tushar Mahajan from 23.03.2024 to 30.03.2024 (Saturday); Accommodation: 3 Tier AC Economy and Sleeper.

04923/04924 Saharanpur-Ambala Cantt.-Saharanpur Express Special (Daily) No. 04923

Stoppages: Delhi Shahdara, Sahibabad, Ghaziabad, Dadri, Khurja,

### **GK Educational Trust** celebrates Women's Day



#### **JI NEWS SERVICE** KATHUA, MAR 8

GK Educational Trust training partner NSDC, is committed to create ministry of skill develop- opportunities and improvment celebrated Wom- ing the lives of people in en's Day at GKITR PMKK the community by skill-KATHUA. All the students ing them in particular participated enthusiasti- field. Mr. Amar( Director cally in the celebration.

Madhu Sharma (Sarpanch Incharge) and other staff Amala, Barnoti) was pres- members were also present and she interacted ent.

with the students and motivated them by sharing their experiences.

GK educational Trust GK Educational Trust), success. Chief Guest Mrs. Ms. Pritpal Kour( Centre

Women's Day at Kupwara



strong and supportive JI NEWS SERVICE KUPWARA, MARCH 8 to each other. Declaring one day for celebration

of women's day is suc-On the occasion of International Women's Day, cessful only when she is Indian Army's Kupwara respected and honoured Terriers organised an all days of the year. It is event where in local the woman who makes woman achievers were the house grooms the chilable to put forth the story dren and thus develops of their journey to success the society. The achievers narrated their success and motivate the girls and woman present. stories and stressed upon

The chief guests of the the need for woman to be event were Col Pooja, focused on their dreams Chauhan, who is com- and work hard to achieve manding 175 TA (Engithe same. The commandneers) and Mrs Daljit Kaur, ing officer while quoting who is SHO of woman Guru Nanak Dev Ji ensured cell of JKP at Kupwara. the audience present that The event was attended they cannot be less than by about 100 women of anyone if they decide to Kupwara region. Amongst be strong and committed them were nine achievers to the womanhood.

need for woman to be and be independent.

At last, all particifrom the fields of entrepreneurship, Sports, pants, highly appreciteaching and law who ated the efforts of Indian were felicitated for their Army, their constructive approach towards women The chief guests while empowerment and proaddressing the audience, viding suitable platforms emphasised upon the to showcase their talent

Stoppages: Sonipat, Panipat, Karnal, Kurukshetra, Ambala Cantt. Pathankot Cantt. Ludhiana Cantt., Jalandhar Cantt. and Jammu Tawi Stations

04075/04076 New Delhi-Shri Mata Vaishno Devi Katra-New Delhi Express Special (Bi-Weekly)						
Train No. 04075 STATIONS Train No. 04076						
ARR.	DEP.	♥	214110M2		ARR.	DEP.
	23:45		New Delhi		09:30	
11:40		Shri I	Wata Vaishno Devi Ka	ıtra		20:25

Days of Run : 04075 Ex. New Delhi from 24.03.2024 to 31.03.2024 (Wed, Sun) and 04076 Ex. Shri Mata Vaishno Devi Katra from 25.03 2024 to 01.04 2024 (Thu. Mon) Accommodation: 3 Tier AC Economy and Sleeper.

Stoppages: Sonipat, Panipat, Karnal, Kurukshetra Jn., Ambala Cantt Ludhiana, Jalandhar Cantt., Pathankot Cantt., Jammu Tawi and Martyr Captain Tushar Mahajan Stations.

04	080/04	079 Delhi Jn	Varanasi-	Delhi Jn.
	Exp	oress Special	(Tri-Wee	kly)
n No	04080			Train No. 04

	J. 04000		STATIONS	• 🕈 L	11411110.04073	
ARR.	DEP.	♥	STATIONS		ARR.	DEP.
	19:30		Delhi Jn.		08:50	
09:45			Varanasi			18:20

Days of Run : 04080 Ex. Delhi Jn. from 21.03.2024 to 30.03.2024 (Mon, Thu, Sat) and 04079 Ex. Varanasi from 22.03.2024 to 31.03.2024 (Tue, Fri, Sun). Accommodation 3 Tier AC Economy and Sleeper. **Stoppages:** Ghaziabad, Moradabad Alamnagar, Lucknow and Maa Belha Devi Dham Stations.

01654/01653 Shri Mata Vaishno Devi-Varanasi- Shri Mata Vaishno Devi Express Special (Weekly)							
Train No	. 01654	STATIONS Train No. 01653					
ARR.	DEP.						
	23:35 Shri Mata Vaishno Devi Katra 11:25						
23:55 Varanasi 05:30							

Days of Run : 01654 Ex. Shri Mata Vaishno Devi Katra from 24.03.2024 to 31.03.2024 (Sunday) and 01653 Ex. Varanasi from 26.03.2024 to 02.04.2024 (Tuesday)

Accommodation : 2 Tier AC, 3 Tier AC, 3 Tier AC Economy, General and Sleeper. Stoppages: Martyr Captain Tushar Mahajan Jammu Tawi, Pathankot Cantt., Jalandhar Cantt., Ludhiana, Ambala Cantt. Saharanpur. Moradabad, Bareilly, Alamnagar, Lucknow, Rae Bareilly and Maa Belha Devi Dham Station.

	02371/02372 Howrah-Banaras-Howrah					
Express Special						
			STATIONS	Ť		
ARR.	DEP.		,	ARR.	DEP.	
	08:15		Howrah		12:20	
21:15	21:20		Varanasi		23:45	23:50
21:45			Banaras			23:05
Days of Run : 02371 Ex. Howrah and 02372 Ex. Banaras on 23.03.2024 (Saturday) Accommodation : 1st Ac., 2 Tier AC, 3 Tier AC, Sleeper & General. Stoppages: Barddhaman, Durgapur, Asansol, Chittaranian,						

Madhupur, Jasidih, Jhajha, Kiul Jn., Mokama, Bakhtiyarpur Jn., Patna Jn., Ara, Buxar, Pt. Deen Dayal Upadhayay Jn. and Varanasi Stations.

ARR.	DEP.	♥	STATIONS	ARR.	DEP.
	04:40		Saharanpur	22:30	
06:45			Ambala Cantt		20:22

Days of Run : 04923 Ex. Saharanpur and 04924 Ex. Ambala Cantt. from 21.03.2024 to 24.03.2024 (Daily).

Accommodation : General; Stoppages: Pilkhani, Sarsawa, Kalanaur, Jagadhari, Jagadhari Workshop, Darazpur, Mustafabad, Barara, Tandwal, Kesri and Dukheri Station.

	1052 Delhi JnPanip Express Special (Da			1.	
Train No. 04051	L STATIONS	▲	Train No	o. 04052	

		I CTATIONE T		
ARR.	DEP.	$\downarrow$ stations $\uparrow$	ARR.	DEP.
	10:00	Delhi Jn.	15:40	
12:10		Panipat		13:10

Davs of Run : 04051 Ex. Delhi Jn. and 04052 Ex. Panipat from 21.03.2024 to 24.03.2024 (Daily). Accommodation : General

Stoppages: Subzi Mandi, Narela, Sonipat and Samalkha Stations.

04249/04250 Varanasi-Lucknow-Varanasi Express Special (Daily)							
Train No	Train No. 04249						
ARR.	DEP.		STATIONS ARR. DEP.				
	06:25	Varanasi	22:35				
12:25		Lucknow		16:35			

Days of Run : 04249 Ex. Varanasi and 04250 Ex. Lucknow from 21.03.2024 to 24.03.2024 (Daily).

Accommodation : Genera

Stoppages: Jaunpur, Shahgani, Akbarpur, Ayodhya Dham and Barabanki Stations

### 04048/04047 New Delhi-Agra Cantt.-New Delhi Express Special (Daily)

Train No	o. 04048	$\bot$ stations	▲	Train No. 04047		
ARR.	DEP.	STATIONS		ARR.	DEP.	
	06:20	New Delhi		18:45		
11:15		Agra Cantt.			14:30	

Days of Run : 04048 Ex. New Delhi and 04047 Ex. Agra Cantt. rom 21.03.2024 to 24.03.2024 (Daily).

Accommodation : General

Stoppages: Faridabad, Palwal and Mathura Stations.

For any kind of information, passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website https://enquiry indianrail.gov in or NTES App.





and treatment. Backed

neurological cases, attract-

## Apollo Hospitals Unveils the 1st ZAP-X in South Asia, **Revolutionizing Brain Tumor Care Treatment** Zap-X brings precise targeting & safety to transform patient outcomes

#### **JI NEWS SERVICE**

JAMMU, MAR 8

integrated healthcare pro- to direct radiosurgical solutions for patients in nitive function. India and across the world. ment, offering patients a geons in treating Primary

tiveness and patient com- acoustic neuromas fort. Unlike conventional and pituitary adenomethods, ZAP-X utilizes a mas, with better accu-Apollo Hospitals Group, self-shielded, gyroscopic racy and fewer side India's largest vertically linear accelerator design, effects to patients.

Dr Prathap Chanvider today unveiled the beams from thousands dra Reddy, Founder ZAP-X Gyroscopic Radio- of potential angles, accu- Chairman, Apollo surgery Platform, a revo- rately focusing radiation Hospitals Group lutionary advancement in on the intended tumor said at the launch: brain tumor treatment, or target. This innovative "For more than four marking a significant mile- method improves patient decades, Apollo Hosstone as the first in South outcomes by enhancing pitals has been at the Asia to introduce this the ability to avoid critical forefront of healthground-breaking technol- structures like the brain care, continuously ogy. With ZAP-X, Apollo stem, eyes, and optic challenging limits Hospitals continues its nerves, while also drasti- to provide exceplegacy of innovation and cally minimizing exposure tional care. Upholdcommitment to provid- to healthy brain tissue to ing this tradition, we innovative technology

ZAP-X introduces a new capabilities will enable of brain tumors. This new procedure it allows for new addition in our fight defined tumors. era in brain tumor treat- neurologists and neurosur- approach allows for non- greater convenience and against NCDs, of whom invasive, pain-free sesnon-invasive, pain-free & Metastatic Brain tumors, sions lasting 30 minutes, We commit to ensure portion." alternative with sessions Arteriovenous Malforma- with minimal exposure that this technology is lasting just 30 minutes. tions (AVMs), Trigeminal to radiation. ZAP-X also made available for every This transformative tech- Neuralgias, Movement comes with advanced citizen of our country and

ing world-class healthcare safeguard a patient's cog- have unveiled ZAP-X, an well-being and quality of With the rising tide of Non- effects. ZAP-X shows an for a day-care procedure, brain and spinal surgeries. life post treatment. Fur- Communicable Diseases exceptional 99.4% control enabling patients to return This exceptional volume

comes with key advantag- School of Medicine said,

offers frameless, must experience debilitat- the-art facilities, includsafety. with minimal side

pinpoint accu- ing surgical resections, or ing emergency services, racy and real-time potentially lose cognitive neuro-ICUs, and rehabiliimage guidance capacity by undergoing tation centers, Apollo has for shorter treat- whole-brain radiothera- achieved a remarkable ment durations and py. Instead, with ZAP-X milestone of over 180,000 enhanced patient radiosurgery, patients can successful neurosurgeries. ZAP-X now be quickly treated in Leveraging cutting-edge AI demonstrates high an outpatient setting and technology, the Institute success, ensur- often return to normal has redefined stroke proing effective con- activities the same day tocols, enabling swifter, trol and relief for with no incisions, and no more accurate diagnosis

While traditional brain by a formidable team of effects. It achieves surgeries last 3-4 hours, over 300 neurosurgeons over 95% control ZAP-X completes treat- and neurologists, Apollo rate in 10 years ment within a single ses- treats more than 25,000 with minimal facial sion lasting no more than patients annually, peror trigeminal side 30 minutes. ZAP-X allows forming nearly 6,000 unlike traditional surger- tise in managing even the

the world seeking unpar-

various conditions pain."

ZAP-X's proven clinical designed for the treatment thermore, as an outpatient (NCDs), ZAP-X will be a rate in 5 years for small, home post-treatment, solidifies Apollo's exper-Prof. John R. Adler, ies requiring 4-7 days or rarest and most complex Founder and CEO, Zap more of hospitalization, Surgical andProfessor of and without the necessity ing patients from around

The Apollo Institute alleled care. The unveil-"Stereotactic radiosurgery of Neurosciences stands ing of the ZAP-X platform nology redefines preci- Disorders such as Parkin- safety protocols, including for people across geogra- non-invasive, thereby not is among the most impor- as a pioneering force in reaffirms Apollo's comsion with minimal radia- son's disease, Epilepsy and instant error detection and phies, as this will be a boon requiring a surgical inter- tant medical advance- revolutionizing neurologi- mitment to spearheading tion exposure, enabling other intracranial lesions reduced radiation leakage, for how brain tumors are vention for certain brain ments of the past century. cal care across India and innovations that transform new standards in effec- such as meningiomas, that ensure the patient's approached and treated. tumors, is pain-free; and Eligible patients no longer the region. With state-of- lives.

### FROM THE FRONT PAGE...

#### PM Modi presents...

Spittmann from Germany.

Kamiya Jani of Curly Tales was given the best travel creator award. She focuses on food, travel & Lifestyle and showcases beauty and variety of India in her videos.

'Technical Guruji' Gaurav Chaudhary a top tech of YouTuber won the Tech Creator Award. He credited Digital India for contributing to his channel in a sig- Ashok Kaul assured Prime Minister Narendra Modi of nificant way.

Malhar Kalambe received Swachhata Ambassador Award for leading clean up drives since 2017.

Heritage Fashion Icon Award was given to Jahnvi Singh, a 20-year-old content creator for Instagram who talks about Indian Fashion and promotes Indian Sarees, earlier years during which this constituency suffered Best Creative Creator- female award went to Shraddha famous for her multilingual comedy sets.

RJ Raunag received the Best Creative Creator-male award, Award for Best Creator in Food Category went revived after one and a half decade, the work on the rail to Kabita's Kitchen, A housewife who became a digital entrepreneur with her recipes and tutorials.

cation Category, whereas Ankit Baiyanpuria was given work on Atal Setu in Basohli and Asia's longest tunnel the Best Health and Fitness Creator Award by the Prime Minister.

Creator Tank India was given Best Celebrity Creator Award.

Tanzania, Drew Hicks from America, Cassandra Mae made up their mind to return Narendra Modi as Prime Minister for the third term with a majority of more than 400 seats and it is now our responsibility to discharge our duty and prove ourselves by recording a victory margin of more than 4 Lakh in Udhampur Constituency, which will beat the previous record of 3.58 Lakh.

> Speaking on the occasion, J&K Gen Secretary ( Org) returning the NDA government with more than 400 seats and also assured that Dr Jitendra Singh from and investigation was commenced. Udhampur constituency will beat the earlier record.

Dr Jitendra Singh said, the first five-year term was spent in making up for the negligence and losses of the discrimination and lack of development for vote bank consideration. For example, Shahpur-Kandi Project was revived after three decades, Rattle Power Project was line beyond Reasi was resumed whereas the first train up to Jammu arrived way back in 1972, the railway sta-Naman Deshmukh received the Best Creator in Edu- tion in Katra was completed, the long delayed pending between Chenani and Nasri was resumed.

In the second five-year term, Dr Jitendra Singh said, 'Triggered Insaan' Nischay was given the Gaming the attempt was made to introduce the projects which with JKAACL and District Administration Jammu, Samba Creator Award, while Aridaman was given Best Micro had feasibility to be introduced in the Constituency. and Reasi has organised the Mahashivratri Mahotsav These included the Devika project in Udhampur, first with vibrant festivities. Best Nano Creator Award was given to Piyush Purohit Industrial Biotech Park in Kathua, three centrally CEO of boAT and famous for his involvement in Shark Doda respectively, two Passport offices in Kathua and Udhampur respectively, Khilani-Sudhmahadev National Highway 244 and most importantly Aroma mission cum Purple revolution in Bhaderwah which received nationwide acclaim.

Dr Jitendra Singh said, the people of this country have the allegations were discreetly verified which revealed remainder of the term of the House. that the forester in connivance and conspiracy with other officials of the Range office, Watergam is demanding bribe of Rs 3500 for one transit permit already issued to complainant and is also demanding bribe for processing and issuance of Transit Permit through online NTPS in other three pending applications of complainant," ACB statement said.

a case was registered at Police Station ACB Baramulla

"During the course of investigation a team was constituted which laid a successful trap and caught the accused public servant red handed while demanding and accepting bribe of Rs 12500 from complainant. Both the accused public servants were arrested on the spot after completing all legal formalities and the bribe money was also recovered from them," the statement said, adding the role of other officials in the bribery case is also being looked into.

#### Maha Shivratri... on Maha Shivratri.

The Directorate of Tourism Jammu in collaboration lucrative job opportunities there," officials said.

"Suppose fresh elections are called for and the Government still has three years, then polls should be for the remainder of the term – three years – to ensure sustainability," a source explained.

With the upcoming Lok Sabha polls, expected in April-May this year, elections for at least four assemblies are likely to take place, while State polls for Maharash-After proper verification of the contents of complaint tra, Haryana and Jharkhand are expected later this year. Bihar and Delhi are scheduled for assembly polls next year, while Assam, West Bengal, Tamil Nadu, Puducherry and Kerala are scheduled for 2026, and Uttar Pradesh, Uttarakhand, Punjab and Manipur in 2027.

As many as nine States may have assembly polls scheduled for 2028 - Tripura, Meghalaya, Nagaland, Karnataka, Mizoram, Chhattisgarh, Madhya Pradesh, Rajasthan and Telangana. (Agencies)

#### 2 Russia-based...

by the CBI on March 7.

"Christina and Moinuddin Chippa, a resident of Rajasthan, are based in Russia and were facilitating the trafficking of Indian youth to Russia by offering them

"The Central probe agency's FIR has listed 17 other Visa consultancy companies, their owners and agents spread across India," they said. The agency has booked them under Indian Penal from Chamoli Uttarakhand, Aman Gupta, Founder and funded Medical Colleges at Udhampur and Kathua and Kho and Panchvaktar Mahadev Temple in Jammu Dis- Code Sections related to criminal conspiracy, cheating trict, sacred Shiv Temples at Purmandal in District and human trafficking. The CBI has alleged that the Samba and pious pilgrimage Shrine Shiv Khori in accused persons through their agents trafficked Indian nationals to Russia on the pretext of getting jobs related to the Russian Army, security guards, helpers, better life, and education and a huge amount was charged from these people illegally. The agents also duped students by providing them admission to dubious private Universities in Russia instead of government or public Universities by offering discounted fees, and visa extensions and ultimately leaving them "at the mercy" of local agents. Once these aspirants reached Russia their passports were seized by the agents there and they were forced to join the armed forces after combat role training. "They were being trained in combat roles and Parties such as the BIP have told the Kovind panel provided with Russian Army uniforms and batches. that the local body elections should be held by State Thereafter, these Indian nationals are being deployed at front bases in the Russia-Ukraine War Zone against their wishes and put their lives in grave danger," the CBI The Election Commission has said it would require FIR said. The Central Bureau of Investigation on March 7 had busted the trafficking network.



accessibility for patients.

cancers, form a significant

The ZAP-X technology Neurosurgery, Stanford of anesthesia. es which include it being-

#### Major Dev Push for...

with a capacity to transport 700 PPHPD.

This project is designed to offer a panoramic view of Srinagar city and Dal Lake, providing a safe and convenient transportation means. It ensures easy access for individuals with disabilities and senior citizens to visit the temple, reducing travel time form approximately 30 minutes to about 5 minutes.

"Additionally, it serves as an eco-friendly mode for transport, creates employment opportunities for the local populace, and brings economic benefits to the region by enhancing tourism," the Minister added.

The Minister further said that an allocation of Rs. 562.40 crore has been approved for the Upgradation and Strengthening project of the Nashri- Chenani section of National Highway-244. Spanning 39.10 Km in districts Udhampur & Ramban, this initiative operates on the EPC mode under National Highway (O). He said with Patnitop being a prominent tourist spot, the road's enhancement is poised to offer improved connectivity to Patnitop, thereby fostering the economic development of the region-(KNO)

#### Dr Jitendra Singh...

a massive gathering of BJP workers and supporters from his constituency were waiting for him.

As soon as Dr Jitendra Singh's cavalcade moved out of Jammu airport, there was a huge rush of supporters resulting in a traffic jam for over half an hour. People in thousands, particularly Bhartiya Janta Yuva Morcha (BJYM) members from all the districts of Udhampur, to celebrate the declaration of Dr Jitendra Singh as candidate and showered petals on him from all sides.

Addressing the workers at his Parliamentary office at Gandhi Nagar and later speaking to media, Dr Jitendra Singh hailed Prime Minister Narendra Modi, National President J P Nadda and the Party High Command for having reposed faith on him for the third time to represent this prestigious Lok Sabha Constituency. He also thanked the J&K BJP leadership for having proposed his name to the Parliamentary Board and said that above all he was thankful to the grassroot workers and particularly the youth workers in far-flung areas of the constituency whose overwhelming support and love had contributed to the party decision.

Like the earlier two terms, said Dr Jitendra Singh, the third term will be dedicated to the priorities of the youth and developing the constituency's major towns, destinations as national attraction in terms of education, tourism and trade.

Like in the earlier 10 years, philanthropic human services above Party lines, for example facilitating admission of needy patients in hospitals outside J&K will continue for which a separate cell has been constituted, he said. Free Tele mobile clinic services like "Doctor on wheels" and free distribution of clothes and school books to the needy will also continue, he added.

Members of Mahila Morcha, DDC members and elderly citizens from all the districts were among the huge crowd of people who were also joined by members of civil society and several Medicos to facilitate Dr Jitendra Singh at the airport.

The reception at the Parliamentary office of Dr Jitendra Singh at Gandhi Nagar was attended, among others, by General Secretary (Organisation) Ashok Kaul, District President Udhampur Arun Gupta, District President Kathua Gopal Mahajan, District President Basholi-Billawar Darshan Singh, District President Ramban Rajesh war Thakur, while District President Doda Vijay Mohan Thakur and District President of Kishtwar Chunni Lal stayed back at Doda, where Dr Jitendra Singh was scheduled to arrive this evening.

Also present were Vice Chairman DDC Kathua Raghunandan Singh Bablu, General Secretary Kathua Rajesh Mehta, senior Kathua leaders including Janak Bharti, while Udhampur was represented by DDC Members, Kathua, Ramnban, Kisthwar and Doda, burst crackers JKUT Vice President Pawan Khajuria, former MLA B S Mankotia, Akhil Prashar, Vivek Gupta, Sushant Gupta and others. Former MLA Kuldeep Raj was among those who represented Hira Nagar constituency.

#### ACB arrests forester...

visited Range Office, Watergam, he was given one transit permit for transportation of timber but the concerned Forester demanded bribe of Rs 3500 for said issued permit and also told him that he had to pay more for other three pending permissions.

The complainant approached to ACB seeking legal action against concerned officers.

"On receipt of the complaint as per laid down norms

The celebrations started at the revered temple Peer Ransoo town of District Reasi. (Agencies)

#### Kovind-led panel in...

Article 174 (on the dissolution of State legislatures), and Article 356 (relating to the imposition of President's Rule in States) would need to be amended to hold synchronised elections. The provisions of the Representation of the People Act would need to be amended.

While the Election Commission is mandated to hold Presidential, vice-presidential, Lok Sabha, Rajya Sabha and State legislature polls, respective State Election Commissions hold local body polls.

election commissions but in sync with Lok Sabha and assembly polls.

an estimated 10,000 crore every 15 years to procure new Electronic Voting Machines (EVMs) if polls are held simultaneously. In a communication sent to the Government last year, the Commission noted that the shelf life of EVMs was 15 years and one set of machines could be used to conduct three cycles of elections in their life span if polls were held together.

Separately, the Law Commission is also on the verge of finalising its report on simultaneous polls and it may suggest a separate chapter in the Constitution on 'simultaneous elections'. It is likely to suggest a roadmap for synchronising tenures of State Assemblies in three phases by mid-2029.

According to sources, the Commission, under Justice (retd) Ritu Raj Awasthi, would recommend an amendment to the Constitution to add a "new chapter or part" on simultaneous elections. The new chapter would address issues related to "simultaneous election", "sustainability of simultaneous elections" and "common electoral roll" so that the three-tier simultaneous polls could be held together "in one go", the sources explained.

The new chapter being recommended will have "power of non-extant" to override other provisions in the Constitution dealing with terms of assemblies.

In case a government falls due to no-confidence or if there is a hung House, the Commission would recommend the constitution of a "unity government" with representatives from various political parties. In case added. (Agencies) the unity government formula does not work, the law panel would recommend holding fresh elections for the

They said the agency has found 35 instances in which youngsters were taken to Russia after being lured with false promises of high-paying jobs via social media channels and local contacts and agents.

After filing the FIR, the CBI conducted countrywide searches at 13 locations across Delhi, Thiruvananthapuram, Mumbai, Ambala, Chandigarh, Madurai and Chennai. "The human-trafficking network of these agents is spread over several States across the country and they are operating in an organised manner," the spokesperson had said.

The Central probe agency has booked 24×7 RAS Overseas Foundation in Delhi and its director Suyash Mukut, OSD Bros Travels and Visa Services Private Limited in Mumbai and its director Rakesh Pandey, Adventure Visa Services Private Limited in Chandigarh and its director Manjeet Singh and Baba Vlogs Overseas Recruitment Solutions Private Limited in Dubai and its director Faisal Abdul Mutalib Khan alias Baba among others.

"It has been ascertained that some of the victims also suffered grievous injuries in the war zone," the official had said.

"So far, cash worth more than 50 lakh, incriminating documents and electronic records such as laptops, mobiles, desktops and CCTV footage have been seized. Searches are going on. Certain suspects have also been detained for questioning at various locations," he had

## **Three-Day Skill Development Program on "Drug Discovery** and Development" concludes at CSIR-IIIM Jammu

#### **JI NEWS SERVICE** JAMMU, MAR 7

CSIR- Indian Institute of Integrative Medicine (CSIR-IIIM), Jammu, successfully concluded its Three-day skill development training program which saw participation of more than 20 particiin order to achieve SDG ment. goals and success towards



versities of J&K region. & technology for future. ment. Through a series The valedictory function Dr Ahmed in his address of lectures, and practiwas chaired by Dr Zabeer welcomed all researchers cal exercises, attendees Ahmed, Director CSIR-IIIM to visit the Institute and delved into various facets Jammu who in his address equip themselves with of drug discovery, includunderscored the need of practical insights and ing molecular biology, obtaining S&T skills as skills, vital for navigating Pharmacology, computahe termed Science-A way the complexities of drug tional modeling, and cliniof thinking and said that research and develop- cal trials management. On

career, emphasizing the and knowledge in drug es and opportunities". in Modern Drug Discov- Head, RMBD & IST Division.

pants from different Uni- importance of science discovery and develop-Day One, Dr. Parvinder

During the three days Pal Singh, Principal Sci-Viksit Bharat, the role of program, participants entist delivered a lecture Science has to be pivotal. were imparted training on "Phytopharmaceuticals While addressing the par- in drug discovery and Drugs - Scientific Validaticipants, Dr Ahmed fos- development with meticu- tion of Traditional Knowltered scientific tempera- lously designed hands on edge" while as Dr Ravindra uct Chemistry (NPC) and ment among participants training practical sessions S Phatake, Scientist talked and encouraged them to equipping participants about "Natural products in istry (SOC) - A Tale of Two pursue research as their with fundamental skills drug discovery - advanc- Complementary Partners Rahim, Chief Scientist and

K.Gupta ,Principal Sciento Speedup Drug Discov-Yogesh, Scientist delivered of Novel Phytochemicals including Extraction, Iso-Characterization". Dr Kancherla Prasad, Senior Scientist delivered a talk on "Intellectual Property Rights". On Day Three, Dr Qazi Naveed ,Principal Scientist & Head NPMC Division, talked about "Modern Drug Discovery-A Rational Approach" while as Dr Showkat Rashid, Senior Scientist delivered a lecture on "Natural Prod-Synthetic Organic Chem-

On day two Dr Prasoon ery".

Dr. Bhahwal Ali Shah, tist gave an insightful talk Pr. Scientist and Technical on "Discovery of Bioactive Coordinator of the Event, Compounds through a enhanced the program's High Throughput Strategy practical value by conducting hands-on training and ery" while as Dr Bharitkar lab sessions. He also gave an practical session on the a lecture on "Discovery integration of Artificial Intelligence (AI) in drug -A Systematic Process discovery, with handson training on molecular lation and Spectroscopic modeling approaches and their application in drug discovery.

Earlier Dr Nasir Ul Rasheed, Senior Scientist & Coordinator Skill Development conducted the proceedings of Valedictory function and shared objectives of such training programs and informed participants about various initiatives under CSIR-Integrated Skill initiatives. The Training program was conducted under overall supervision of Er Abdul

### Indian Army organizes Joint Intelligence, Security Review Meeting at Rajouri

#### JI NEWS SERVICE RAJOURI, MAR 8

A joint intelligence and security review meeting was conducted by Indian Army in the presence of all the stakeholders at Palma Garrison, Rajouri. It was attended by officers from the Indian Army, DIG Police, DIG Border security force, Para military forces, Intelligence agencies, and other relevant stakeholders. The primary objective of the meeting was to gence and security situation in the region and formulate strategies to ensure the successful and peaceful conduct of upcoming



assess the existing intelli- ties or civil unrest, and region. Overall, the joint devised strategies to miti- intelligence and security gate these risks. The meet- review meeting aimed to ing served as a platform enhance the preparedfor sharing intelligence ness and effectiveness of inputs, discussing security security arrangements in events. During the meet- protocols, and coordinat- Rajouri and its surrounding, the attendees dis- ing efforts among differ- ing areas. By pooling their cussed several key issues ent security agencies. The resources and expertise, related to intelligence gath- participants emphasised the stakeholders aimed to ering, threat assessment, the need for seamless create a robust security and security arrange- coordination, intelligence framework that would ments. They evaluated the sharing, and proactive deter potential threats and potential challenges, such measures to ensure the maintain peace and stabilas possible terrorist activi- safety and security of the ity in the region.

### Apri Party commemorates fourth foundation day across Jammu Region

#### **JI NEWS SERVICE** JAMMU, MAR 8

foundation day here across Jammu region including at sify their public outreach the Gandhi Nagar office in program. Jammu where the Party sion.

organized at the Gandhi division. Nagar office in Jammu workers

the Party leaders to carry that the land and jobs the historic Jammu and forward the mission of rights of the people will the Party President, Syed be protected by the Party. been reduced to a Union Mohammed Altaf Bukhari

sahab.

from the traditional political parties in the name of vote bank, and divisive Apni Party today com- politics," he said, while memorated its fourth asking the leaders to work for the people, and inten-

He also commended the leaders hoisted the Party's leaders for their tireless flag to celebrate the occa- efforts due to which the Party has gained its sup-As per the press release, port across Jammu plain, the main function was and other regions of the

"The people have assounder the leadership of ciated themselves with the cratic system should be Provincial President of Party while pinning hopes the Party, S. Manjit Singh with Altaf Bukhari sahab. in presence of large num- The Party is committed to ated the people with the bers of Party leaders, and provide an impartial Govt to the people of Jammu In his address, Manjit and Kashmir," he said, the regions are concerned Singh impressed upon expressing commitment about the downgrading of

He said that the Elec- Territory with its bifurtion Commission of India cation into two Union "The mission of pro- should hold the assembly viding true leadership, elections in Jammu and Ladakh," he said, demandpeople who have faced Parliamentary elections in Kashmir to win the confidecades of negligence the wake of a peaceful and dence of the people.



conducive atmosphere. He said that the demo-

restored without further delay as it has disassocipresent form of Govt.

"The people in both Kashmir State which has Territories i.e., J&K and

Meanwhile, a similar function was organized in the morning at Vijaypur in Samba District, and it was presided over by the Provincial President of the Party, S. Manjit Singh.

In Poonch district head quarter, a function to celebrate the foundation day of the Party was organized under the leader-Ex-MLA, Shah Moham-Vice President Jammu, and representation to the Kashmir along with the ing elections in Jammu and nized the program at Gho State General Secretary, ency in Jammu District), hary at Reasi.

and District President Jammu Rural-A, Pushap Dev Uppal organized the program at Akhnoor office of the Party.

The District President Jammu, Rural -B, Adv Harpreet Singh organized the program at R.S. Pura, Provincial Vice President Women Wing, Neelam Gupta organized the program at Gandhi Nagar (Bahu Constituency); and Rupali Devi organized the program at Kot-Jagir in Nagrota to commemorate the foundation day of the Party.

Similar programs were organized by District President Ramban, Kirpal Singh in Ramban, Provincial Joint Secretary Adil Wani and District President Doda Youth, Sheikh ship of District President, Basharat at Doda; District President Kishtwar, Masmed Tantry, Provincial hood Mattoo and State Secretary, Mohinder Singh Ex-MLA Faqir Nath orga- Parihar at Kishtwar, and Manhasan (Marh Constitu- Youth Wing, Tufail Choud-

### Expert delivered a Talk at SMVDU on Eve of International Women's Day

#### JI NEWS SERVICE JAMMU, MAR 8

In an enlightening session at SMVD University, renowned International Wellness Coach, Dr. Samita Gupta, captivated over 100 eager students with her expertise on the topic "Journey of Women from Womb to Tomb." She was welcomed by Dr. reproductive stages, and action. Rajiv Kumar, Coordinator of NSS, and Dr. Varun Dutta, Assistant Profesa certified nutrition and emotional aspects.

Gupta's comprehensive journey towards gender Khajuria.



discussion delved into the equality and the imperanutritional requirements, tive need for collective reproductive health of Dr. Samita Gupta's women, offering invalu- expertise, coupled with

able knowledge to the her passion for women's sor at SMVDU. Dr. Gupta, attendees. Highlighting the health and wellness, left significance of pregnancy an indelible mark on the fitness expert, delivered and postpartum nutri- audience, ensuring that profound insights into the tion, Dr. Samita Gupta the session was not only holistic health and well- emphasized the pivotal educative but also transforbeing of women, cover- role it plays in ensuring the mative. As the event coning physical, mental, and health and vitality of both cluded, students departed mother and child. The enriched and inspired The expert lecture, expert lecture, strategi- to contribute towards a organized by the National cally scheduled on the eve healthier and more equi-Service Scheme (NSS) at of International Women's table society. Other mem-SMVDU, centered on cru- Day, not only empowered bers from SMVDU present cial aspects of women's the students with knowl- on the occasion were Prof. health and wellness in edge but also served as a Ankush Anand, Dr. Kamini contemporary society. Dr. reminder of the ongoing Pathania and Ms. Shivani

## Azad pledges to enact law ensuring job, land protection if elected to power

#### JI NEWS SERVICE SRINAGAR MARCH 8

Chairman of DPAP Ghulam Nabi Azad today addressed a public meeting in Abhama, Rajpora Pulwama. During his speech, Azad underscored the critical need to create employment opportunities for local residents, emphasizing



their in various projects achieve during his time aimed at providing legal er equity, prosperity, and in J&K. He reaffirmed his in office. Despite facing ownership rights to occu- empowerment across the commitment to empower- challenges and setbacks, pants of state land, had ing the region's economy he remains resolute in previously empowered his unwavering commitby boosting the tourism his belief that completing numerous families by ment to the mission of and horticulture sectors, these projects is essen- granting them ownership development and progthereby fostering sustain- tial for the progress and of land they had occupied able growth and develop- prosperity of the region. for years. Azad under- ing his dedication to the ment. Azad advocated He reaffirmed his party's scored the significance of socio-economic advancefor the uninterrupted commitment to protect- reinstating this scheme to ment of the region, he transportation of fruits by ing land and Job rights continue supporting vuldeclaring trucks carrying and ensuring the welfare nerable communities and fruit as emergency vehi- of the people of J&K. He ensuring their security perity for all residents of cles, thereby ensuring highlighted his party's and stability. Additionally, J&K. His focus on infraseamless logistics opera- pivotal role in leading the Azad pledged to provide tions with no halts along ground-level fight against free electricity to eco- job creation, and social the route. Azad reflected land eviction orders, nomically disadvantaged welfare programs reflects on his tenure, highlight- which compelled the gov- households in J&K. This his steadfast dedication ing his efforts in sanction- ernment to halt the bull- initiative aims to allevi- to improving the lives ing numerous tourism dozers. Azad announced ate financial burdens and of residents across the and developmental proj- his party's commitment improve the quality of life region. Among others ects for the betterment of to reinstating the Roshni for those in need, further who were present on the the community. However, Scheme and providing promoting social welfare occassion were Salman he expressed disappoint- free electricity for the and inclusivity. Azad reit- Nizami Chief Spokesment over the withdrawal underprivileged in Jammu erated his party's unwav-person, Ad Qayoom Dar of support from the alli- and Kashmir (J&K). Azad ering commitment to pri- Sr Vice President South ance party, citing insecu- emphasized the impor- oritizing the interests and Zone, Mushtaq Khanday rity stemming from his tance of these initiatives in well-being of the people Distt President, Peer Bilal work. He emphasized his addressing the socio-eco- of J&K. By reinstating the Zonal President, Ashiq dedication to serving the nomic challenges faced by Roshni Scheme and pro-Khanday, Javid Hakim and people and fulfilling the the people of the region. viding free electricity, his others.

vision he had set out to The Roshni Scheme, party aims to foster great-

region. Azad reiterated ress in J&K. Emphasizoutlined his vision for fostering growth and prosstructure development,

Squadron and 221 Squad-Depot (BRD) and 509 Signal Officer of 221 Squadron. Standard & Colours, and yaan mission. Unit (SU) of the Indian Air Force (IAF). The award of the President's Standard and Colours is the highest honour that can be bestowed upon any military unit. This is the first time in the history of the IAF that four units have been awarded the President's Standard

and Colours together in a

single ceremony. On arrival, the Hon'ble President was presented with an aerial salute by three Mi-171V helicopters in 'Dhwaj' formation trooping the National flag. General VK Singh (Retd), Min of State for Civil Aviation, also graced the occasion. Air Chief Marshal VR Chaudhari, Chief of the Air Staff and senior officers of the Indian Air Force were present on this momentous occasion. The ceremonial parade

was commanded by Group Captain KS Sanu

## **President's Standard and Colours Presentation to Indian Air Force Units**

#### **JI NEWS SERVICE** JAMMU, MAR 8

Hon'ble President of India, of the Indian Armed Forces, emony. Smt Droupadi Murmu, awarded the prestigious

President's Standard to 45 Captain M Surendran, Com- Ghaziabad. Addressing the important contributions of ron, and the President's ron and Group Captain dent congratulated the units programmes of the country Colours to 11 Base Repair Shubhankan, Commanding receiving the President's and the upcoming Gagan-

Nair of 11 BRD. First Day The President's Colours commended them for their covers for 45 Squadron, 221 were received by Air Com- services to the nation. The Squadron, 11 Base Repair modore Ashutosh Vaidya, Hon'ble President highlight-On 08 March 2024, the Depot and 509 Signal Unit Air Officer Commanding of ed the courage, commitment were released by the Hon'ble 11 BRD and Group Captain and sacrifices of the Indian the Supreme Commander President during the cer- Vivek Sharma, Command- Air Force during war and The President's Standard an impressive parade at within India and overseas. were received by Group Air Force Station Hindan, She also brought out the manding Officer of 45 Squad- parade, the Hon'ble Presi- the IAF in the ongoing space

ing Officer of 509 SU during peacetime operations, both

#### NORTHERN RAILWAY

#### E-Tender Notice

Sr. DEN-II/FZR acting for and on behalf of The Presid en tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date- 29.03.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manua offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information ogon to www.ireps.gov.in

logon to www.neps.gov.in						
Tender Type			Tendering Section		Bidding System	
Open			Works		Single Bid System	
Date of Uploading Tenders			Bid Starting Date		Bid Closing Date/Time	
07.03.2024		15.03.2024		29.03.2024/15:00 Hrs		
S.No.	Tender No.		Details of Tender			
1.	425-2023-2024-	Replacement of abandoned quarters with 9 Nos type-II gang quarters at Raya Morh (VJPJ-BBMN)				
	JAT-DRM-FZR for the gang 14 PJ at VJPJ under SSE/W/JAT.					
	Advertised Value (Rs.)		Earnest Money	Validity of Offer		Period of Completion
	1,64,56,293.14		2,32,300/-	60 Days		06 Months
	Similar nature of work :- "Construction of building/quarters".					
2.	426-2023-24-	Works in connection with Manning of Level Crossings in the jurisdiction of Sr. DEN-II/FZR.				
	PTK-DRM-FZR					
	Advertised Value (Rs.)		Earnest Money	Validity of Offer		Period of Completion
	1,87,16,203.12		2,43,600/-	60 Days		08 Months
	Similar nature of work :- "Any civil work other than track work".					
3.	428-2023-24-	TRR (S) 29.013Km	of loop lines in various yards i.e. BBMN, SJNP, KTHU, BDHY, GHGL, JAT,			
	JAT-DRM-FZR	the section of ADEN/JAT.				
	Advertised Value (Rs.)		Earnest Money	Validity of O	ffer	Period of Completion
	3,34,60,356.59		3,17,300/-	60 Days		10 Months
	Similar nature of work :- "CTR/TRR/TFR/TTR including raising of track, screening, distressing of track, pre & post					
	works for track maintenance machine like tamping machines/ballast screening/regulating machines & TTR by T-2					
	0.		, 0	0	Tender N	Notice No.:- 425 & 428-2023-24-
JAT-DRM-FZR & 426-2023-24-PTK-DRM-FZR Dated: 07.03.2024 739/2024 739/2024						
SERVING CUSTOMERS WITH A SMILE						



## **EDITORIAL**

## **PM's Kashmir** visit-a laudable outreach

rime Minister Narendra Modi made his first visit to Kashmir after the abrogation of Article 370, extending a hand to the valley residents with the slogan 'Viksit Bharat Viksit Jammu Kashmir'. This was the second visit of the Prime Minister to Jammu and Kashmir in less than a month. Both visits hold great significance from the perspective of the prevailing situation in Jammu and Kashmir. His message was clear: the development of the region, now a Union Territory, would be intertwined with that of the country. During his visit, he launched and dedicated more than 50 projects worth Rs 6,400 crore, including initiatives in tourism and a project for the integrated development of the Hazratbal shrine in Srinagar. In his speech to a mammoth rally, the Prime Minister emphasized that J&K is experiencing new heights of development and is 'breathing freely' after the 2019 abrogation. The Union Government and security forces have been credited with significantly reducing the number of terror-related incidents in recent years. The annual death toll of both civilians and security personnel has also decreased, and no major terror strike has occurred in Kashmir since the Pulwama attack of February 2019. There is no denying in fact that Jammu and Kashmir has been the biggest victim of petty politics pursued by Kashmiri politicians since independence. Moreover, Congress supported their cause and misguided the nation about Article 370 but who did it benefit? Did it benefit the people of Jammu and Kashmir or a few political families? the PM asked. After the August 5, 2019 decisions, the central government has prioritized development and employment to dissuade youth from engaging in violence and extremism. Modi declared that a developed J&K is a priority for developed India and that 'Naya Jammu and Kashmir' is the one that they had been waiting for decades as he assured the people that the development of the UT will never come to a halt. New Jammu and Kashmir has the spark for the future in its eyes and "140 crore citizens feel at peace when they see the smiling faces of the people of Jammu and Kashmir', the Prime Minister remarked while praising the beauty of Kashmir and revealing that his mission was to win the hearts of Kashmiri people and that he has succeeded in his efforts. The Prime Minister was right in his words that Jammu and Kashmir is not just a region but India's head. A head held high is the symbol of development and honour. That is why a developed Jammu and Kashmir is the priority of a developed India for the Central government. Despite these confidencebuilding measures, the Centre faces two major challenges: restoring J&K's statehood and holding Assembly elections. The delay in these exercises suggests that all is not well on the ground, contrary to the government's claim. Resuming the electoral process is crucial to rebuilding trust with political parties and voters. Neglecting democracy could have dire consequences in a region prone to crossborder terrorism. The discontent over perceived disempowerment following the revocation of the special status and statehood must be addressed promptly.

## **Preserving the feminine essence of India**

harata and the Ramayana. As such, each dance form eeply ingrained in carries a unique history, the nation's cul- with regional variations tural and historiadding to the diverse culcal legacy, Indian classi- tural landscape of the cal dance forms stand country, often shaped as a testament to the and perpetuated by the artistic excellence that creative expressions of they have endured for talented women who have been the torchbearers of

generations. These ageold dance forms, such as these traditions. Bharatanatyam, Kathak, Preserving these dance Odissi, Kuchipudi, Maniforms is crucial to mainpuri, and Kathakali, showtaining the cultural idencase a beautiful fusion tity of the nation. These art of storytelling, rhythm, forms serve as more than just performances; they and emotion. As modernity permeates through are living repositories of every facet of our lives, Indian heritage, morals, it becomes increasingly and spiritual beliefs. The crucial to preserve and detailed hand movements, promote these traditional facial expressions, and dance forms, not only for body motions narrate stothe protection of India's ries that have been passed down from one generacreative legacy but also as a celebration of the unique tion to the next, serving feminine energy that has as a connection between shaped and nurtured these the past and the present. art forms for centuries. In addition to their cul-

Indian classical dance tural importance, these forms trace their origins dances also enable artists to ancient scriptures and to express a wide range of feelings, from joy and texts, serving as a medium to convey stories from celebration to sorrow and introspection. The intrimythology, epics, and folklore. For instance, cate footwork, graceful Bharatanatyam finds its movements, and expresroots in the Natya Shastra, sive gestures allow artists a treatise on performing to communicate intricate arts attributed to the sage narratives and emotions Bharata Muni. Similarly, silently in a world that is Kathak traces its origin to evolving yet still deeply the Hindi word 'Katha' and rooted in tradition. It may perhaps be this

developed as a medium of storytelling from Hindu deep connection with scriptures like the Mahab- cultural identity that has tions.



prompted Prime Minister Narendra Modi to put India's rich cultural heritage at the forefront of Indian diplomacy. His commitment to cultural diplomacy is evident in initiatives like the International Yoga Day and the Pravasi Bharatiya Divas, both of which have become global celebrations of Indian culture. Under his prime ministership, ministries and embassies around the world have undertaken numerous initiatives to actively support and promote classical dance forms to international audiences. Through cultural exchange programmes, Indian artists have been provided with the opportunity to

perform on global stages, while international artists have been welcomed to experience the diverse spectrum of Indian tradi-

In addition to being a means of artistic expression, dance forms also have the potential to bridge societal gaps by promoting inclusivity themes of diversity, unity, love, joy, sorrow, compassion, and communal harmony championed by these dance forms can be used to build a shared that transcends regional, linguistic, and religious boundaries. The heightened cultural integration, in return, will help foster a sense of unity and mutual respect among the diverse society.

interest among the younger generation have posed

these dance forms. Any Indian classical dance effort to address these forms assumes additional challenges requires sus- significance; it stands as tained efforts in education a strategic investment and awareness, both at the in the very soul of the school and community nation. Our dance forms levels. Additionally, there represent a timeless link to is a need to leverage digital our nation's rich cultural platforms for learning and and historical legacy, proshowcasing performances viding us with a source to make these dance of inspiration, artistic forms more accessible expression, and social to a wider audience. It is cohesion. They also stand perhaps this desire to pro- as a testament to the hunin these dance forms that women artists who have has prompted us at Roots promoted and preserved 2 Routes to organise online the very essence of clasdance courses for different sical dance forms. Recogdance forms, starting with nising the intrinsic value Bharatanatyam, Kathak, of Indian classical dance and understanding. The and Odissi. Launched in forms is pivotal, especollaboration with the cially on this occasion. Indian Council for Cultur- Actively contributing to al Relations (ICCR), Centre their preservation is not for Cultural Resources and just a nod to tradition but Training (CCRT), along a deliberate step towards with 60 embassies around fostering the strength and cultural understanding the globe, the aim of the grace of women across mission is to present dance generations. It is a way to enthusiasts across the ensure that these eternal world with an exclusive forms of art remain within opportunity to immerse reach amidst the present themselves in the rhyth- and future generations. mic intricacies, traditional This Women's Day, let's narratives, and storytellcommunities that make up ing elements intrinsic to promote our cultural the very fabric of Indian the Indian classical dance treasures, reinforcing our In recent times, how- of its proponents and pracever, the influx of modern titioners being women, the yet impactful medium. cultural trends, limited initiative also aims to proinfrastructure, and waning vide a platform for their

practice and growth of nificance of preserving mote and reignite interest dreds and thousands of pledge to support and forms. With the majority dedication to empowering women through a silent

(The writer is the founder of Routes 2 Roots, a Delhibased NGO; views are personal)

creative expression. As we commemorate

grave challenges to the Women's Day, the sig-

## Not China, Nepali Congress forced Prachanda's hand

#### BHARAT BHUSHAN

**TEENA VACHANI** 

Tepal's politics has once again taken an unexpected turn with Prime Minister Pushpa Kamal Dahal, aka Prachanda, breaking his alliance with the Nepali Congress. Prachanda's Communist Party of Nepal (Maoist Centre) formed an alliance government with the Communist Party of Nepal - United Marxist Leninist (UML), which is led by K P Sharma Oli.

With this, the alliance between CPN (Maoist Centre) and the Sher Bahadur Deuba-led Nepali Congress, formed in December 2022, has ended. Overnight 32 MPs from the CPN(Maoist Centre) formed a

has become a go-to explanation for any political changes that may not Bahadur Deuba, is also Member of man leading the campaign, Shankar be of India's liking.

However, Prachanda's actions have more to do with the attitude of the Nepali Congress than efforts by China. The December 2022 alliance between Prachanda, Deuba, and Madhav Nepal was based on rotational prime ministership. Prachanda and Deuba were to get two years each as prime minister, and with the remaining year going to Madhav Nepal. India apparently provided the tacit guarantee that Prachanda would not be disturbed by Deuba for the first two years.

The immediate reasons for Prachanda breaking the alliance just freedom as Prime Minister. new coalition with the 78 MPs of 15 months later were provided by the CPN-UML, 21 MPs of the Rash- his Nepali Congress-nominated

gress' proportional representation quota, and nurtures political ambitions. Sher Bahadur Deuba's opponents in the Nepali Congress suspect that he would like his wife to succeed him as party president. One of the reasons for Prachanda's unhappiness in running the coalition was what he saw as Arzu Rana Deuba's undue interference in governance through her party's ministers, like Mahat. The ambitious Sher Bahadur Deuba himself acted as a super prime minister drastically constraining Prachanda's degrees of

fore over Sher Bahadur Deuba's demand which was earlier limited to many Nepalese political observers finance minister Prakash Sharan desire to have party member Krishgerheads with Prachanda. Requests of the National Assembly. However, the largest mainstream parties in interests'. This may be the reason to Deuba to nominate someone else Prachanda wanted his party to get the job. Sher Bahadur Deuba was also perceived as trying to cut the Maoists down to size by supporting some members of Nepali Congress portional representation quota of Central Committee who launched a the Nepali Congress in Parliament. signature campaign to restore Nepal He has enjoyed several high offices, as a Hindu Rashtra (Hindu nation). including being a former energy Last month, 42 members of the cenminister and foreign minister. His tral committee demanded through

Arzu Rana Deuba, the wife of Sher a Vedic Sanatan Hindu Rashtra. The accord which brought them into the Parliament under the Nepali Con- Bhandari, claimed that the demand had the support of Sher Bahadur Deuba. The central committee in its meeting on February 16 refused to put the issue on its agenda. Bhandari, the campaign leader, told the media that while some Nepali Congress leaders have questioned the intention of the signatories, "we think we also have a responsibility to the state and the nation."

This is the second time that such a signature campaign has been used by Nepali Congress members to force a discussion and support the restoration of Hindu Rashtra.

democratic process. The other three were, promulgation of a Republican Constitution, State restructuring and integration of Maoists combatants into the Nepal Army. There are hundreds of legal cases against the Maoist cadre which are in abeyance as of now as the State tries to seek some kind of peace and stability through various reconciliation processes. Sher Bahadur Deuba's tacit support, if the claims of the revivalists are correct, threatened the Maoists existentially. There is strong suspicion in Nepal that the revivalist demand for abandoning secularism and restoring Nepal as a Hindu They had done so unsuccessfully in Rashtra is being encouraged by the The differences also came to the 2018 as well. It is significant that the Hindutva forces in India. Indeed, political parties that were royalist claim that 'Indian interests' in Nepal why India often gets blind-sided in political developments in Nepal - as ist origins, the demand for Hindu the Indian State and the ideological Rastra envisioned restoration of forces of Hindutva working there are often at cross-purposes in the Himalayan nation. Ambitious political elements in Nepal desirous of being in the good books of the ruling dispensation in New Delhi are only too eager to please.

triya Swatantra Party, and 12 MPs of the Janata Samajvadi Party – giving Mahat. Mahat was constantly at log- na Sitaula appointed as Chairman vestiges is being adopted by one of are being overtaken by 'Hindutva him 138 seats in a house of 275. Prachanda is further trying to bolster his majority by bringing Madhav from the Nepali Congress for the job Nepal's CPN (Unified Socialist) into fell on deaf ears. Mahat has never contested an the fold. Refusing to recognise the ground reality of Nepal politics,

election, and comes from the prosome Indian observers have opted for the easy explanation that the 'left unity' between the CPN-UML and CPN (Maoist Centre) is the handiwork of China. India has been blind-sided by China so often of late strength comes from the Deuba a signature campaign that the party ened, as transitional justice was family, especially Arzu Rana Deuba. support the restoration of Nepal as one of the four pillars of the peace in Nepal that the 'Chinese influence'

Nepal which was at the forefront of creating the republic. In its royala symbolic Hindu monarch in the country. As under the current Constitution, Nepal is republican and secular, both demands do not seem realistic. But if the Constitution is changed, the Maoists are threat-

Bharat Bhushan is a Delhi-based journalist.

## Indian airlines should not gamble with stricter safety

#### TIM <u>CULPAN</u>

Indian pilots are exhausted, battling erratic schedules, consecutive latenight departures and excessive hours.

longer breaks and shorter work hours for cockpit delay implementation. They shouldn't.

lations released in Janu-

from 36 hours to allow recovery from accumulated fatigue. Maximum flight times have also

Yet airlines are push- been cut and the definiing back against new tion of night duty – when rules from the aviation reduced work times are regulator that mandate enforced - will be broadened. The Federation of

crew. Fearful of higher India Airlines, which repcosts and restricted oper- resents carriers includations, carriers want to ing Air India, IndiGo, SpiceJet Ltd and Vistara, said last week that these

Instead, India's avia- new stipulations are the tion industry needs to world's most restrictive. embrace these rules They will require 25 per quickly with the under- cent more pilots, and standing that safer skies may result in the canand a greater emphasis cellation of up to 20 per on working conditions cent of flights, The Ecocan only help business nomic Times reported. and lure more custom- The new rules are to go ers. The pain of tighter in effect June 1. Airlines working hours will be believe it'll be almost short-lived, but the the impossible to comply benefits will be enduring. on time and want that Among the new stipu- pushed back by a year.

to remember that fearful flyers are bad for business. Price is a big passengers choosing an airline, yet multiple studies show that perceptions of safety also impact service quality and choice of transport mode. Given the rules apply to all, the

purported higher cost will leave no individual operator with a competitive advantage. There's also precedent

for national aviation authorities to implement regulations that may be stricter than global standards, and at least one case where delayed implementation may have proved fatal.

Two fatal accidents at Taiwan's TransAsia Airways Corp. serve as a warning for India's aviation sector. After the first, While concerns about in July 2014, the Civil

ary are mandates that higher costs, staff short- Aeronautics Administra- fully. The avoidance of contributors to exhausthat airline, which flew mostly domestic routes. Concerned about fatigue, decision-making factor in the regulator mandated

that pilots at TransAsia spend no less than provide enough rest and time to conduct preflight checks.

1. But on Feb. 4, TransAsia flight 235 crashed into a river bank, kill-

the problems more care- and excessive hours as

weekly rest periods be ages and schedule cuts tion introduced stricter just one mistake may tion, Reuters reported at increased to 48 hours are valid, carriers need rules specifically for have saved dozens of the time. lives. Customers quickly deserted TransAsia and the airline shut down the

following year. Boeing Co notwithstand-30 minutes at the gate ing, including faulty airbetween trips in order to craft design and engineering, the aviation could climb 15 per cent sector has eliminated almost every major con-After lobbying from tributor to air crashes ing middle class spur custhe airline, implemen- over the past 100 years. tomers to criss-cross the tation was pushed back Pilot error is among the world's most-populous, from Jan. 1, 2015 to March final factors, and fatigue and seventh-biggest, is a major component.

India's new rules didn't come from nowhere. per cent of its 1.4 biling 35 people. Logbooks The sudden death of lion people never having showed that the aircraft an IndiGo pilot before flown, Indian airlines spent just 20 minutes at his flight last August have years of growth the gate. Investigators prompted the Direc- ahead. It would be a found that numerous torate General of Civil pity to scare millions pilot errors were the Aviation to review data of potential customchief cause of the acci- on pilot fatigue and con- ers away before they've dent. More time and less duct spot checks. Pilots even had the chance to rush would have reduced have pointed to erratic experience the magic of fatigue and allowed the schedules, consecutive air travel. pilots to work through late-night departures,

The pressure on aviation workers is set to continue. Domestic traffic hit

a new high in December, Current problems at ferrying 13.8 million passengers on more than 91,000 flights for the month. Annual figures this year as the recovery from Covid and a growcountry.

With more than 90

# HEALTH

## **Matza - A Perfect Solution to Several Ailments**

#### **ADITI SHENAI**

atza or matzo (also spelt matzoh or matzah) is a type of flatbread prominent in the Jewish culture. Jews consume this dish during the Passover holidays commemorating their Exodus from Egypt. This food is a symbol of salvation. Similarly, unleavened bread is also a communion wafer in some Christian traditions. Here matzo symbolises Jesus Christ during the last supper, a Passover meal.

Matzo is known for its ready-to-be-devoured taste, but most of us are unaware of the health benefits. Matza is a bread that is suitable for most restrictive diets. In addition, it is an enormous energy source and can cure several disorders.

Matza has several names as matza, matzo, matzah, or matter what you call it, the your nutritional needs and worth of this bread does not taste preferences. change. Matza tastes bland on its own. However, the Nutritional Facts/Contents taste enhances with cooking; it only takes about 18 minutes. You can consume it during any meal of the day.

value.

Proteins: 13.1g

Fibre: 0g

Potassium: 316 mg

Fat: 0g

**Proteins** 

variants

Fats

Energy: 351 kcal

#### Note

Matza is a popular food that has roots in Egypt during the Exodus of the Jews. When leaving the country, the people did not have time to let their bread dough rise. Therefore, when they baked it, they ended up with matza. Thus, it is a ritual to relive this incident. Moreover, it holds significance religiously, as people use it as a staple during Passover. from consuming matza. Suitable for Low-Calorie Diets Passover is a remembrance of Jesus Christ during the more protein than the other last supper.

#### **Varieties of Matza**

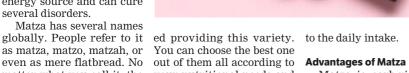
There are different flavours and varieties of matza. is low in calories. Thus, it and moderately, matza can Significant brands like Stre- is the perfect aid for weight be the best mid-day snack for it's and Yehuda are home to loss. these wide varieties.

#### **Chocolate Matza**

beneficial as the plain matza. get a taste of chocolate and gain nutritional benefits. It carbohydrates. is a fan favourite amongst children, and parents love it as their kids get to consume something nutritious while enjoying it.

#### **Organic Matzo**

beneficial. However, organic tributes nearly 10% of your benefit your weight loss promatzo acts as the cherry on daily required carbohydrate gram. the cake. It contains the right intake when finished.



Matza is carb-rich and a convenient food option.

There are several variants available. Matza is not a According to the USDA, superfood, yet it provides 100 grams of matza contains some benefits. A few of them the following nutritional are listed below.

#### **Dairy-Free Option**

Carbohydrates: 78.9g Matza production mainly involves no dairy product. Therefore, it ensures people who are lactose intolerant can consume it safely. Magnesium: 134 mg Matza can also be an excel-Phosphorous: 305 mg lent food choice for children. However, be cautious while As mentioned above, choosing your matza in the

matza contains 13.1 grams of market. Always consult vour paediatrician before giving it proteins. Therefore, a person would get about 5 to 6% of to your children. their daily protein intake

Looking at the nutritional chart, you can see that matza is relatively low on calories compared to other wheatbased flatbreads. Addition-Matza contains no fat and ally, if consumed regularly your hunger pangs between meals

It is well-known that satu-

rated and trans fats can be

highly detrimental to your

body. For example, they can

by increasing unwanted LDL

(bad) cholesterol in your

#### Carbohydrates

It is undeniable that car- Aids Weight Loss As absurd as it sounds, the bohydrates are the only chocolate matza is equally source of instant energy for our bodies. Unfortunately, Brands introduced this fla- most flatbread varieties vour so that children could contain too many calories cause chronic heart diseases or have meagre amounts of

Variants like egg matza have

That is where matza body. stands apart from other kinds of bread. Matza is a foods produced in the curbalanced dietary food item rent times contain a high that anyone on a restrictive amount of fats. Matza, on the diet can consume. A single other hand, has zero grams sheet of matza has plenty of fat. Therefore, in modera-Matza in itself is highly of carbohydrates. It con- tion, matza can significantly

#### **Preservative Free**

Most of the top matza brands add no preservatives to the original matza. They do this to reduce the chances of causing allergic reactions amongst their customers. The original matzo crackers or snacks only contain refined wheat flour and matza.

#### Adverse Effects

Every food item reacts differently for different individuals, so checking for possible allergies is a given. A few of the common allergies for matza are listed below.

#### Indigestion

Constant and excessive consumption of matza can create issues for your diges tive system. As matza is food for restrictive diets, people consuming it generally don't feel satiated with their meals. As a reflex, they start consuming more matza, leading to health complications. However, you don't need to stop the intake of matza.

It would be best to regu late it by consuming other fibre-rich foods like berries, strawberries, bananas, broccoli, etc. These would reduce its effect on your intestine and promote regular bowel movements. Patients suffering from gastrointestinal problems are advised not to consume matza regularly.

#### Constipation

Most of the packaged Just like indigestion, constipation is also a severe effect of overconsumption of matza. Matza usually is used as a remedy to treat diarrhoea. Thus, people typically begin their intake to control diarrhoea but end up with constipation by overeating it.

### **Recipes Using Matza**

There are numerous ways to consume the healthiest matza. A few of them are listed below. Matzo Ball Soup

Chocolate Toffee Matzo

- Matzo Icebox Cake
- Matza Lasagna
- Matzoh Sandwich

These recipes can be a great choice if you dislike the taste of matza on its own. You can try out these recipes at home as they are healthy and tasty at the same time. Most of these recipes also contain enough fibre to ensure the regularity of bowel movements.

#### Matzo Ball Soup

Servings: 4 to 5 Preparation Time: 10-15 minutes Cooking Time: 1hr 30 minutes Total Time: 1hr 45 minutes 1 cup: Around 200ml Ingredients Vegetable oil: 1 tbsp Garlic: 1 Yellow Onion: 1 Carrots: 3 Celery: 3 stalks Chicken Breast: 1 Chicken Broth: 5-6 cups Pepper, Salt, Baking Powder: A pinch Eggs: 3 Matzo meal: 3/4 Cup Procedure

After dicing the onions, carrots, and other vegetables, saute all the vegetables in a huge pan on medium heat until the onions turn transparent. It will take around 5 minutes to do so.

After this, move on to the chicken part. Add the chicken breast and broth to the pan with equal amounts of water. Close the lid and let it boil. Once it boils, let it simmer for 30 minutes.

While the soup is cooking, you can prepare the matzo balls.

First, mould the matzo dough into a ball.

Take a medium bowl, and mix the eggs, vegetable oil, a few pinches of salt, baking powder, and pepper with the matzo meal.

Add a lot of water and refrigerate the mixture for 30 to 40 minutes.

Once you have cooked the soup, you can remove the chicken breast, shred it, and return it to the soup. First, check if the broth and the chicken breast are

well flavoured. Once the matzo balls are well frozen, add them to the

soup. Once all the balls are in the soup, cook the soup for 20 more minutes at medium heat. Stir the soup at regular intervals to avoid clumps.

Your soup is ready. Serve it hot with some dill leaves as garnishing.

#### Matzo Brei

- Servings: 8
- Time: 20 minutes Ingredients
- Unsalted matzo crackers: 1 package (10 ounces)
- Large eggs, beaten: 8 Whole milk or half-and-half: 1/2 cup
- Kosher salt: 1 tsp
- Unsalted butter divided: 6 tbsp
- Maple syrup, optional
- Procedure

Crumble matzo crackers coarsely into a fine-mesh sieve placed over a large mixing bowl.

Place the sieve under cold running water for 15 seconds to soften matzo and drain.

- Combine the softened matzo, eggs, milk, crumbs, and salt in a mixing bowl. In a large pan over medium-high heat, melt three
- tablespoons of butter.
- Add half of the matzo mixture.

Cook for 3-4 minutes until the bottom is golden

weight or gain muscle.

Since it doesn't contain

dairy products, it is also

to dairy. Though it has two

significant side effects: indi-

gestion and constipation,

you can cure these by alter-

ing your regular diet slight-

ly. Nothing is detrimental if

consumed in moderation.

### How to Make Cornmeal?

JINDRAH IMAGES

JAMMU, MARCH 09, 2024 SATURDAY

#### Ingredients

- Corn Kernels **Method of Preparation**
- Put the corn kernels in a blender or seed grinder and grind them. The first round will yield some uneven pieces

so sieve the powder into a bowl and then grind the larger pieces again.

You may also need the third grind or blend. Transfer the finely ground cornmeal to an airtight container.

Cornmeal is prepared by mixing it with water and butter and thickening it. Then, one can add it to soups to reduce it. Also, it may be baked as cornbread.

#### **Healthy Cornmeal Recipes**



**Cornmeal Porridge** 

Preparation time: 5 minutes

- Cooking time: 20 minutes
- Servings: 5 Ingredients
- Water: 2 cups
- Coconut Milk: 2-3 cups
- Cinnamon stick: <sup>1</sup>/<sub>2</sub>
- Teaspoon salt: 1/2 (adjust to taste)
- Yellow cornmeal: 1 cup Vanilla extract: 1 tsp
- Nutmeg: <sup>1</sup>/<sub>2</sub> tsp (adjust to taste)
- Dates/Figs Puree: ½ cup

#### **Method of Preparation**

Add 2 cups of water and 2 cups coconut milk to a saucepan.

Put in  $\frac{1}{2}$  stick cinnamon sticks. Bring it to a boil.

- Gradually whisk in the cornmeal, add a little at a time until you have added the whole thing, and keep stirring to prevent any lumps.
- Reduce the heat to low and cook for about 15 minutes until the mixture thickens.
- Add vanilla extract, nutmeg and dates puree to the mixture.
- Adjust consistency with coconut milk or water if required.

Turn off the flame. Serve it with extra nutmeg or cinnamon powder.

#### **Gluten-Free Cornbread**

amount of fibre too. This variety came up with the Fibre emphasis on eating organic for a healthier lifestyle.

#### Whole grain or Gluten-Free

These varieties are introduced explicitly to those who do not include gluten in their diet. These varieties grant instant benefits to your growing muscles as they contain more protein. In addition, the results are quicker than plain matza.

producing brands have start- ing matza regularly can add

matza contains no fibre, most brands have introduced some prominent brands adding wheat bran. You can to your taste preference.

Iror

a superfood, it contains a

enhance matza's benefits by the advantages. In addition, choose your type according the whole grain variety of

Even though matza is not a food supplement or grams of whole grain.

trace amount of iron. The ies, you should consume These varieties are on- total iron content in matza approximately 45 grams of demand currently. Thus, is around 0.4 milligrams (per matza daily to get the maximost of the popular matzo- matzo sheet). Thus, consum- mum benefits.

#### Whole-Grain Options

reasonably cool location.

bread

ence?

ferences include:

The main reason for this Although the original is the absence of fibre. Fibre Though the original raw matza is not very healthy, usually acts as a laxative in treating constipation. The newer variations to enhance lack of it leads to the harden ing of stools. The only soluseveral brands introduced tion to this issue is to drink enough water and eat fibrematza. The criteria to qualify rich foods. Balanced matza as a whole-grain supplement and fibre consumption will is that every 30 grams of the keep your intestine happy product should contain 8 and healthy.

#### According to some stud- The HealthifyMe Note

Some of the known side effects of Matza are indigestion and constipation. Keep brown and you have cooked the eggs.

Top with the rest of the butter and matzo mixture. If you would like, drizzle with maple syrup and serve.

ensure the smooth function- efit to people trying to lose ing of your digestive system. These side effects are not chronic or permanent. Nevertheless, be cautious to suitable for people allergic check the ingredients before consuming matza

#### Conclusion

Matza is an excellent alternative to other wheat flourbased foods as it contains no drinking enough fluids like fat and has fewer calories. water and fruit juices to Also, this is an add-on ben

Gluten-free millet flour blend: <sup>3</sup>/<sub>4</sub> cup Baking powder: 2 tsp Salt: 1/2 tsp Large Egg: 1 Low-fat milk: 1 <sup>1</sup>/<sub>2</sub> cups Butter melted: 3 tbsp Honey: 1 tbsp **Method of Preparation** 

Gluten-free yellow cornmeal: 1<sup>1</sup>/<sub>4</sub> cups

Total Time: 45 mins

Servings: 9

Ingredients

Cooking Time: 10 mins

Step 1: Preheat the oven to 400 degrees F. Step 2: Whisk cornmeal, flour blend, baking powder and salt in a bowl. Then whisk egg, milk, butter and honey in a bowl. Add the liquid ingredients to the dry ingredients and stir until they combine. Spread the batter into the prepared pan.

Step 3: Bake the cornbread for about 35 minutes until a toothpick inserted in the centre comes clean. Cool It for 10 minutes before serving.

## **Farro: Health Benefits of this Ancient Grain**

#### **HIRAL PATEL**

orn-based foods such as poppers, cornmeal, and grits are from dried and crushed corn kernels. Cornmeal includes more carbs and sever- steel rollers, which remove most al vitamins and minerals than of the husks and germ. other corn-based meals.

with possible benefits for cardiovascular health and digestion. An Introduction of Cornmeal

Cornmeal is a coarse flour made out of dried corn or maise. It is ground to fine, medium, and coarse textures but is not as refined as wheat flour. Cornflour is the name given to finely ground cornmeal in the United States. Also, refined cornmeal is made from maize. The maize alkaline medium, such as limewater, which is used to make tortillas and tamales.

polenta in Italy and is a staple Romania. Cornmeal was traditionally created by stone grinding the kernels while preserv-

ing part of the shell and germ. meal: It is common within the the corn kernel. Because of the high-fat content, U.S. The husk and germ of the it is more perishable. On the maize kernel get removed. It's other hand, cornmeal is signifistored for approximately 12 cantly more nutritious. These months if kept in a hermetic days corn grinding happens with field in a groovy, dry vicinity. Stone-ground cornmeal: Keeps a number of the hull and

Cornmeal can be yellow or germ, lending a more excellent You can also use commeal white, depending on the variety flavour and vitamins to recipes. to make polenta, bread, fritters, of maise. Oil, vitamins, fibrous It is more perishable and will and other recipes. In addition, it hulls, and starchy endosperm stay longer if refrigerated. Howis a gluten-free diet alternative are all in whole-grain cornmeal. It has double the nutrients of determined cornmeal and promotes a rich and full flavour.

However, whole-grain cornmeal becomes rancid rapidly due to its and is not uncommon in parts of high oil content.

#### **Types of Cornmeal**

There are different types of cornmeal, depending on the types of corn. For example, white cornmeal is from white corn, goes through treatment in an and yellow cornmeal is from vellow corn.

Blue cornmeal: It is mild blue or violet. It's miles from whole Boiling cornmeal is called blue corn and has a candy flavour. The cornmeal includes dish or bread alternative in dried corn kernels which have been ground right into an excellent or medium texture

Metallic-ground yellow cornstarch is from the endosperm of

Texture: Cornmeal is coarse, while corn flour is fine. Cornstarch is somewhat powdery in texture

Taste: Cornmeal and corn flour are grounded forms of the whole corn kernel, so both have a pronounced corn flavour. Cornstarch is the grounded form of a flavourless kernel part, so it has no taste. That is why it is ever, it can also have a shelf lifeideal as a thickening agent.

style of many months if kept in a Uses: After boiled in water. one can eat cornmeal as a meal White cornmeal (mieliein itself. For example, you can meal): It is made from white corn use cornmeal while baking a loaf of bread or pastry. In addi-Africa. It is also popular in the tion, cornflour is primarily for southern U.S. for making cornbaking, and cornstarch is for thickening sauces and soups.

Cornmeal vs Cornstarch vs Nutrients: Cornmeal and corn Corn Flour: What's the Differflour are whole grain flour. Both contain protein, fibre, carbohydrates, potassium, and starch. Cornstarch is the grounded form of the endosperm, so most nutridifferent corn products. The difcomposed of carbohydrates and has a high starch content.

Processing: Cornmeal and Can You Substitute Corncorn flour are whole grain flours starch, Corn Flour, and Corngrounded from whole corn ker- meal?

nels. On the other hand, corncornmeal are all grounded from

the same ingredient, but generally, you should not interchangeably use these products. There is one exception: you can substitute corn flour for cornmeal in chess pie filling. In baking, corn flour and cornmeal produce different textures for the finished

bread or cake. **Nutrition Facts of Cornmeal** 

As per USDA, 100 grams of cornmeal serving contains: Calories: 370 kcal Carbohydrates: 79.4 g

Fat: 1.75 g Protein: 7.11 g Fibre: 3.9 g Sugar: 1.61 g Starch: 73.3 g

Vitamins and Minerals Cornmeal also contains a fair amount of vitamins and miner-

Potassium: 142 mg Calcium: 3 g Iron: 1.1 mg Magnesium: 32 mg Phosphorus: 99 mg Sodium: 7 mg Selenium: 10.5 ug Niacin: 1 mg Folate: 30 g Choline: 8.6 mg

Vitamin A: 11 ug Vitamin E: 0.12 mg

The HealthifyMe Note Whole-grain cornmeal is a rich source of thiamin and magnesium. However, it also contains selenium in it. Cornmeal products made from dried corn, such as grits, polenta, and masa flour, are also a rich source of vitamin B6 and folate.

Health Benefits of Cornmeal Improves Heart Health Cornmeal is rich in potassium. Potassium helps smooth blood flow through the arteries, regulating muscle construction in the heart. Thus, it regulates your heart rate and blood pres-

sure High levels of bad cholesterol cause various cardiovascular diseases. These diseases are heart attack, stroke etc. However, studies show that dietary fibre and selenium in cornmeal help reduce cholesterol. It happens because fibre binds the cholesterol and carries it out of the body, and selenium acts as an antioxidant.

#### Helps Support Healthy Bowel Movements

The dietary fibre in cornmeal helps in improving bowel move- that calcium and phosphorus are ments. Also, our stool becomes

softened as water in the intestine gets absorbed due to dietary fibre. As a result, the stool passes smoothly due to water absorption. Thus, fibre-rich foods like diseases cornmeal prevent constipation.

Cornmeal also improves gut health by fostering good bacteria in the body. In addition, studies have suggested that cornmeal prevents infections and inflammation by improving immunity.

#### May Help Prevent Obesity

Cornmeal is effective in obesity prevention. Cornmeal is rich in dietary fibre, essential for the digestion of food. Fibre keeps one full for long hours and increases satiety. Therefore, it helps in preventing obesity.

Cornmeal is a dense source of protein. Studies suggest that proteins are great for boosting your metabolism. Thus, consuming cornmeal can help prevent obesity

#### mproves Bone Health

Cornmeal has a very high mineral content. It includes phosphorus, manganese, and magnesium. Research suggests essential nutrients for healthy

bones. They improve bone density and prevent fractures by forming a robust structure, reducing the risk of osteoporosis-related

#### **Strengthens Immunity**

We already know the advantages antioxidants do to our immunity. And fibre also plays a significant role in immunity. Studies show that fibre is an excellent food for the good bacteria within the gut. Thus, it helps in promoting good bacteria. But on the other hand, they also destroy harmful bacteria. Cornmeal reduces inflammation within the body. As a result, it improves the immune reaction to such pathogens and destroys them.

#### **Prevents Diverticular Ailment**

Getting enough fibre is vital for intestinal fitness. Studies state that consuming a good amount of fibre from cornmeal can lessen the chance of diverticular disorder by as much as 40%. Commeal also lets you thrust back this painful situation as you age.

#### ●●●●● **◆CWYK** ◆ ●●●●●● $\bullet \bullet \bullet \bullet \bullet \bullet$ $\bullet \bullet \bullet \bullet \bullet \bullet$ $\bullet \bullet \bullet \bullet \bullet \bullet$ $\bullet \bullet \bullet \bullet \bullet \bullet$

In the U.K and Europe, cornflour is known as cornstarch. In the United States, cornmeal, cornstarch, and cornflour are ents are removed. It is primarily

Cornstarch, cornflour, and



and prosperity.

## **INDIA bloc will win all 6 Lok Sabha** seats in J&K, Ladakh: Bhalla

JINDRAH IMAGES

JAMMU, MARCH 09, 2024 SATURDAY

#### JI NEWS SERVICE REAS, MAR 8

The INDIA bloc will win all six Lok Sabha seats in the Union territories of Jammu and Kashmir, and Ladakh, JKPCC Working President Raman Bhalla said while addressing public gathering in Reasi today. Prominent among those present on the occasion include JKPCC General Secretary Rajesh Sadhotra, Munshi Ram Salaria, Madan Dogra, Raj Kumar Verma, Mohan Singh, Anil Sadhotra, Gopal Pandit, Bashir, Raj Kumar Padha, Raju Spolia, Bhanu Partap, Sewa Ram, Shahid Shah, Vikram, Karan Thappa, Yashi, Ravi Gandotra, Ajay, Jugal, Jannu, Rashid, Javant, Ranjit, Prikshit, Abhishek, Gafoor, Rafiq, Angrez Singh, Basim Ranjit Singh, Anil Raina, Suresh, Pritam Singh, Adv. Vijay Adv. Ajay, Jishu, Naresh Sharma, Mukesh, Sunil, Tilak besides others of democracy in J&K apart from snatching statehood, people. rights to land and jobs, failure to regularise daily wagers and stopping of old emerge stronger enough ets of capitalists. He said increasing drug addiction, it is possible by doing it



as no party will be able to in all departments, but anti-encroachment camform government without in the last 10 years, only Urging party workers Congress which is only a handful of people were plazas'. to gear up for the ensu-secular and democratic given jobs in the name of ing Lok Sabha elections party in the country, fight- employment. Bhalla said Congress ing against dictatorship of believes in Hindu-Muslim Modi Government. The people of J&K, said that the entire country was unity and religious broth- senior Congress leader they wanted developerhood for peace and said that people are fed up ment, investment and Alliance as the only hope. harmony in the coun- with anti- poor and anti- employment. While try. He said that record common people policies addressing the rally, he unemployment of last 45 of the ruling party whose made it clear that in the years, price rise, murder diversionary and divisive coming days, Congress politics is exposed before would enter the field with

Bhalla exhorted the it would move forward party cadre to prepare for taking every grassroots the upcoming elections. worker into confidence. age, widow pension and He said that BJP should He alleged that the councrushing rights of employ- tell what contribution try was not in safe hands ees are all anti- people it made in the indepen- and the end of the politics actions of BJP govern- dence of this country. He of dividing people in the ment. Bhalla expressed alleged that while the BJP name of caste and religion confidence that the alli- did nothing on serious was near. Taking on BJP, ance will win all the six issues like inflation and he said that the people seats -- two seats of Jammu unemployment during its of Jammu and Kashmir region, three of Kashmir 10-year tenure, it left no were feeling cheated. valley and one of Ladakh. stone unturned in disturb- He said that BJP's poli-Highlighting the signifi- ing the communal harmo- tics of regions divided cance of Jammu and Kash- ny of the country. Taking the mutual brotherhood mir, he said, "Although a jibe at GST also, he said of Jammu and Kashmir. state much less than the J-K has six seats in Parlia- that taxes are being col- He claimed, "Today the entire nation. "If the govment and 90 in assembly, lected from the public for people of Jammu have ernment is serious about it is the most important everything from salt and been deprived of their state for its strategic and sugar to petrol and diesel, rights." He also criticised I hope that they will put secular characters." He but the tax money collect- the party for unem- their money where their said that Congress will ed is going into the pock- ployment, inflation and mouth is and show us that

paigns and 'illegal toll Emphasizing on mutual

Bhalla lauding the ny, Bhalla said that today

coordination and harmo-

considering the I.N.D.I He said, "Now the time has come that Congress, which has been playing the role of a strong opposition, should come to the central stage and the great determination and people can be saved from their present miseries. He challenged the central government to hold elections in Jammu and Kashmir along with the 2024 Lok Sabha polls if it was serious about its idea of 'one nation, one election'. He said this government, which talks so much about simultaneous elections in the country, is unable to put its money where its mouth is, even in one 'one nation, one election',

## 'Ghamandiya Gathbandhan' is only for their own families, for the 130 crore citizens, it's Modi: Amit Shah

**JI NEWS SERVICE** MAHARASHTRA, MAR 8

Union Home Minister and Minister of Cooperation Amit Shah, while addressing the youth conference in Jalgaon, Maharashtra on Tuesday, made it clear that the truth of the 'Ghamandiya Gathbandhan' which is pretending to unite against Modi ji who is building a new India, is that whether the coalition which itself lacks democracy can establish democracy in the country. The alliance's sole aim is that Sonia Gandhi wants to make Rahul Gandhi the Prime Minister, Sharad Pawar's is to make his daughter the Chief Minister, Uddhav Thackeray's son is to make Aditya Thackeray the Chief Min-

ister, Mamata Banerjee's is to make her nephew the Chief Minister, and Stalin's is to make his son the Chief Minister. It's evident that nothing is left for the dra Modi is the choice.

Shah believes that the upcoming Lok Sabha elec- Indian astronauts to the travelled an unprecedent- Bharatiya Janata Party is tion is for the bright future moon by 2040, will be ed journey of progress

## **Impressive Shiv Barat taken out in** Jammu on eve of Maha Shivratri

#### **JI NEWS SERVICE** JAMMU, MARCH 5

On the eve of MahaShivratri Festival an Impressive Shobha Yatra (Shiv Barat) was taken out in Jammu city. Shri Ranbireshwar Ji Mandir Welfare Committee (SRMWC) with the active cooperation of Jammu and Kashmir Dharmarth Trust and Jammuities has organized this Shobha Yatra in Old Jammu City.

Mahant of the Temple Rishi Ban ( Chairman Trisandhya Commit- welcome Shiv Barat. SRMWC) lead this Shobha tee Jammu Branch, Nat Distt. Admn. of Jammu



of the youth and the cre- completed because it is ation of a great India. the 'Modi Guarantee'. Voting for the Bharatiya India, and making Modi Ji third time.

tion by 2035 and sending Shah, the country has

Jammu Police drug peddler from Rajeev Nagar area of

JI NEWS SERVICE JAMMU, MAR 8

Continuing its mission against drug peddlers in Jammu District,today Police Party of Police Post Narwal while patrolling in the Rajiv Nagar area apprehended one person who was moving under suspicious conditions & on seeing the police party ,he tried to escape but the alert police party chased and over powered him.During questioning, he disclosed his name as Biru s/o Suresh Kumar R/o Rajeev Nagar, Narwal and on search 7 grams of heroin (Chitta) like substance was recovered from his possession. Accordingly FIR No.59/2024 U/S 8/201/22 NDPS Act has been lodged at Police Station Bahu Fort, Jammu & investigation taken up.People have applauded the efforts of Jammu Police.

As the 2024 Lok Sabha Janata Party means ensurelections approach, the ing a bright future for the election activities are youth, building a great also increasing. Shah is gearing up to convey the the Prime Minister for the message of Modi's leadership and the BJP's vic-Over the past 10 years, tory once again. When failing every time. the Modi government has Shah, Chanakya of Indian undertaken unprecedent- politics, prepares for eleced initiatives for the youth, tions, even the opposition from space exploration to becomes his admirers. semiconductor technol- After Prime Minister Narogy, digital advancements endra Modi, Amit Shah ration for farmers, oldto drone technology, AI is the only leader whose age pension scheme, 'One people of the country. In to vaccines, and 5G to fin- election rallies attract Rank One Pension,' COVID this scenario, it is clear for tech. The journey, from a crowd of lakhs. In the vaccine, and numerous the future of youth and a making the country the last 10 years, under the welfare initiatives, it's not developed nation, Naren- third-largest economy to leadership of Modi ji and establishing a space sta- the able guidance of Amit under Modi's leadership,

mohan's government, any nobody could enter from Pakistan to spread terror. However, when Modi Ji became Prime Minister, Pakistan got a befitting reply within 10 days. 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% reservation for women in state and national assemblies, respecting women's power. While Modi is launching Chandrayaan on the moon, Sonia is

The people have seen

that during Sonia-Man-

20th time, and Rahul is From the Ram Temple in Ayodhya to the Kashi Vishwanath Corridor, 'Nal se Jal' (water for all), Ujjwala Gas Scheme, free wrong to say that in 2024,

launching Rahul for the

the victory of the patriotic certain.

arrests notorious Narwal, recovers heroin

to form the government that before 2014, applica- the skyrocketing fares in first in Jammu and Kashwith likeminded parties, tions were invited for jobs the name of smart meters, mir.

## Indian Army constructs a Foot Bridge at Reasi

#### **JI NEWS SERVICE** REASI, MAR 8

In consonance with the aim of working towards connectivity between resident people of remote villages, Indian Army



undertook a project of tion of foot bridge heralds winter and early spring constructing a foot bridge a new era of connectivity due to frequent flooding between Tulli & Banna and communal growth. of Malan Nala. Construcover Malan Nala. Embrac- In the past the access to tion of Foot Bridge over ing a transformative the other side was almost Malan Nala, was a long endeavour, the construc- entirely blocked during pending demand of the Tulli & Banna.

ing of the Nala the inhabitants of Banna can now carryout disruption free movement from their remote location to the road head in all-weather condition. This visionary project benefiting 1500 residents, aims to bridge not only the physical gap but also the aspirations of vibrant communities of

residents. With the bridg-

city viz. Indira Chowk, Hari Market, Raghunath Ji Bazaar Chowk , Raghunath Ji Bazar, City Chowk, Old Hospital Road, Purani Mandi, Link Road, Jain Bazaar, Pacca Danga, Moti Bazaar, Parade Chowk and will finally culminated at Shri Ranbireshwar Ji Temple.

Many social religious Mandli, Hudh Mata

Yatra. At around 3.30 Manch, Akhil Bhartiya has made all elaborate P.M this Shobha Yatra Dharam Prachar Sewa arrangements for the suchas started from Shri Samiti, Asaram Bapu cess of this Shobha Yatra. Ranbireshwar Ji Temple Ashram Bhagwati Nagar, and passed through all Jagdipak Sudesh Memo- took part in this Shobha main Bazaars of the old rial Society Jain Bazar, Yatra were Onkar Sharma TrinetraDhari Shiv Shamboo Seva Dal Parade, Best Item Group, Manish Musical Group, Shishu Advocate Jyoti Sarup Misra Kala Kendra Kanji House has participated in this Shobha Yatra and presented colourful Jhankies. Deepak Kumar, Dr. Artists of Deepak Band Sunny Gupta, Subhash sing Devotional songs and made atmosphere Shiv-

May. Trader organizations Kakkar, Rajinder Gupta, organizations viz. Dewan of old Jammu city has dec- Ayush Kohli, Nitin Chadha, Mandir Natak Samaj orated their markets with Depaak Sharma, Suresh gates, buntings, lights to Sharma and others.

SRMWC members who (Nandi Ji), President, Rajkumar Gupta Sr. Vice President, Amit Gupta,

,Advocate Kapil Sharma,

Mandeep Sharma, Anub-

hav Suri, Mohan Sharma,

Bhagat, Surinder Bhagat,

Sahil Gupta, Ravi Kumar

### Take One spearheads donation drive, Celebration for Women at Rehan Basera

#### JI NEWS SERVICE JAMMU, MAR 8

On the occasion of International Women's Day, Take One Television & Digital Network organized a heartening donation drive and celebration event at Mahila Jagriti Udyog Kendra Rehan Basera, aimed at uplifting underprivileged women from all walks of life. Supported by Patanjali, V Flow, and Sanjeev Caterers, the celebration of empower- flyover bridges. ment and solidarity.



event brought together who spend their nights Lauding the initiative by Team Sahara, and Sham community leaders, spon- exposed to the elements Take One, he handed over sors, and volunteers in a on the streets and under gift hampers including former Corporator. Their

serves as a beacon of and extended his heartfelt distinguished guests were munities. hope for the less fortu- appreciation to the women Veena Bakshi, President

Lal Basson, a respected personal hygiene products presence underscored the Sanjeev Prabhakar, from Patanjali and V Flow significance of collective Mahila Jagriti Udyog owner of Sanjeev Cater among the underprivi- action in addressing the Kendra Rehan Basera ers, graced the occasion leged women. Among the needs of vulnerable com-

nate citizens of India, present, emphasizing their of Mahila Jagriti Udyog to Take One's commitment our commitment to gender providing refuge for those resilience and strength. Kendra, Mona Dogra from to uplifting and empower- equality and social justice.

ing all women including the ones marginalized in society. Under the leadership of Praveen Baru, GM Marketing and Events at Take One Television & Digital Network, the event aimed to reach out to women who lack access to essential resources. Through a donation drive, care packages containing hygiene products for women were distributed to the attendees, thanks to the generous support of sponsors Patanjali, V Flow, Amantran & V Flow.

The event by Take One at Mahila Jagriti Udyog Kendra Rehan Basera exemplifies the spirit of Women's Day - a day to honour the achievements The event is a testament of women and reaffirms

Indian Army organizes Motivational Lecture on Joining Armed Forces at Rajouri



#### **JI NEWS SERVICE** RAJOURI, MAR 8

schemes and contribute dent youth thanked and to the overall develop- expressed their profound Indian Army organised ment of the nation. The gratitude towards Indian a motivational lecture lecture and talk intro- Army for organising the on joining Indian Army duced the students to motivational lecture and at JNV Kotranka with an various career oppor- taking this noble initiative aim to spread awareness tunities. A total number for students to motivate and enthusiasm among of 10 teachers and 200 the talented and potential young boys and girls to students (80 x Girls & students to join Indian join Indian Armed forces 120 x Boys) attended the Armed Forces.

through different entry motivational lecture. Resi-

**ICSSR sponsored Workshop on** Sukanya Samriddhi Yojana & Women **Empowerment concluded at CUJ** 

#### **JI NEWS SERVICE** JAMMU, MAR 8

School of Business Studies Central University of Iammu organised Findings **Dissemination Workshop** on Sukanya Samriddhi Yojana & Women Empowerment: Challenges & Way Forward under Short Term Empirical Research Collaborative Project sponsored by ICSSR, New Delhi at Brigadier Rajinder Singh Auditorium, Central University of Jammu.

The programme was formally inaugurated under the patronage of women empowerment.

Prof Sanjeev Jain, entire team on the successful culmination of the project. The workshop of lamp ceremony by Col. tion of the Workshop.

Project Coordinator and offices in reaching out to



versity of Jammu by Prof. august gathering for the efits of the scheme. Java Bhasin, Project Coor- inaugural function. Prof. dinator & Dean, School of Bhasin in her address Business Studies, CUJ. This emphasized on the impor- that the scheme is a programme is supported tance of SSY in the eco- small deposit scheme of by the Indian Council of nomic empowerment of the Government of India Social Science Research Girl Child. She apprised (ICSSR) under Short-term the audience that Proj- launched as a part of Empirical Research Proj- ect was conducted under Beti Bachao Beti Padhao ects 2023-24 on a com- the academic supervision campaign. The scheme is petitive basis to assess the of Prof. Monidra Dutta, reach and socio-economic School of International impact of the scheme on Studies, Jawaharlal Nehru es of a girl child and it ing sustainable develop-Hon'ble Vice Chancel Ireland and administrative education and marriage lor Central University of supervision of Dr. Richa expenses of their female Jammu appreciated the Sharma, Deputy Director child. He also shared some in child sex ratio during (Research), ICSSR, New

Delhi. commenced with lighting master General, UT of J&K in his address highlighted Vinod Kumar, Chief Guest the key features of the Senior Manager, J&K Bank of the day, Sh. Sanjeev scheme and the role of speaking on the occasion Mahajan, Regional Manag- Post Offices in this path apprised the audience er, SBI and Shri Rajeshwar breaking initiative towards about the salient features Singh, Senior Manager, providing social security of Ladli Beti Scheme of J&K Bank, Special Guests at a very nominal cost to J&K Bank and presented during the inaugural func- the millions of girl chil- a comparative overview dren. He shared some best Earlier, Prof Jaya Bhasin, practices adopted by post such as SSY and Ladli Beti. tribute and avail the ben- entire proceedings of the

Prof. Sanjeev Jain, Vice Dean School of Business stakeholders and educat- ta, Former Head, Depart-Chancellor, Central Uni- Studies welcomed the ing them about the ben- ment of Economics and

mentioned in his address exclusively for a girl child meant to meet the education and marriage expens-University & Former ICCR encourages parents to India Chair to DCU, Dublin, build a fund for the future best practices of banking

Col. Vinod Kumar, Post- to promote the scheme He further observed among beneficiaries.

JI NEWS SERVICE

JAMMU MAR 8

Shri Rajeshwar Singh, of small deposit schemes Prof. Dipanker Sengup- efits of the scheme. The Programme.

Director Poonch Campus, Sh. Sanjeev Mahajan University of Jammu and Shri Anokh Singh, J&K bank Zonal Manager (Rtd.) were the Special Guests for the valedictory function. Prof. Dipanker Sengupta in his valedictory address highlighted the significance of Small Deposit Schemes in empowering girl children and advancwitnessed sharp decline 2001 to 2011from 941 to institutions in the region 859 per thousand males. the major findings and that education be made compulsory for availing observed that linking of

Spiritual Mahotsav gives us an

receive divine blessings: SJS

opportunity to renew our faith,

ment goals especially in and Post Office chaired the context of Jammu the sessions. Dr. Anju and Kashmir which has Thapa presented a brief the benefits under the insightful feedback about scheme. Shri Anokh Singh the scheme. Dr Shahid in his concluding remarks Mushtaq, Project Director security cover, matching of thanks. Dr. Anju Thapa, contribution from Govt. Ms. Preeti Slathia and Ms. will encourage parents Shilpa, the research team

policy experts, researchers', academicians etc from border areas of UT of Jammu & Kashmir. It is pertinent to mention here that this collaborative project was sanctioned by ICSSR to a team of faculty members comprising Prof Jaya Bhasin, Dr Shahid Mushtaq, Dr Anju Thapa from the School of Business Studies, Central University of Jammu and Dr. M. Tripathi from INU. New Delhi. The short-term project was carried out in the border areas of Jammu region. The findings of the project were disseminated during the workshop by carrying out detailed discussions through Panel Discussions and Open House Session. Experts from Universities, Lead Banks in the region includ-

programme was attended

by nearly 150 participants

including beneficiaries of

the scheme, representa-

tives of Banks, Post Offices,

local media profession-

als (Print/Electronics),

ing SBI, JK Bank, HDFC overview about the project. Dr Jaya Bhasin gave a detailed presentation on recommendations. Participating in the discussion's

beneficiaries provided presented the formal vote

with low income to con- members conducted the

Sham Lal Gupta, Chairman of the Anti Crime Bureau (NGO), recently commended Prime Minister Narendra Modi's monumental rally at Bakshi Stadium, heralding it as a historic moment for Jammu and Kashmir. His

## Jyot inaugurates Bhandara at different places in Jammu **JI NEWS SERVICE** JAMMU, MAR 8

On eve of "Maha Shivratri" Braham

On the holy Occasion Of "MahaShivratri" Braham Jyot Satti ( Senior leader and State Incharge BJP OBC Morcha ) inaugurated Bhandara at New Plot , Bakshi Nagar shopping centre, Bhagwati Nagar and other sites in Jammu.

Ravi Mehra (Vice President BJP OBC Morcha), Rakesh Pandey ( Mandal President OBC), Billu, Deepak Badyal, Suresh , Avilash , Rahul Samitri ,Veena, Anita and other Shiv bhakts were present on the occasion.

Programs were organised by Arun Mehra ( President Dogra Youth ) , Deepak Sharma ( Raka) Plot and Bakshi Nagar shopping centre respectively. They along with other shiv bhakts also performed seva at different Shivratri programs.

In the program Firstly feet of Lord Shiva, After that they inaugurated Bhandara for the general public, performed langer sewa and distributed Langer among people present there .

to Lord Shiva .

greeted the public on this mantras. holy occasion and said

MahaShivratri is a big festi- Generater, Destroyer and val of hindus which is Cel- Operator of the whole ebrated across the whole Universe . He is also Care country . On this day taker of every living thing people performed Shiv Vivah at various different BJP is praying for Happiand Happy Sharma, Sunny sites . BJP bows down in ness and peace of Jammu at Bhagwati Nagar, New the feet of Lord Shiva and Kashmir. prays for the peace and well being of our Nation. Maha Shivratri which

He said During this means the great night of entire day devotees per- Shiva . It is observed by formed various dances remembering lord Shiva with drum beats and . Devotees chant Shiva chanted bhajans in favour prayers, Fasting themthey paid Obeisance in the of Lord Shiva with zeal selves and perform variand gaiety.

He said on this day this day. people also perform kalash yatra and Maha the bhandara Organisers Yagya which holds a very and said these types of high importance since social activists are boon to time immemorial and humanity and he thanked A heavy number of it literally means devo- the whole Organising devotees pays obeisance tion, sacrifice, offering committee and public for and worship and refers making this a successful Speaking on the occa- to any ritual done in front event and he appealed to sion Braham Jyot Satti of sacred fire, often with the whole Public to come

present on this earth and

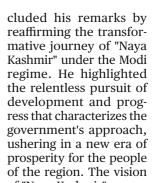
He said it is known as ous religious functions on

He also appreciated forward in big numbers

He said Lord Shiva is and join this program.

## Sham Lal Gupta hails PM Modi's rally at Bakshi Stadium as historic

#### **JI NEWS SERVICE** JAMMU, MARCH 8





### **JINDRAH IMAGES** JAMMU, MARCH 09, 2024 SATURDAY



#### **JI NEWS SERVICE**

JAMMU, MARCH 8

Jammu organised mind and the keynote speaker. meet program at Brigadier She apprised about the Rajinder Singh Auditori- existence of ICC, gender um. Under the dynamic champions and counselleadership of Prof San- ing centre at Central Unijeev Jain, Hon'ble Vice versity of Jammu. Prachi, Chancellor, Central Uni- Anjali and Varun were versity of Jammu, the CUJ the panelists from the regularly organises events scholars and students. and creates a dynamic The faculty members Dr academic environment in Gowhar, Dr. Iqbal and Dr the campus.

Prof Kavita Suri Direc- discussion. Dr. Rouchi and tor (former) Continuing Ms Khyama also chaired Education Jammu Uni- the session. Students versity delivered a mind and scholars from all the provoking session on anti departments participated sexual harassment Act, in the session. Convener 2013 a decade on... Speak- of Mind Meet, Prof Vaning on the occasion Prof dana Sharma organises Jaya Bhasin Central Chair- events on every Thursdays person GSCASH informed for the University. The sesthat Central University of sion was co-ordinated by Jammu houses gender Dr. Vinita member secresensitisation committee tary GSCASH. Ms Tanya against sexual harassment was the master of cerfor creating an inclusive emony.

environment for all genders Earlier Prof Java Bhasin Central University of welcomed the panelists

concluded today evening with the treditional Shiv Aarti at Muthi. The Shiv Vivah Mahastov was organized by Shurveer Jammu

(President SJS) at Muthi. Shiv Barat (Shoba Yatra), cultural events depicting local folk dances Dogri Anjali participated in the Bajans by Sonali Dogra, Shiv Katha, Shiv Vivah by

Kotwal group & Shiv Aarti.

importance of Maha Shi- our faith and receive the committee members.

tunities.



Sangathan (SJS) under the varatri festival is men- divine blessings. guidance of Arun Seekey tioned in several Hindu

and doing Shivling puja on this day.

Arun also said that Maha Shivaratri is the day During the celebration when Lord Shiva performs SJS said that Shivaratri, the heavenly dance of crealso spelled as Shivratri, ation, preservation and Shivaratri and Sivaratri, destruction. According Sumit, Deepan Sakeey, is of great importance in to another legend, this is Anil Kumar (Nika), Th. Hindu religion. It marks the night when Shiva and Dev Karan, Aman Verma, the convergence of Lord Parvati got married. Such Om Verma, Pavinder Shiva and Goddess Shakti. spiritual Mahotsav gives us Singh, Dheeraj Koul, Arun

SJS apprised that all the religious books like - the volunteers, Supporters The Mahastov hosted Skanda Purana, Linga and Local administration a variety of programmes Purana and Padma including Police adminiswhich inter alia included Purana. These books tration, especially SJS voldescribe various legends unteers had made elabo-

and significance of fasting rate arrangements for the Shiv Vivah Mahostav and all efforts are afoot to improve facilities for the

devotees. Bhanu Partap (President Legal Cell), Ravi Tangotra, Sajan Sharma, Arun said that The an opportunity to renew Sharma, all are organizing praise for Modi's vision-

"Viksit Jammu Kashmir ture, enhancing economic and Viksit Bharat" into opportunities, and fostertangible realities.

In his statement, Sham region.

Party's (BJP) unwav- the party's electoral pros- ment, the support and ering commitment to pects and its ability to enthusiasm of its people bringing prosperity and deliver on its promises. remain crucial in shaping development to Jammu

ary leadership resonated and Kashmir. The BJP's sulates the aspirations of with the audience, as he ambitious agenda for the people for a brighter articulated how the Prime the region encompasses future, underpinned by Minister's initiatives have various initiatives aimed translated the slogan of at improving infrastruc- tainable development. ing social cohesion.

Lal Gupta underlined in the BJP's prospects in welfare and upliftment Modi's unmatched con- the upcoming 2024 parlia- of Jammu and Kashmir. nection with the masses, mentary elections, Sham It also underlined the sigemphasizing the over- Lal Gupta predicted a nificance of strong leaderwhelming love and sup- resounding victory with ship in steering the region port the people of Jammu an unprecedented major- towards a path of stability and Kashmir have demon- ity. He boldly stated that and prosperity. strated towards the Prime the BJP would surpass the Minister. This sentiment 400-seat mark, reflecting ta's endorsement of Prime reflects the significant the trust and confidence Minister Narendra Modi's strides made by Modi's the nation has placed in leadership and the BJP's administration in foster- the party's leadership agenda reflects the preing a sense of unity and under Prime Minister Nar- vailing sentiment among development across the endra Modi. Such a pre- many in Jammu and Kashdiction reflects the pre- mir. As the region contin-Sham Lal Gupta reiter- vailing optimism among ues its journey towards ated the Bharatiya Janata BJP supporters regarding progress and develop-

of "Naya Kashmir" encap inclusive growth and sus-

The rally at Bakshi Stadium served as a platform to showcase the Expressing confidence BJP's commitment to the

Overall, Sham Lal Gup-Sham Lal Gupta con- its future trajectory.

### Man missing since Feb 29 found dead in Budgam village

#### **JI NEWS SERVICE**

BUDGAM, MAR 8

Body of a man, who was missing since February 29 from his home in from Dalipora village, was recovered in the nearby Karewas of Badipora area in central Kashmir's Budgam district on Friday.

An official told news agency that the body was found by locals early morning who then informed the police. He said that the man has been identified as Abdul Majeed Lone (60) of Dalipora Nagam. Police have taken cognizance of the incident and have started further investigation. KNO

#### JI NEWS SERVICE Sahni said that on the JAMMU, MAR 8 occasion of this spe-

cial day With the aim of Shiv Sena (UBT) Jammu making women and girls and Kashmir unit has self-reliant, a one-month announced to provide free tailoring and beautifree tailoring and beau- cian course has been starttician training with the ed by them. After compleaim of making women tion of which, all possible self-reliant and providing help will be provided for self-employment opporself employment along with certificate. Sahni said

In a special program that

organized today on Womoffice.

The percentage of Jammu and Kashmir ment. The rate of female path to employment. On ber, Kajal, Vijay Singh, en's Day at the party state women in terms of stands far behind com- unemployment in Jammu this occasion, about two Sanjeev Sharma were employment is very low. pared to other states and Kashmir is 72 percent, dozen women joined the present on this occasion. State Chief Manish The Union Territory of regarding women employ- which is a matter of seri-

ous concern. Sahni said policies and ideas. About that women interested in a dozen women present this course can register on the occasion also got themselves at the party themselves registered for office. The duration of the said courses. President the will be one month Women Wing Meenakshi and it will be completely Chhibber, General Secfree. Sahni said that very retary Vikas Bakshi, Vice soon such free centers President Sanjeev Kohli, will be opened at the dis- Balwant Singh, President trict and tehsil level and Kanghar Wing Raj Singh, women will be provided organizer Imran Sheikh, training and shown the Shashi pal, Mamata chibparty, influenced by party

### Shiv Sena took steps towards women self-reliant, dozens of women joined Shiv Sena



## NC, PDP, others 'brittle alliance' broken into pieces: Kavinder

#### **JI NEWS SERVICE** JAMMU, MAR 8

Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Friday maintained that the acerbic reaction by PDP Chief Mehbooba Mufti after NC's one-sided declaration of contesting all the three Lok Sabha seats in Valley independently is the testimony to the fact that 'brittle' People's laration (PAGD) has been broken into pieces and the 'marriage of convenience' tragic end.

cal Pundits have already become inevitable leadpredicted such an out- ing to collapse of this ornawhich have joined hands north-south parties. were poles apart as far as their ideologies and interests were concerned.

amalgam were misfit and in Kashmir. passing their time just



Alliance for Gupkar Dec- to explore possibilities which might come as surprise gifts or bounties but with BIP making inroads solemnized by five politi- in Kashmir and making a cal outfits in Valley saw a strong foothold with the wholehearted support of In a statement issued common masses, uproothere today, the senior BJP ing of so- called Kashmir

It is pertinent to men-The BJP stalwart said reducing the PAGD to a Maha Shivratri in Gandhi that there is no element mere joke after the Farooq Nagar constituency. He of surprise into the break- Abdullah-led party unilat- urged people to preserve ing of this alliance as all erally decided to contest rich cultural heritage of the constituents in this all three Lok Sabha seats J&K and maintain commu-

will also see the same fate as disharmony has also started brewing in that group as well and self-destruction is just the matter of time", he said, adding that people should not get confused or swayed going after these short-lived and purposeless galvanization of poles apart parties especially they have a best option

just begin in J&K, sooner

than later the INDIA bloc

in the shape of nationalist party BIP. Kavinder urged the people to wholeheartedly support BJP for a stable future of the J&K and for that matter the entire country as the spree of development which the leader asserted that politi- centric PDP and NC has BJP has started will con-

tinue and the party will again come to power with come because the parties mental patch-up between resounding majority. Meanwhile, Kavinder Gupta inaugurated several tion that Mehbooba Mufti Bhandaras organised on has accused the NC of the auspicious occasion of

> nal harmony and brother-"As the blame game has hood at all costs.

### Yogesh Sawhney inaugurates Bandhara at Dewana Mandir, Jammu, on Maha Shivratri

#### **JI NEWS SERVICE** JAMMU, MAR 8

Former Minister Yogesh Sawhney, accompanied by distinguished leaders and members of the community, celebrated the auspicious occasion of Maha Shivratri by inaugurating a Bandhara at Dewana Mandir in Jammu East. The Bhandara was attended by senior Congress leaders including Varinder Singh Manhas, Abimanu Singh, as well as Sr. Vice Presidents Pawan Dev Singh and Ram Magotra. Pawan Sharma, Radhye Sham, President W No. 10, Haqim Sardari Lal, Vikram Singh (Vicky), and Shiv Kumar Nanda, among others were also present.

Former Minister the great festival holds values of community. He and bhandara.



immense significance added that the spirit of for devotees across the generosity, and solidarity nation. The Bandhara at among devotees marked Dewana Mandir saw parthe grand celebration of Maha Shivratri at Dewana ticipation from devotees in large numbers. Sawh-Mandir. ney further expressed Sawhney also offered his gratitude for the his prayers to Lord Shiva

opportunity to be part at the temple. The devoof such celebration and tees also participated appreciated the organizwith devotional songs at ers. Sawhney said that it the temple as they gath-Yogesh Sawhney extend- was people's enthusiasm ered to partake in the aused his wishes to all devo- and devotion that made picious occasion. They tees on ocassion of Maha Maha Shivratri such a expressed their delight Shivratri stating that vibrant day, reinforcing and zeal for the festivities

## Maha Shivratri Celebrations: R.K Ranvijay Singh installs Nandi ji at Shri Ranbireshwar Temple

**ADGP Flags off Students from Jammu** for Bharat Darshan Tour

#### **JI NEWS SERVICE**

JAMMU MARCH 7

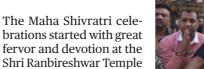
Amidst much anticipation and excitement, the Additional Director General of Police (ADGP), Jammu Zone, Jammu, Shri Anand Jain, IPS ceremoniously flagged off a group of 39 enthusiastic students of district ty to explore the cultural of Hyderabad. heritage and historical

significance of India.



Jammu and Police Public visits to iconic landmarks He expressed his delight Miran Sahib Jammu and cities across India. in witnessing the enthualongwith 2 caretakers The students will have the siasm among the students each for a transformative chance to immerse them- and encouraged them to Bharat Darshan tour. This selves in the rich tapestry make the most of this remarkable journey aims of India's diversity, from enriching experience. The to provide young minds the majestic monuments Bharat Darshan tour not with a unique opportuni- of Delhi to vibrant streets only aims to broaden the students' horizons.

Speaking at the flag-off The ADGP Jammu ceremony, ADGP Jammu along with the DIG JKS The Bharat Darshan Shri Anand Jain, IPS Range, SSP Jammu, S.O



in Jammu. On the occasion, R.K Ranvijay Singh, Trustee of J&K Dharmarth Trust installed Lord Shiva's sacred companion, Nandi ji amidst Vedic rituals, followed by a holy Hawan ceremony.

**JI NEWS SERVICE** JAMMU, MARCH 7

Brig R.S Langeh (Retd), President of J&K Dharmarth Trust, Ashok Kumar Sharma (SSP Retd), Secretary of J&K Dharmarth Trust, Varinder Singh Jamwal, Additional Secretary, as well as officials and staff members graced the occasion.

his obeisance to Lord tion, the Trust has ensured Bazaar, Pacca Danga, Moti Shiva, performing a spe- that every aspect of the Bazaar, Parade Chowk and



Nandi. The brass Nandi ji is being specially fabricated by a Chennai-based Handcrafts Development Corporation with an estimated cost of Rs 17 lakhs.

The Trustee R.K Ranvijay Singh further informed that the ancient Shri Ranbireshwar Temple is ready to welcome the devotees on the auspicious occasion of Maha Shivratri. With meticulous prepa- Link Road, Jain Bazaar, R.K Ranvijay Singh paid rations and fervent devo- Mubarak Mandi, Upper

#### nificent 6-and-a-half-feet- reshwar Mandir Welfare long, 4-feet-high brass Committee (SRMWC) in collaboration with Jammu and Kashmir Dharmarth Trust. The Shobha Yatra started from the Shri Ranbireshwar Temple and passed through vari-

ous main bazaars of the old city, including Indira Chowk, Hari Market, Raghunath Bazaar Chowk, Raghunath Bazar, City Chowk, Old Hospital Road, Purani Mandi,

### NYK Jammu to conduct Nari Shakti Fitness Run in all blocks of district on Mar 09

#### **JI NEWS SERVICE** JAMMU MAR 8

To promote sports culture, sportsmanship, fitness and competitive Municipal Authorities, spirit among women Local Youth/Sports Icons Nehru Yuva Kendra have been extended invi-Jammu is all set to con- tation to flag-off the runs duct Nari Shakti Fitness in each Block of the Dis-Run in all blocks of the dis- trict. trict on 9th March 2024. These Runs are sequel to through fitness, lead- be given MYBharat kit. ing to improved health, confidence, and overall cive to women's growth

and success.

each Nari Shakti Fitness Run on a track of half km. Dignitaries like Hon'ble MPs/MLAs, District Level Officials, Block level PRIs/

For the successful organizations of these the observance of Inter- block level Nari Fitness national Women's Day runs, Nehru Yuva Kendra and to reiterate the role Jammu is collaborating of healthy and fit women and partnering with NSS, in the development of our NCC, District administranation. This event will be tion and other organizaa testament to the power tion to conduct the run in and potential of women a befitting manner. Interin India and will spread ested women can register the message to enhance themselves through MYBregular physical activ- harat portal, At the end of ity participation among the run, the winners at 1st, women, empower women 2nd and 3rd position will Nehru Yuva Kendra

Jammu would like to well-being of women folk. appeal to womenfolk to Besides, it will also foster come forward and motian environment condu- vate a large number of women to register themselves for the Nari Shakti As a part of this Fitness Fitness Run and express Run, in each block of your solidarity and comthe District, twenty-five mitment to women women will participate in empowerment.

**Nowshera Forest Division Commemorates Shivratri with Rudraksh Plantation Drive** 



drive. Their commitment and hard work ensured the successful planting of the successful execution Rudraksh trees, contributof a Rudraksh planta- ing to the preservation of tion drive in celebration our natural heritage. of Shivratri. Under the

This initiative not only esteemed supervision of pays homage to the cultur-Sandeep Kumar, Conserva- al significance of Shivratri tor of Forests, West Circle but also emphasizes our Rajouri, Shweta Deonia, collective responsibility to Divisional Forest Officer, protect and nurture our Nowshera, and the dedi- forests for future genera-

**JI NEWS SERVICE** Block were instrumental in JAMMU, MAR 8 the smooth conduct of the Nowshera Forest Division proudly announces

tour, organized under the emphasized the impor- to ADGP Jammu and SP guidance of the Jammu tance of such initiatives Hqrs.Jammu extend their and Kashmir Police, is in nurturing a sense of best wishes to the para testament to fostering unity and pride in the ticipating students for a cultural understanding. country's heritage among memorable and enlight-The tour encompasses the younger generation. ening journey ahead.

## Samvedna organizes 10th Varshik Langar on Mahashivratri

cial Aarti after the instal- sacred site is immaculate- finally culminated at Shri temple complex.

Speaking on the occainformed that the marble ings and communion with (Nandi Ji), and the Presi-Nandi installed temporar- Lord Shiva, he added. ily in view of the auspi-

charged, ready to embrace cessfully. worshippers from far and sion, R.K Ranvijay Singh wide seeking divine bless- Rishi Ban, Onkar Sharma

Vikalp organizes Village Outreach Programme

dent of SRMWC were Later, R.K Ranvijay among the dignitaries cious occasion of Maha Singh flagged off the Shiv who joined the Shiv Barat, Shivratri, will soon be Barat (Shobha Yatra) orga-spreading joy and religious replaced with a mag- nized by the Shri Ranbi- fervor throughout the city.

lation of Nandi ji in the ly adorned and spiritually Ranbireshwar Temple suc-Mahant of the Temple,

cated efforts of Dr. Rakesh tions. Verma, Range Officer, conservation.

Block Forest Officer Sunderbani, this initiative Didar Singh extended marked a significant step gratitude to all involved towards environmental and encourage continued support for such initiatives

The dedicated efforts of aimed at safeguarding our the staff from Kangri Forest environment.



#### JI NEWS SERVICE JAMMU, MAR 8

Chopra organized 10th pious life. Varshik langar at Talab Suneet Raina, Jeet Angral, for the needy sections.

Tillo, Former Minister Sat expressed greetings to Sahil Sharma, District Vice Sharma (CA), District Pres- the people of the JKUT Presidents Jaideep Samyal, ident BJP Jammu Parmod and hoped that May this Manav Mahajan, Karan Kapahi, BJP JKUT Secretar- shivratri brings Peace for Singh, Rahul Nargotra, ies Veenu Khanna & Ayod- everyone. Keshav Chopra Rajesh Saini, Pratibha hya Gupta, Mandal Presi- also expressed his best Sharma, Ranju vaid, Meena dents Atul Bakshi, Raman wishes to the people Jamwal, Geeta Sodhi, Sharma, Ex Councillors of Jammu Kashmir and Naveen Sharma, Ramesh Sanjay Baru, Neelam Nar- requested everyone to Kumar, Kushant Daffara, gotra, Sr Sucha Singh, come forward and work Ghansham Sharma Bablu

Ex Dy. Mayor Dharmveer Ayodhya Gupta and Sharma, Nitish Kumar, Singh Jamwal, JKUT Health Sanjay Kumar Baru while Omkar Verma, Indresh and Medical Cell Con- expressing greetings said Gupta, Sonali Gupta, venor Puneet Mahajan, that these festivals also Puneet Chawla Vipan District General Secretar- provide an opportunity to Verma, Vikas Kumar, ies Kuldeep Kandhari & come together as a mark Ritesh Peer, Dr Sanchit Adv Rajesh Gupta started of respect towards our reli- Sharma and others were the Langar. Sat Sharma gion they also Prayed for also present.

expressed Shivratri greet- peace and Prosperity of the ings to the people of state. Chairman Nirbhay the state and said that Bharat Foundation Tarun On the occasion of Maha Shivratri is such a festival Uppal, Chairman KCWT Shivratri Chairman Sam- which reminds us how to Chandan Dutta, Chairvedna Society Keshav get rid of evils and lead a man Stands for Humanity Manik Uppal, JKUT BJP Co

Parmod Kapahi also Convenor Swacch Bharat Chand, Anupam Gupta, K.L



#### **JI NEWS SERVICE** JAMMU, MAR 7

Vikalp (a students' initiative to impart education to the destitute) and NSS volunteers joined forces for the first large-scale village outreach program of this semester, wherein 20 volunteers from each organi- CRPF camp (3 km) in the Sumanta Sarathi Sharma, zation participated. Their direction of Domel, while Faculty Coordinator mission was to directly the other group proceeded Vikalp, applauded the engage with residents, to the Shiv Mandir (4 km) efforts of the volunteers.

enlighten them about Vikalp's initiatives, and similar outreach endeav-

Departing from the Medical Aid Centre of SMVDU, the teams split into two

**Anurag Singh Thakur** With dedication, announces two National Centres the teams visited approximately 75 to 80 households, reinforcing Vikalp's commitment to providing quality education. Some queries raised by the residents regarding the Vikalp were proficiently dealt with by the volunteers. Notably, the enthusiasm and diligence of NSS volunteers greatly contribathletes have a chance to uted to the program's success. Plans include

of Excellence for Women JI NEWS SERVICE NEW DELHI, MAR 8 On the occasion of Inter- and information on which national Women's Day on state will promote hockey, Friday, Union Minister of boxing and athletics etc. Sports and Youth Affairs,

ernments and asked them to identify three key sports so that we have a roadmap

"I have already started Shri Anurag Singh Thakur consolidating our NCOEs announced the establish- and in association with ment of two National Cen- the national sports federatres of Excellence, exclu- tions, will greater emphasively for women. NCOEs sis on producing good cover 23 focused/priority coaches," said Shri Anurag disciplines where Indian Singh Thakur.

The Sports Authorwin medals in global com- ity of India established petitions like the Asian 23 National Centres of Games and the Olympics. Excellence (NCOEs) Reacting to lack of train- across the country to ers, coaches and infra- impart specialized trainstructure at the state level, ing to promising athletes Shri Thakur said in Ben- by providing state of the galuru: "Sports is a state art infrastructure and subject but still the Cen- playing facilities, sports tral government is keen science backup, individuto look at the upliftment alized diet prescribed by of sports in the country. trained nutritionists and We have to spend a lot of overall supervision under money on infrastructure the best coaches, qualified and coaches. We are col- support staff and High Perlaborating with state gov- formance Directors.

address their inquiries. ours to further extend Vikalp's impact in the nearby areas and empower more disadvantaged groups, covering areas students by providing such as Sirah Colony, Sool, them with a better future. Kakryal, and Dheerti. One Dr. Rajiv Kumar, Program group walked towards the Coordinator NSS, and Shri

# towards Panthal.

## Tony calls for united efforts in bringing harmony, promoting peace

#### **JI NEWS SERVICE** JAMMU, MAR 8

Praying for universal brotherhood on the auspicious occasion of Maha Shivratri, Taranjit Singh Tony, General Secretary of JKPCC and DDC Member Suchetgarh, today called for putting united efforts for harmonious growth of the society besides promoting peace and tranquillity.

He was speaking after inaugurating the Bhandara organized by youth leader Tableen Boprai on the auspicious occasion of Maha Shivratri in Jammu.

In his address, Tony stressed the crucial need the message of humanity justice and equality. from times immemorial tual bliss.

forces, emphasizing the passionately expressed his



Furthermore, in com-

and guided humanity to memoration of Interna- to recognize and apprecipeace, prosperity and spiri- tional Women's Day, Tony ate the immense contri-The senior Congress work towards the empowcern over certain elements ognizing the invaluable tion, healthcare, and entrein divisive politics, attempt- shaping society, he reiterunited against such divisive can thrive and excel. He every aspect of society.



Tony urged the society made a heartfelt pledge to butions made by women in various spheres of life, leader raised serious con- erment of women. Rec- including politics, educawithin society who engage role played by women in preneurship. He emphasized the need to break ing to create rifts among ated his commitment to down barriers, challenge different communities. promoting gender equal- stereotypes, and create He cautioned the people ity and creating an envi- equal opportunities for to remain vigilant and ronment where women women to participate in

## NCC Cadets of 2 J&K Girls NCC Bn outshine at 46th Inter-Collegiate Athletic Meet 2024 at JU

JI NEWS SERVICE JAMMU, MAR 8

The power packed performance of NCC cadets of 2 J&K Girls NCC Bn played a significant role in winning medals at the 46th Annual Athletic Meet held at Jammu University. This feat was achieved out of 80 Plus Colleges which participated with their full force. The attributes of dedication, determination and disciplined training, coupled with their athletic abilities as well \*Victorious Will contribute towards their triumph. From GCW Udhampur, which stood First in the event, Cadet Mettali Rajput won silver medal in the 4×100 relay race and Bronze in 200m race. Cadet Simran won Gold in 400 m, Silver in 4×100 m relay race and Cadet Smriti won Silver medal in 4×400 relay race. This highlights the impressive and valuable contritowards GCW Udhampur's success. From GDC Kathua Cadet Monika, Cadet Deepika and Cadet long jump, Cadet Preeti Banita won Bronze medal in 4×100m Relay Race. Whereas, Cadet Kajal in ShotPut. From GCW Aditri got 4th position in excellence.



Parade College, Cadet Shagun Bassan bagged Gold medal in 5km race and also got Bronze medal in Discus Throw, Cadet Bronze medal in 1500m race, Cadet Janvi Chib bagged Bronze medal in Devi got bronze medal in bassan, Cadet Shakunt-

4x400m relay race. Also, Cadet Janvi Chib, Cadet kritika, Cadet Aditri, Cadet Sweety got 4th position in 4x100m relay race. bution of NCC cadets Neha Sharma bagged The presence of Brig P S Cheema, SM, VSM, Group Cdr, NCC GP HQ Jammu as the Guest of Honour highlighted the NCC's role in fostering sporting excelhigh jump. Cadet Shagun lence. His presence was a key factor in motivat-Devi won Bronze medal la, Cadet Neha, Cadet ing the cadets to achieve

### **Indian Army organizes** free medical camp, distributes ration cards among Bakkarwals



JI NEWS SERVICE AKHNOOR, MAR 7

Indian Army is which is due to their rich culture protecting the country on and ethnic traditions. A the borders is also always large number of Gujjars on forefront to help the and Bakkarwals follow a common people of border nomadic lifestyle. Due to areas. Indian Army which their nomadic lifestyle, is reaching to the people they faced a lot of probof border areas through lems regarding ration and Operation Sadbhavna is ration cards, keeping this now extending a helping in mind the Army distribhand to the nomads and uted dry ration to them the Bakkarwal communi- during the special camp ty. In continuation of their and also distributed their drive Indian Army now has ration cards to them. These organised a special camp people were deprived of for the local people and ration cards since last so especially the Bakkarwal many years. The people community in Milan-di- of Bakkarwal community Khui in which a free medi- welcomed the step of the cal camp was organised Indian Army and thanked by army doctors and free them and appealed to the medicines were also distributed.

nity is considered one of the most historical tribes of Jammu and Kashmir Army officials to continue organizing similar pro-The Bakkarwal commu- grams in future also.

## Advisor Bhatnagar distributes trophies, medals among winners, runner up teams of 23rd All India Police Water Sports Championship at Srinagar



#### **JI NEWS SERVICE** SRINAGAR, MARCH 8

cers of the J&K Police, He added that J&K is sion, DGP, J&K, R.R Swain Canoeing Women and participants from vari- becoming a powerhouse said that JKP is commit- Rowing Women events, ous teams from across of sports and a preferred ted to popularise the SSB emerged victorious. Advisor to Lieutenant the country and large destination for organising water sports in Jammu In Kayaking Men's event, Governor, Rajeev Rai number of people were national and internation- and Kashmir as the SSB emerged victorious, He highlighted that the water bodies both calm BSF won winners trophy Addressing the gather- UT has made significant and fast, which makes it while as in Rowing Men's good destination for holding these kind of events. The Advisor on the occasion also distribut-The Advisor on the ed trophies and medals emony of the event held as it will significantly occasion commended among the winners and contribute in promoting J&K Police for organising participants of the championship.

# was made possible by the

## **SGWF hosts Rudraksh Plantation** Drive in celebration of Shivratri

#### **JI NEWS SERVICE** JAMMU, MAR 7

The Synergetic Green Warriors Foundation proudly organized a Rudraksh plantation drive at Shiv Mandir Dhera Bhajwal, Sunderbani, in commemoration of Shivratri. Under the esteemed guidance of Dr. Sonia Verma, Director of the foundation, this initiative aimed to promote environmental sustainability and cultural reverence. The success of this endeavor



uted trophies and medals sion. among the winners and during the closing cer- in Jammu and Kashmir here at SKICC.

Vijav Kumar; senior offi- all development of youth.

Bhatnagar today distrib- also present on the occa- al sports events.

runner up teams of 23rd ing on the occasion, Advi- development in estab-All India Police Water sor Bhatnagar remarked lishing world-class sports Sports Championship that this reputable tour- infrastructure from Pan-2023-24 (Men & Women), nament marks a dawn chayat level.

DGP, R.R Swain; ADGP, sports and lewd to over- this grand event. Speaking on the occa-

In Kayaking Women,

region is rich in having Canoeing Men's event, event, Uttar Pradesh Police took winners trophy.

Pertinently, a total of 30 teams (20 Men & 10 Women) from around the country, comprising about 500 players, participated in the event.

enthusiastic participation of individuals including Kewal Krishan (Papu), Manoj Kumar Ranval, Shree Kant, Shanti, Sudreshan Prashar, Nitu, Daksh

and hard work contributed to the drive's success. throughout the event.

The foundation extends its sincere gratitude to all fies the foundation's com- future for all said Dr Sonia those involved, as well as mitment to environmental Verma.

Sharma, and Mohinder to Dogar Nath, Office Sec- conservation and com-Ranyal, whose dedication retary, for his invaluable munity engagement. We guidance and support invite the public to join us

in our efforts to cultivate a This initiative exempli- greener, more sustainable

## Yasha Mudgal flags off 25 member group from Jammu for 17 day Special **Combined Paragliding Course**

#### JI NEWS SERVICE

JAMMU, MARCH 8

Commissioner Secretary, Tourism, Yasha Mudgal today flagged off a group tion of the country. of 25 adventure enthusisports education.

The course is schedencompass three levels skill sets of the partici- tourism. pants

Jammu and make it lead- ism destination . ing adventurous destina-

asts worldwide.

uled from March 12 to dence in the participants the government's vision March 28, 2024 and will ability to excel in their to promote adventure mendations, pinpointparagliding endeavours, tourism and position the ing specific locations for Basic, Intermediate, and solidifying Jammu's repu- region as a premier des-Advance (P1, P2, & P3), tation as a premier des- tination. catering to the diverse tination for adventure

Speaking on the occa- Jammu on the occasion gratitude to the Tour-

the importance of capi- ment of Jammu region as future where Jammu talizing this potential of a prime adventure tour-

Pertinently, this ini-

tiative aims to cultivate She commended the local talent, invigorate asts from Railway station Directorate of Tourism adventure tourism and here to undertake a 17-day Jammu for these kind of elevate Jammu as a pre-Special Combined Para- initiatives, noting its piv- mier adventure tourism gliding Course at NIMAS otal role in leveraging the destination. This special Training area in Seppa, region's natural beauty combined paragliding Arunachal Pradesh, and diverse landscapes to course not only provides renowned for adventure attract adventure enthusi- a platform for adventure She expressed confi- skills but also aligns with

tion with the media, Joint Director, Tourism participants expressed as an adventure tourism this initiative will contrib- tive impact on adventure ings in the region.

hotspot. She stressed on ute to the overall develop- tourism, envisioning a becomes a global hub for thrill-seekers and adventurers alike.

Notably, Directorate of Tourism, Jammu, in collaboration with the Indian Kayaking & Canoeing Association (IKCA) and Jammu Adventure Sports Association (JASA), has conducted comprehensive water surveys across enthusiasts to hone their all districts of Jammu Division. These surveys have yielded valuable recomactivities like paragliding at Aitham, Dhanwa, Billo During their interac- ki Paudi, Mokhri, and water-based activities in various locations. Additionally, 38 new trekking sion, Yasha Mudgal high- highlighted the signifi- ism Department for the routes have been identilighted on the tremen- cance of nurturing local initiative and conveyed fied, further enhancing dous potential of Jammu talent, underscoring how hopes for its transforma- adventure tourism offer-

#### Ch. Zulfkar Ali reiterates demand for statehood restoration, holding of assembly elections in J&K **JI NEWS SERVICE** President Rajouri, Syed Govt. In absence of their alienated from the present

#### RAJOURI, MAR 9

Apni Party today, while celebrating its 4th foundaheadquarter in Rajouri, reiterated its commitment to continue to fight for the restoration of statehood and holding of assembly elections in Jammu and Kashmir.

To commemorate the foundation day of the Party, a meeting was arranged at the Dak Bungalow in Rajouri to discuss the future course of action amid the uncertainty over the assembly elections

which has disappointed the people of all the regions. The meeting was chaired

by Apni Party Vice President, and Former Cabinet Minister, Choudhary Zulfkar Ali.

by Senior Provincial Vice

of the Party. dation of a political party Pir Panjal where the basic that would tell truth to amenities have not been the people without fearing for any kind of conse- Jeevan Scheme has colquences while opposing lapsed despite claims by

divisive politics that has the authorities. dented Jammu and Kashmir regions.

He advocated unity the situation of electricity, among the people of dif- health and educational ferent regions, especially sectors is equally suffer-

to the Parliament and expectation of the people, ensure development in he said, while pointing out the region that has been towards the widening gap eral years because of the the administration.

He was accompanied bureaucratic regime.

President, Jammu Region, no accountability, espe- Jammu and Kashmir, and ment in the region because Ex-MLA from Rajouri, cially because Jammu and restoration of statehood. the authorities did not pay Qamar Choudhary, District Kashmir has no elected

Manzoor Hussain Shah accountability, they fail to form of regime, but they Bukhari, and other leaders implement developmental are not being given heed by projects, keep the pace of the authorities. Therefore, In his address, the development, and ensure the developmental proj tion day here at the district Former Cabinet Minister, basic amenities in the rural ects have come to stand Choudhary Zulfkar Ali and urban areas equally," still, and the rural areas ficult for the leaders to get anguish over the ignounited and lay the foun- rance of the rural areas in he added.

explained how it was dif- he said, while expressing are worst affected due to the deliberate negligence,' He further said that the Govt has neglected the Pir provided whereas the Jal

Panjal region regarding its equitable development, promotion of tourism, employment sector, indus-The tap water has not trialization, connecting the reached the villages and region with railway line, air

service, development etc. He asked the people of Rajouri as well as Poonch in Poonch and Rajouri to ing because the officials to get united to forcefully elect their representative are not working as per the highlight their demands so that the region can be developed.

Lauding the role of PRIs hampered for the last sev- between the masses and BDCs and DDCs, he said that these institutions how-He stressed for the hold- ever failed to bring much "The bureaucracy has ing of assembly elections in needed relief or develop-"The people are feeling heed to their development.



### DC Poonch reviews arrangements for Ramazan

#### **JI NEWS SERVICE** POONCH, MARCH 8

Deputy Commissioner, Poonch, Yasin M. Choudhary chaired a meeting to review the necessary upcoming holy month of Ramadan.

Dev, Commissioner, Sandesh Kumar Sharma, Additional Deputy Commissioner, Tahir Mustafa Malik, Dy. SP Hqrs. sildar Haveli, Azhar Majid, Xen PWD, Imtiaz Khan, Yaqoob Choudhary, AD during the Holy Month. Food, Adil Shabir, ARTO officers were present.

such as ensuring adequate were instructed to ensure gious sites.



arrangements for the power and water supply, a continuous provision regulating prices of essen- of water and electrictial items, maintaining ity throughout Ramadan. The meeting was attend- cleanliness, managing Additionally, the Assised by Additional District traffic, enhancing security, tant Director of Food was providing healthcare facil- directed to provide ration ities, and making other as per the needs of the logistical arrangements for community. this auspicious occasion.

To safeguard consum-Representatives from er interests and prevent Kuldeep Kumar, Deputy different religious orga- unfair practices, regular CMO, Dr. P.A Khan, Teh- nizations actively partici- market inspections will pated in the meeting, high- be conducted by officials lighting various concerns from the Tehsildars, Food, SHO Poonch, Kunal Singh and offering suggestions Civil Supplies, and Con-Jamwal, CEO Municipality, for effective arrangements sumer Affairs (FCS&CA), Food Safety, Police, and To address the issue Legal Metrology depart-

Poonch, Taramani, CAHO, of uninterrupted water ments. Dr. Yousin, DSHO, Ashish and power supply, the Mahajan, representatives Deputy Commissioner (EO) of Municipalities from PHE, Fire Services issued directives to the were asked to maintain besides other concerned concerned Executive Engi- high standards of cleanlineers from the Jal Shakti ness and sanitation within The meeting focused on and Power Development their respective areas, various important issues Department (PDD). They especially focusing on reli-

Health Department was tasked with ensuring the availability of comprehensive healthcare facilities throughout the duration of Ramadan. The Fire Services department was instruct-

Furthermore, the

ed to be prepared for any fire-related incidents that may occur during Ramadan.

The Deputy Commissioner assured all participants that any genuine concerns or issues raised during the meeting would be addressed and resolved promptly.

Among others who were present including; Chairman Human Right Foundation, Adv. Mohd. Zaman, Social activist, Taj Mir, Molana from Jama The Executive Officers Masjid, Social activist, Surjan Singh, Harcharan Singh, President Dashnami Akhara, Harbans Lal, Chairman Pir Panjal, Fareed Malik besides other concerned representatives were present.

## DC Pulwama inspects Polling Stations of **Assembly Constituency 32 Pampore**

#### **JI NEWS SERVICE** PULWAMA, MARCH 8

The Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom, who is also District Election Officer today visited various polling stations of the Pampore Assembly Constituency to inspect Assured Minimum Facilities, and reviewed the preparedness of administration for the upcoming Lok Sabha elections.

The polling stations visited on the occasion includedat Kakapora, ITI Women Pampore, GBHSS Ladoo, Shar Shali, BHSS Khrew, GBPS Wuyan, GBHS Wuyan, GBMS Meej GMS Kadlabal and GUPS Litterbal.

The inspection was aimed to ensure that all polling stations are acces- ra assessed the facilities, participate in the election and inventory managesible to voters especially to specially-abled persons. and accessibility features Ramp access, wheelchair at these polling stations.

Grand event marks International Women's Day celebration in Ramban



facilities, and other facili-DC

The DC, accompanied facilities at the polling by SSP Awantipora, ADDC stations so that each and Pulwama, ADC Awantipo- every eligible voter shall drance.

staff to review the preparedness and adherence to electoral guidelines, emphasizing the importance of impartiality and transparency throughout the electoral proceedings.

He reiterated the administration's commitment to conducting free, fair and peaceful elections, urging all stakeholders to cooperate and contribute to the success of the electoral process.

Later, he visited the strong room at Polytechnic College, IUST Awantipora and took

He emphasized the stock of handling of electies were reviewed by the concerned departments tion material for the Tral assembly segment.

The DC also reviewed the storage infrastructure, security measures, security arrangements process without any hin- ment systems in place at stations to handle election

The DC interacted with material.

The Adminis-

Meanwhile Dr.

ment also spoke

Earlier, a cultural

Later, the Dignitaries

cates and trophies among

tration also felici-

for ensuring all required

### NIT Srinagar condoles demise of Sr. Office Attendant, holds condolence meet



#### **JI NEWS SERVICE** SRINAGAR, MAR 8

nagar Friday consoled nel Department. Prior to nel Department, who left evening after battling a for heavenly abode on prolonged illness. Thursday.

members, and adminis- departed soul. trative staff, expressed

#### Abdul Majid Dar.

Mr. Majid joined REC grief and sorrow over the (Now NIT) in 1998, who demise of Mr. Majid and The National Institute served as a Senior Office expressed sympathy with of Technology (NIT) Sri- Attendant in the Personthe bereaved family. the demise of its Senior this posting, he worked employee and worked Office Attendant, Abdul at the Institute's Mess. He professionally through-Majid Dar of the Person- passed away on Thursday out his service here. We stand with his family at this time of sorrow and

The entire NIT Srinagar Director NIT Srinagar, community, under the every possible help to Prof. A. Ravinder Nath, leadership of Registrar them," Prof. Rahman along with the Registrar Prof. Rahman, gathered Prof. Atikur Rahman, at Fountain Park for a Deans, Heads, Chairper- condolence meeting, known for his honesty, sons of Centers, faculty offering prayers for the and simplicity, and was

In his condolence NIT Srinagar community their condolences on the message, Institute's Reg- deeply appreciates his sudden demise of Mr. istrar, Prof. Rahman contributions.

**JI NEWS SERVICE** RAMBAN, MARCH 8

District Administration Ramban today celebrated International Women's Day, 2024 with the theme "Invest in Women: Accelerate Progress,' with an emphasis on economic empowerment of women folk. The programme was held under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary.

District Social Welfare Officer Rahul Gupta, Chief Education Officer Dev Anand and officers and women participated in the programme.

District level programme was held at Conference Hall, District Administrative Complex, Maitra where, the Chairperson, District Development Council Dr. Sham- appreciated the District sahd Shan was the chief guest

Speaking on the occasion, the Chairperson organizing a grand prohighlighted various pro- gramme on the occasion. and eradicate such viogrammes launched by the Government for the over- tance of fostering a soci-



all development of women ety where both men and on the occasion. especially girls. She also Administration especially and other departments for

She stressed the impor- lence from society.

women have equal opportunities and rights. bonanza was also pre-

Dr. Shan also addressed sented by the students of Social Welfare Department the issue of violence different schools and local against women, emphasizing the need to combat

also distributed the certifi-Meanwhile, the DSWO participants

Maha Shivratri celebrated with fervour at Kheer **Bhawani** Temple

JI NEWS SERVICE GANDERBAL, MAR 8

Amidst a jubilant atmosphere, Maha Shivratri, locally known as 'Herath', was celebrated with great enthusiasm at the Kheer Bhawani Temple in the Tulmullah area of Ganderbal district.

Devotees, including Kashmiri Pandits, gathered at the temple to pay homage to Mata Ragniya Devi, fondly known as Mata Kheer Bhawani. The temple premises exuded a festive aura as devotees engaged in special prayers, seeking peace and prosperity for the region. Sonu, a devotee from Jammu, told the news agency that he and his family are moved by the atmosphere around them.

## IIM Jammu welcomes Solo Cyclist Captain (IN) DK Jena on his Extraordinary Expedition from Kanyakumari to Kashmir

expressed profound

"He was a dedicated

grief and will extend

Majid was a noble soul,

dedicated to his job. The

added.

#### JI NEWS SERVICE JAMMU, MARCH 8

The Indian Institute of Management (IIM) Jammu welcomed Captain (IN) DK Jena, Indian Naval Officer, at the main gate of its campus. Captain Jena is currently undertaking an expedition from Kanyaku- the institution's journey and spirit exemplify the Jeevan," he highlighted IIM Jammu.



extraordinary solo cycling cious welcome and praised effectively.

Prof. B.S. Sahay, Direcmari to Kashmir, covering towards becoming a world- tor, IIM Jammu, warmly a remarkable distance of class institute within a welcomed Capt. D.K. Jena approximately 3900 kilo- year. He emphasized that and reminisced about meters. As an Institution of his expedition is not just hosting Dr. Kiran Seth, National Importance dedi- about covering kilometers, Founder of SPIC Macay, cated to excellence, IIM but about experiencing who embarked on a simi-Jammu is deeply honored the rich diversity of India, lar expedition from Kanyato welcome and celebrate including its food, culture, kumari to Srinagar at the the remarkable achieve- and linguistic variety. age of 75. He highlighted ments of Captain Jena. His Advocating the theme of the inspiring nature of courage, determination, "Shakari Bhojan, Behtaar cycling across the country and advocated for vegetarvalues of resilience and the benefits of vegetarian- ian food as a path to both perseverance that our ism in building both body physical and mental wellinstitution strives to instill and mind while reduc- being, echoing the sentiin its community. A short ing pollution. He under- ment of "Burn Fat, Not karan, CAO of IIM Jammu, video showcasing the jour-scored the detrimental Fuel" emphasized by his ney of Captain D.K. Jena effects of non-vegetarian own family. He elaborated was also showcased on this food and emphasized the on the campus layout, occasion by the students of advantages of cycling for designed to promote health and the environ- physical fitness by encour-Captain D.K. Jena, in his ment, advocating "Burn aging students to walk address, extended warm Fat, Not Fuel." He urged between various points in wishes for Happy Shivratri the audience, particularly the Campus. He stressed and International Women's students, to prioritize serv- the importance of service Day, expressing his desire ing the nation and encour- to the nation, quoting the tions in marathon com- was meticulously coordifor a safer planet for aged them to consider Hon'ble Prime Minister's petitions. He emphasized nated by the Sports Comwomen. He commended joining the Armed Forces vision of making India a Prof. B.S. Sahay, Director if they aspire to contribute developed nation by 2047 of IIM Jammu, for his gra- to the country's welfare and emphasized the need seeking blessings from

model for the IIM Jammu mative journey. community, encouraging all to contribute to the nation's growth and devel-

opment. Professor Jabir Ali, Dean Academics of IIM Jammu, arrival at the main gate also shared his thoughts, of the campus. A felicitaexpressing that Captain Jena's journey embodies the spirit of adventure, determination, and com- tain Jena's extraordinary mitment to a cause. He conveyed the institution's honor in hosting Captain Jena at IIM Jammu

Cmdr. Kesavan Baskreflected on the remarkable journey of Capt. D.K. a Q&A session took place. Jena, highlighting his dedication to societal causes his exceptional accomand nation-building. He plishment and reaffirm noted Captain Jena's illus- our commitment to protrious background as a moting a healthy and popular Marathon Runner, environmentally conwith numerous participa- scious lifestyle. The event that Captain D.K. Jena's mittee and Student Affairs journey, which includes Office.

to uplift the entire society. the Swami Vivekanand He expressed confidence Rock Memorial, signifies in India's potential to his esteemed status as a achieve this goal by taking guest traveling from Kaneveryone along. Urging yakumari to Kashmir. He students to embrace their stressed that Captain Jena's role as future leaders, he mission aims to propagate commended Capt. D.K. his ideas for nation-build-Jena for accepting the invi- ing and invites everyone to tation and serving as a role be a part of this transfor-

> The IIM Jammu community, comprising faculty, staff, and students, extends a warm welcome to Captain Jena upon his tion program was organized at the Vivekananda Classroom to honor Capachievement. The entire IIM Jammu community participated in the felicitation program, showing their support for Captain Jena's remarkable feat. Following the felicitation, Let us unite to celebrate

### **GDC Bhaderwah organises Interactive** Workshop-cum-lecture on EVM and VVPAT

nuances of these modern

The event aimed to edu-



artists.

#### **JI NEWS SERVICE** DODA, MARCH 8

In a significant move electoral technologies. towards promoting voters awareness, the NSS Unit cate students and faculty of Government Degree members about the func- the public about the elec-(PG) College Bhaderwah, tioning and importance toral process is crucial for in collaboration with of EVMs and VVPATs in a healthy democracy. District Election Office maintaining the integrity Doda, hosted an inter- of the electoral process. active workshop-cumlecture on the Electronic awareness campaign, the Voting Machines (EVMs) workshop served as a plat-

The initiative was led democratic governance. by the District Nodal Officer SVEEP, Dr. Akhtar a renowned electoral event successful.

expert, delivered a comprehensive lecture on the technical aspects of EVMs and VVPATs and addressed concerns and misconceptions surrounding these systems. His extensive experience in the field provided valuable insights into the functioning and benefits of these technologies.

The interactive workshop offered participants the opportunity to engage in practical sessions, learning

Hussain, who guided the how to operate EVMs and participants through the VVPATs.

> The organizer of this event, Prof. Mohd Yaseen Sirwal, NSS Programme officer said that educating

The event culminated by a vote of thanks pro-As part of the voters' posed by Prof. Zain-ul-Aabdin, HOD Political Science who thanked Dr. and Voter-Verified Paper form for open dialogue Akhtar Hussain, organis-Audit Trail (VVPATs). The and hands-on experience ers of the event, all the workshop was attended by with the equipment, fos- staff members, students more than 200 students tering a deeper under- and others who are directand faculty of the college. standing of their role in ly or indirectly involved in this event for their tire-Dr. Akhtar Hussain, less efforts in making this

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