

One killed, another injured in road accident in Doda

## **JI NEWS SERVICE** JAMMU, MAR 18

One person was killed and another injured in a road accident in J&K's Doda district on Monday, officials said.

Officials said that a car went out of the driver's control and dropped into a gorge on Khilani Marmat Link Road in Doda.

"One person identified as Roshan Lal died on the spot while another, Tanveer Ahmad sustained injuries. The injured person was shifted to the government medical college hospital in Jammu city for treatment. Police have registered a case in this incident," an official said.

## **Rusted mortar** shell found in Poonch

## **JI NEWS SERVICE**

JAMMU, MAR 18

A rusted mortar shell was found on the banks of a stream in Poonch district of Jammu and Kashmir on Monday, police said.

The mortar shell was spotted by a villager in the stream near a primary school in the Muglian area of Mendhar sector. they said.

Officials said a police team along with a bomb disposal squad rushed to the spot on getting information about the shell and defused it

# **INDIA bloc's manifesto talks** about finishing 'Shakti': PM Modi



### AGENCIES JAGTIAL (TELANGANA), MAR 18

Alleging that the INDIA bloc's manifesto talks Modi said, for him, every about finishing 'Shakti', mother and every daugh-Modi on Monday said the that he worships them. fight is between those who

success to 'Shiv Shakti' and those who worship Addressing a rally here, 'Shakti'.

"On Sunday in Mumbai, Prime Minister Narendra ter is a form of 'Shakti' and there was an INDI alliance daughter is a form of rally after the announce-He said the nation dedi- ment of the schedule for

want to destroy 'Shakti' cated 'Chandrayaan's' elections. They announced their manifesto in the and the opposition parties rally. In Mumbai's Shivaji are talking of destroying Park, they said their fight was against 'Shakti'. For me, every mother, every

> 'Shakti'. **CONTINUED ON → PAGE 4**

# Entire JK lives in Jammu, city deserves quality infrastructure: **Ghulam Nabi Azad**

### JI NEWS SERVICE JAMMU, MAR 18

Democratic Progressive Azad Party -Ghulam Nabi Azad has said that while all the 22 districts of erstwhile Jammu and Kashmir state reside in Jammu, the city is facing official neglect and merits serious concern

Speaking at a public

Singh Park in Jammu on where people from 22 dis-Sunday, Azad reiterated, tricts reside in makeshift "The entire Jammu and homes." He emphasized Kashmir resides in Jammu. the pressing need for for government This is not the case even essential amenities such



gathering organized by in metropolitan cities as electricity, water, and the Azad Party at Hari like Mumbai and Delhi, roads to be prioritized in the region.

Azad, who is viewed as a formidable contender

CONTINUED ON >> PAGE 4

# In 5 years, MHA bans 9 separatist groups in J&K

them.

## '2 banned in 2019, 3 in 2021, 4 in 2024 under UAPA'

## **JI NEWS SERVICE** SRINAGAR, MAR 18

mir. vention) Act-1967, since "anti-national activity". 2019.

On February 18, 2019, the Union Home Ministry the Union Home Ministry banned jailed separat-

banned Jamaat-e- Islami, a ist leader Shabir Ahmad cadre-based organisation Shah's Jammu & Kashmir with pan- Kashmir pres- Democratic Freedom In the past five years, ence. The MHA said that Party(JKDFP) for its "antithe Government of India the outfit was involved in India" and "pro-Pakistan" activities

Two months later, on Nearly a month later, December 28, 203, the banned the Masarat Alamled Muslim League, a separatist organisation, for "anti-national and secessionist" activities in J&K. On December 31, 2023,

the MHA banned Tehreeke-Hurrivat (TeH) which was earlier headed **CONTINUED ON → PAGE 4** 

# Jammu and Kashmir Government to Fill Over **12,000 Vacancies to Tackle Unemployment**

#### JI NEWS SERVICE SRINAGAR, MAR 18

To address the longstanding issue of unemployment, the Jammu and ment drives. Kashmir government is going to initiate the recruitment process to fill

more than 12,000 vacant positions across various government departments. pensed for the posts upto As per an official docuthe pay level-5," it said.

ment available with the news agency, the Jammu and Kashmir administration will fill 12,264 positions that are lying vacant Jal Shakti, social welfare in various government department, rural develdepartments for many opment department and years.

The document said

"The terror funds were

that the government since has already enlisted the the civil services. 2019, has filled as many as number of vacancies in 31,830 vacanies in various various departments. cies, the government aims government departments We have a large number to strengthen its workthrough multiple recruit- of vacant posts in health force, streamline service "These 31,830 selec- recruitment drives shall inclusive development tions have been made follow this year and all the across the region," they in fair, transparent, and vacant posts will be filled said. expeditious manner. in a speedy manner," they

Interviews have been dis- said. Officials said the recruitment drive will prioritize Official sources said transparency and effithat the vacancies are ciency, adhering to estabto be filled in depart- lished guidelines and proments including health, cedures.

The selection process is expected to be conducted mated Unemployment rigorously, ensuring mer- Rate (UR) in Jammu and it-based appointments to Kashmir was 22.8% "The government maintain the integrity of CONTINUED ON » PAGE 4

department. Multiple delivery, and promote Pertinently, Jammu and

"By filling these vacan-

Kashmir as per the Ministrv of State for Labour and Employment has recorded a decrease in the unemployment rate for graduate persons of age 15 years. As per the ministry,

during 2021-22, the esti-

J&K narco-terror financing module case: SIA files charge-sheet in against LeT Terrorists

Modi gave women 'ease of living' with dignity: Dr Jitendra Singh

has banned 10 separatist activities aimed at disruptgroups in Jammu & Kash- ing India's integrity. Details available with on March 22, 2019, the Union Home Ministry news agency reveal that MHA declared Jammu & the Union Home Ministry Kashmir Liberation Front has declared nine separat- (JKLF) as an unlawful ist groups in J&K as unlaw- association for "supportful associations under the ing extremism and mili-Unlawful Activities (Pre- tancy" and indulging in

On October 5, 2023,

safely

## **MeT predicts** wet spells in J&K during this, next week **JI NEWS SERVICE** SRINAGAR MAR 18

With two more days expected to remain dry in J&K, the Meteorological Centre Srinagar on Monday predicted light spells of rain or snow in parts of UT during this and next week.

As per the news agency CNS, the MeT Centre Srinagar said that many places in J&K would likely receive light rain or snow during this week's 21st and 22nd, with weather to be expected generally cloudy.

During the period, it also said that thunder/ lightning and gusty winds over the plains of Jammu and Kashmir divisions would be observed followed by dry skies on the 23rd of March.

Another wet spell of light rain or snow at a few places of J&K has been forecast for this coming Sunday and next week's 25th.

However, the next two days have been predicted by MeT to remain "generally dry" as was mentioned in its previous forecasts.

## JI NEWS SERVICE SRINAGAR, MAR 18

here. The Jammu and Kashmir State Investigation Agency the Kashmir Valley, is an across the border, the SIA (SIA) on Monday filed a active terrorist of the LeT charge-sheet against two operating from Pakistanpeople, including a Lash- occupied Kashmir, the kar-e-Taiba (LeT) terror- officials said. ist, accused of operating a narco-terror financing arrested in September module in the Union Terlast year when he was transporting a consignritory, officials said. The charge-sheet was ment of heroin weighing larger criminal conspirafiled in the special-des- 3.565 kg. The value of the cy, Khoja and Lone, and ignated UA(P)A court seized narcotics was estiunder the NIA Act against mated to be more than conversations over

and Zameer Ahmad added. Lone under the Narcotic Drugs and Psychotropic with members of ter- communal disharmony Substances Act and the rorist organisations had through terrorist acts tar-

Unlawful Activities (Pre- hatched a criminal con- geted at minority comvention) Act, they said spiracy to raise funds by munities in Kashmir, the illegally smuggling and SIA said. Lone, who hails from trafficking narcotics from used for personal enrich-

said. The proceeds from the sale of the drug were used They said Khoja was rorist acts and fund the tial houses of minority terror ecosystem, the agency said.

In pursuance of the their associates through Zaheed Ahmad Khoja Rs 25 crore, the officials encrypted messaging applications systemati-Khoja and Lone along cally planned spreading

ment and for furtherance of terrorist acts, including setting ablaze governto financially support ter- ment buildings, residen-

communities and police personnel, and office of a political party, as directed by various terrorist organisations, active in Jammu and Kashmir," the agency said

It said further investigation against other associates of those chargesheeted in the case will continue.

**JI NEWS SERVICE** RAMNAGAR, MAR 18

others.

Union Minister Dr Jitendra Singh and BJP Candidate for Udhampur Lok Sabha constituency said here today that Prime Minister Modi gave women 'ease of living' with dignity. The evidence of this, he said, is seen in a series of women centric reforms and schemes rolled out by Prime Minister Modi in the last 10 years with an extreme degree of sensisaid.



tivity which was missing number of women PRIs, realised the seriousness during the earlier regimes Dr. Jitendra Singh recalled of this but in the very first for almost six decades that Modi made history year nearly 4 lakh toilets after independence, he when as Prime Minister for women had in his very first Indepen-

Addressing a series of dence Day address from election meetings com- the Red Fort he gave a call prising mostly Women Self for construction of toilets Help Groups and a large for women. No one had

CONTINUED ON >> PAGE 4

# Northern Army commander visits high altitude areas of Ladakh, reviews operational preparedness

## **JI NEWS SERVICE** JAMMU, MAR 18

Northern Army Commander Lieutenant General M V Suchindra Kumar on Monday visited the high altitude forward areas and reviewed the operational preparedness in Ladakh sector.

The Northern Army Commander appreciated

Army and the Indo-Tibetan Border Police (ITBP) for

Command said.

their relentless efforts in Kumar, Army Commander development," the Northmaintaining highest stan- Northern Command, visit- ern Command said on X. dards of operational effec- ed formations deployed in tiveness under challenging super high altitude areas

the efforts of the Indian conditions, the Northern of Ladakh to review the operational preparedness "Lt Gen M V Suchindra and border infrastructure Lieutenant General CONTINUED ON >> PAGE 4

# Army raises elite unit to work on critical technologies having Military applications

## AGENCIES

NEW DELHI, MAR 18

The Indian Army has raised an elite unit that will undertake research and evaluation of futuristic communication technologies like 6G, artificial intelligence, machine learning the changing nature of the field.

and wireless systems, offi-

cials said.

The Signals Technology Group or STEAG is man- said. dated to nurture technol-

battlefield, they said.

organisation, the first of its kind equipped with the capability to harness niche technology, leverage and quantum computing cutting-edge solutions and core ICT solutions, and for military use in view of identify suitable cases for provide user interface supdefence applications by fostering collaboration upgradation of contempowith academia and indus- rary technologies available

Evaluation and Adaptation try," one of the officials in the environment, the high-end communication

The elite unit will focus ogies spanning the com- on all upcoming criti- Pande has been highlight- of select countries with plete spectrum of wired cal technology domains ing the need for acquiring advanced economies and including electronic new technologies by the exchanges, mobile com- force in view of the chang-

The setting up of STEAG munications, software ing nature of warfare. is part of the Army's efforts defined radios, electronic to develop technologies warfare systems, 5G and tenets of Atmanirbhar considering the future 6G networks, quantum Bharat and Start-Up India, "It will be a premier learning, etc., he said.

port by maintenance and

official added.

"Aligning itself with the technologies, AI, machine STEAG will help bridge the divide between the armed

The hi-tech unit will forces on the one hand carry out technical scout- and industry and acaing, evaluation, developdemia on the other," the ment, management of official said on condition of anonymity.

The new Centre of Excellence is expected to be a game changer in fostering self-reliance in technologies, which have Army Chief Gen Manoj thus far been a monopoly research ecosystems,

CONTINUED ON → PAGE 4



# NEWS

**Police conducts** training programme

for Sector Police

**Officers in Sopore** JI NEWS SERVICE

Police in Sopore conducted a training programme for Sector

Police Officers for forthcoming

Lok Sabha Elections 2024 at

The training program

focused on equipping sector

police officers with the neces-

sary skills and knowledge to

effectively manage their sec-

SOPORE, MAR 18

DPL Sopore.

# **Job Oriented Skill Development Programmes inaugurated at IIIM**

JI NEWS SERVICE JAMMU, MAR 18

As part of CSIR Integrated Skill Initiatives, two joboriented skill development programmes under the theme "Industrial Microbiology" and "Cloning and Protein Expression" commenced at CSIR-Indian Institute of Integrative Medicine, Jammu, here today, in which, 50 participants drawn from states of Uttarakhand, Uttar Pradesh, Himachal pants on the occasion, Prof. Sharma appreciated such types of hands-on their career. training for youngsters,



all over India, including have a significant impact his address to the paron their career and job ticipants, spoke about opportunities. Highlight- the legacy of IIIM and Pradesh, Punjab, Gujarat, ing the initiatives of skill- the present-day major Bihar, Goa, Ladakh and ing laid down in the New R&D and Societal Mission UT of Jammu and Kash- Education Policy 2020, he Programmes being implemir. Prof. Kuldeep Krishan underscored the need of mented here. He also Sharma, Vice Chancellor, imparting practical viz-a- informed that the team Himalayan University, Ita- viz hands-on-training so of scientists at CSIR-IIIM nagar, Arunachal Pradesh, that, the trainees obtain besides having focus on was the chief guest at the the real skill which will core research on various inaugural event. While immensely benefit them. disease areas, has been addressing the partici- He also advised the young executing societal misparticipants to work hard to excel in their lives, irre- the CSIR Aroma Mission, the efforts of the orga- spective of the area or Floriculture Mission, nization for conducting field they adopt to make Sickle Cell Anaemia Mis-

Dr. Zabeer Ahmed, relation with the local which would indeed Director, CSIR-IIIM in economy.

Er. Abdul Rahim, Head, RMBD&IST division gave insights into the CSIR Integrated Skill Initiative. Dr. Asha Chaubey, Head of Fermentation Technology Division and Dr. Kuljit Singh, Scientist, Infectious Diseases Division, who are the coordinators of these programmes, shared the workshop modules, being conducted back-toback. Earlier, in his welcome address, Dr. Sumit Gandhi, Head, Infectious Diseases Division, introduced the chief guest to the participants and presented an outline of the

three days programmes. The workshops are being organized under the patronage of Dr. Zabeer Ahmed, Director, CSIR-IIIM and the supervision of Er Abdul Rahim. Dr. Nasir-ul-Rasheed, senior sion programmes such as scientist assisted in the coordination. Ms. Arushe Tickoo conducted the proceedings of the inaugural sion, which have a direct session and Dr. Nasir ul Rasheed presented a formal vote-of-thanks.

## GCOE, IASE organises '4 days Martial Art Camp' for female students of college



JI NEWS SERVICE SRINAGAR, MARCH 18

The Department of Physical Education in collaboration with Women's Studies Centre, of the Government College of Education (GCoE), IASE organised '4 days Martial Art Camp' for the female students of the college.

Principal of the college, Prof. (Dr.) Seema Naz on this occasion encouraged the participating female students and also highlighted the importance of martial art and self defensive skills especially for women in day today life.

female students of the March, 2024, and the college participated in valedictory function of the the camp. The focus camp was held on 16-03-2024 in the multi-purpose hall of the college. On valedictory func-

tion, Principal of the college Prof. (Dr.) Seema Naz along with Dr. M Yasin developing self-discipline Pir (convenor sports), Dr. and stress relief to the Nazir Ahmad Bhat, Dr Mohammad Ashraf Wagi, The trainee Azmat Khan Dr. Tawheeda Rasool (convenor W.S.C), Prof. A.G Kumar, Dr. Bilal Ahmad Malla (PTI) and M.S Daljeet Zahid Khan, a student of Kour Dutta distributed Trophies and certificates among the participants The camp was orga- and trainers of the camp.

tors during the General Lok Sabha Elections. The training session was A total number of 31 nized from 4th to 7th conducted by DySP DAR

Sopore Shri Dr. Hilal Ahmad Hilal-JKPS. Addressing the officers about their role, the speaker also urged them to adhere to the rules/regulations/guidelines of Election Commission of India and ensure that elections are conducted in a free, fair and transparent manner.

Sector Officers were also familiarized with Vulnerability Mapping, Fulfilment of Vulnerability Mapping Form 2 and Vulnerability Mapping Form 3, Role of Sector Officers, concept of critical polling stations and the role of police to provide level playing field for all the stakeholders and in ensuring peaceful elections.

## Awareness Programme under **General Elections-2024 CEO issues guidelines for Printers, Publishers of J&K SVEEP held at DIET Rajouri**



**JI NEWS SERVICE RAJOURI, MARCH 18** 

voter awareness and parwas conducted today at nities. DIET Rajouri, under the

ered an insightful presentation on SVEEP, empha-

sizing the importance In an effort to promote of mass participation of electorates in the upcomticipation, an awareness ing elections to strengthen programme under the democracy. Participants Systematic Voters' Educa- were encouraged to carry tion and Electoral Partici- the message of SVEEP to pation (SVEEP) initiative their respective commu-

The programme conguidance of District Elec- cluded with the distribu-

## **JI NEWS SERVICE**

JAMMU, MARCH 18 Election Office has issued

notice to all the registered informing that the printing Peoples Act, 1951.

publish, or cause to be of the district in which it printed or published, is printed".

any election pamphlet In view of the ensuing or poster which does not this section; any process elections to Lok Sabha, bear on its face the names for multiplying copies of the Jammu and Kashmir and addresses of the a document, other than printer and the publisher guidelines with regard to thereof. No person shall printing and publication of print or cause to be print- and the expression "printelection pamphlets, post- ed any election pamphlet ers and related material or poster; unless a declaacross the Union Territory. ration as to the identity The Chief Electoral Offi- of the publisher thereof, cer today issued a public signed by him and attested by two persons to whom

printers and publishers he is personally known, of the Union Territory is delivered by him to the of Jammu and Kashmir, printer in duplicate and unless, within a reasonand publication of election able time after the printing or poster having reference pamphlets, posters etcet- of the document, one copy era is being governed by of the declaration is sent the provisions of section by the printer, together 127-A of Representation of with one copy of the docu- announcing the date, time, extra copies of each such the publisher and attested but separately, in respect

As per "127-A Restric- in the capital of the state, lars of an election meeting declaration obtained from the publisher is personally poster etc., printed by him tions on printing of pam- to the Chief Electoral Offi- or routine instructions to the publisher as required known. It should also be within three days of print-

For the purposes of

copying it by hand, shall be deemed to be printed er" shall be constructed accordingly; "Election pamphlet or poster" means any printed pamphlet, hand-bill or other document distributed for the purpose of promoting or prejudicing the election of a candidate or group of candidates or any placard to an election, but does not include any hand-bill, placard or poster merely

sions of sub-section (1) of of section 127-A (2) and sub-section (2) shall be the above directions of punishable with impris- the Commission would shall furnish four (4) onment for a term which be viewed seriously and copies of the printed may extend to six months, stern action, which may in material, along with decor with fine which may appropriate cases include laration of the publisher, extend to two thousand even revocation of license within three (3) days of rupees, or with both.

It is, therefore, enjoyed upon all the printers and publishers to indicate clearly in the print line the names and addresses of any election pamphlet or posters or such other material printed by

Any person who con- printing. Also, any vio- the Chief Electoral Officer travenes any of the provi- lation of the provisions or District Magistrate, as the case may be. Likewise, the printer

of printing press under the printing thereof, along with such printed material and the declaration. The them. Besides, all print- prescribed by the Com- mission in Appendix-B ing presses have to send mission in Append IX-A hereto. Such information the copies or the printed hereto, this declaration shall be furnished by the material (along with three shall be fully signed by printer, not collectively ment "Where it is printed place and other particu- printed material) and the by two persons to whom of each election pamphlet

was on developing selfdefensive skills, increased confidence and flexibility, better coordination, improving mental stamina, improving social skills,

female participants. trained the female students for four consecutive days. She was assisted by the college during days of training.

relevant laws of the state, would be taken. Before undertaking the printer shall also furnish printing of any election the information regardpamphlets or poster etc, ing the number of copies of printer and publisher printer shall obtain from of documents printed and the publisher a declara- the price charged for such tion in terms of section printing job, in the profor-127-A(2) in the proforma maprescribed by the Com-

tion Officer Rajouri, Om tion of informative pam-Parkash Bhagat.

educational zones across maximum voter turnout. the district, along with faculty members from Iqbal Raina, the District DIET Rajouri.

District SVEEP Cell, deliv- success.

phlets among the attend-The event saw active ees, reinforcing the mesparticipation from sage of ensuring no voter approximately sixty teach- is left behind, in line with ers representing fifteen the mission to achieve

> Professor Mohammad Nodal Officer (DNO) for

Mr. Mohammad Ayaz SVEEP, supervised the Raina, a member of the programme to ensure its

## Adhere to MCC: DEO Bandipora. holds meet with political party representatives

### **JI NEWS SERVICE** BANDIPORA, MARCH 18

district.

The meeting was ferent political parties ties that could incite including Bhartiya Janta violence or violate the Party, Congress, DPAP, model code of conduct.

JKAP, JKNC, JKNPF, AIP, NYP, PDP, AAP and other concerned.

The District Election The DEO on the occa-Officer (DEO) Bandipo- sion said that district ra, Shakeel ul Rehman administration has on Monday convened made all the necessary a meeting of political preparations to conduct party representatives the upcoming parliato discuss various mea- mentary polls in a free, sures under Model Code fair and transparent of Conduct (MCC) to manner. He stressed ensure fair and trans- strict enforcement of parent elections in the the model code of conduct across the district.

The DEO emphaattended by Nodal Offi- sised maintaining peace cer MCC Umar Shafi and order during the Pandit, Dy DEO Moham- electoral process and mad Rafeeq Bhat, ARO urged political parties Bandipora Shabir to adhere to the model Ahmad wani, ARO code of conduct. He Sumbal Amir Choud- stressed the importance hary, Nodal Officer of maintaining a peace-Expenditure Monitoring ful and conducive envi-Sheikh Aabid Manzoor, ronment for campaign-Nodal Officer MCMC Dr. ing and urged political Naseer Ahmad, DLMT, parties to refrain from representatives of dif- engaging in any activino person shall print or to the District Magistrate ers.

phlets, posters etcetera; cer and In any other case, election agents or work- under section 127-A (2) authenticated by the print- ing of each such docuwithin three days of its er when it is forwarded to ment.

## **DEO Reasi chairs meeting** with Nodal Officers on **Election preparedness**



**JI NEWS SERVICE** REASI, MARCH 18

The District Election Officer Reasi, Vishesh Mahaparedness for the upcoming elections.

Key points addressed included the establish- ency of the electoral proment of a control room, maintenance of law and parties, provision of parking facilities, EVM training, and transport management systems.

cess. He emphasized that the meeting.

each polling station should be decorated, clean, well-

equipped with electricity, water supply, and proper toilet facilities to ensure jan, chaired a meeting the convenience of voters with all nodal officers to and polling staff. DEO discuss and review the pre- Reasi urged all nodal officers to continue their concerted efforts to uphold the integrity and transpar-

> cess in Reasi district. ADDC Sukhdev Singh

order, coordination for Samyal, ADC Kulbhushan the movement of polling Khajuria Nodal officer for MCC, PO Poshan Mohammad Anwar Banday Nodal officer for training, ACD Pardeep Kumar Nodal

DEO Vishesh Mahajan officers for logistics, Dy. emphasized the signifi- DEO Rakesh Kumar, DIO cance of these aspects in Nasir Ahmed Nodal officer ensuring the smooth con- for SVEEP and other Nodal duct of the electoral pro- officers were present in

## **RO-4** Udhampur PC chairs meeting with political parties

## **JI NEWS SERVICE** KATHUA, MARCH 18

Returning Officer-4 Udhampur Parliamentary Constituency, Dr Rakesh Minhas (DC Kathua), chaired a meeting today with representatives from various political parties in preparation for the upcoming Lok Sabha Elections, 2024. The objective of the interactive session was to emphasize the strict adherence to the ethical standards outlined in the Model Code of Conduct and other pertinent guidelines established by the Election Commission of India (ECI).

The meeting provided a platform to sensitize political parties about the paramount importance of maintaining integrity, fairness, and transparency throughout the electoral process. Various pertinent issues were deliberated upon, including adherence to MCC provisions, obtaining permissions for media advertisements and campaign vehicles, as well as the initiation of candidate bank accounts as per the prescribed timeline.

In the discussions held, collective responsibility of tion related activities. all political stakeholders in



conduct and respect for among the representatives democratic principles.

Returning Officer disfacility has been put in place for facilitating Polit-

characterized by ethical ECI was also distributed electoral process.

of political parties.

Dr Rakesh Minhas reitclosed that Single Window erated the pivotal role of compliance of all political political parties in upholding the democratic fabric ical parties/ Contesting of the nation and stressed candidates to get timely the imperative of cooppermissions and relevant eration and adherence certificates from fully to the guidelines delinequipped Election Control eated in the Model Code Room where all facility of Conduct by the ECI. He Singh; Assistant Commisthere was a unanimous have been put in place for urged all parties to exhibit acknowledgment of the smooth conduct of Elec- unwavering integrity and responsibility, thus setting Officer MCMC & SVEEP On the occasion, rel- a positive precedent for a Neeraj Bhargav and repfostering an environment evant material issued by credible, fair, and peaceful

Dr Rakesh Minhas expressed confidence in the cooperation and parties, fostering an environment conducive to the smooth conduct of the Lok Sabha Elections.

The meeting was attended by Additional District Commissioner, Ranjit sioner Revenue, Deputy DEO, Nagesh Singh, Nodal resentatives from various political parties.

**DEO Bandipora** addresses press

conference, briefs media regarding

**Election Schedule** 

In view of General Elections

to Lok Sabha-2024 sched-

uled to be held on 20th May

2024 in Bandipora district

being part of the Baramulla

-1 Parliamentary Constitu-

ency, the District Election

Officer (DEO) Bandipora,

Shakeel ul Rehman today

addressed a press confer-

ence at Mini Secretariat,

JI NEWS SERVICE

BANDIPORA, MARCH 18

# NEWS

# DEO Samba chairs meeting with Political Parties ahead of Lok Sabha Elections 2024



## **JI NEWS SERVICE** SAMBA, MARCH 18

Samba, Abhishek Sharma today convened a crucial tives from various political parties in preparation

of the meeting was to established by the Elec- process. It emphasized characterized by integrity,

tion Commission of India the collective commit-(ECI).

District Election Officer, the session included ronment characterized eration and adherence to MCC provisions, obtain- accountability. meeting with representa- ing permissions for media

emphasize on he signifi- as a platform to sensitize the ECI. cance of upholding the political parties about highest ethical standards the imperative nature of as a reaffirmation of the as outlined in the Model maintaining integrity, fair- collective commitment Code of Conduct and ness, and transparency towards ensuring a demother relevant guidelines throughout the electoral ocratic electoral process

Key discussions during towards fostering an envi- confidence in the coopissues such as adherence by ethical conduct and The DEO reiterated the

advertisements and cam- pivotal role of political paign logistics, as well as parties in upholding the for the forthcoming Lok initiating candidate bank democratic ethos of the Sabha Elections in 2024. accounts in accordance nation and urged coop-The primary objective with stipulated timelines. eration and adherence to The meeting served the guidelines set forth by

The meeting served

transparency, and ethical ment of all stakeholders conduct. He expressed of all political parties to the guidelines outlined, thereby fostering a conducive environment for the smooth conduct of the Lok Sabha Elections.

Among the attendees were distinguished officials including SSP Vinay Sharma, ADC Suresh Sharma, GM DIC Gurpreet Singh, Deputy DEO Harvinder Singh, DIO Ashiq Rafiq Malik, and representatives from various political parties.

# Lok Sabha Election 2024: DEO Baramulla holds press conference

period.

#### JI NEWS SERVICE BARAMULLA, MARCH 18

In view of the General Elections to Lok Sabha 2024, the District Election Officer (DEO), Baramulla today held a press conference at Dak Bungalow here to disseminate essential information regarding the do's and don'ts during Model Code of Conduct (MCC)

along with the guidelines established by the Election Commission of India (ECI). He was accompanied

by Senior Superintendent of Police, Amod Nagpure, Additional District Development Commissioner, Syed Qamar Sajad and SP Sopore, Divya Dev. The DEO informed the the ECL

media about the nationwide enforcement of the MCC following the announcement of the election date by the ECI and stressed that it is mandatory for every individual, lots. including government

employees, members of ence, the SSP said that cratic electoral process.



environment conducive for the free and fair con-He assured the press that duct of the elections in the the district administration district.

is fully prepared and has Earlier, the DEO, accommeticulously organized all panied by SSP, ADDC, and necessary arrangements SP, held a meeting with for the seamless conduct the representatives of the of the elections as per the political parties at the schedule announced by Dak Bungalow to brief them about the guidelines Emphasizing the sig- mandated by the Elecnificance of voting, Minga tion Commission of India Sherpa appealed to the (ECI) and emphasized the public, urging them to paramount importance exercise their democratic for every political entity right by casting their bal- to strictly adhere to these guidelines, ensuring a fair,

Speaking at the confer- transparent, and demo-

your votes.

He urged the young

presented by Principal

Iqbal Shawl of Himala-

**District SVEEP Cell Rajouri organized** awareness programme for young voters at Himalayan Super School Dhangri

Rajouri organised awareness for young voters at member of SVEEP cell. strengthening of democ-Himalayan Super School cer Om Parkash Bhagat .

by Nodal Officer SVEEP

## The programme started with the wel- voters to exercise their Team of SVEEP Cell come adress by Dr franchise without fail khalid Reyaz, one of the and contribute to the Speaking on the occasion racy. The programme SVEEP is to encourage formal vote of thanks was pate in the electoral pro-

political parties, and any the police department is ordinary citizens, to strict- taking every possible seculy adhere to these guide- rity measure to make the lines during the election

> here today. The DEO said that all the necessary circulars detailing the enforcement of the Model Code of Conduct to maintain the sanctity of Electoral Process have been issued. He said that Bandipora district as part of the Baramulla-1 Parliamentary Constituency has 3 assem-

bly segments including 14-Sonawari, 15-Bandipora and 16 Gurez comprising of a total of 312 polling stations with 137 polling stations in 14-Sonawari, 144 polling stations in 15-Bandipora and 31 polling stations in 16-Gurez with assured minimum facility available at all polling stations across the District.

He revealed that the Gazette Notification will be issued on 26th of April, 2024 for Baramulla-1 Parliamentary Constituency.

The DEO said that 3rd May, 2024 is the last date for filling Nominations and on 4th May, 2024 scrutiny of Nomination shall be held while as 06th May, 2024 is the last date for withdrawal of candidature.

He said 20th may is the poll date for Baramulla -1 Parliamentary Constituency and counting of votes shall be held on 4th of June 2024.

The DEO informed that Bandipora has 258675 Electors as on 18th of March 2024 with 131761 Males, 126908 females and 06 TGs.

Giving details regarding SVEEP activities, the DEO said that 213 camps were conducted during special Summary revision, in which 3743 new voters were added.

He also highlighted various activities conducted under SVEEP including Screening of documentary on Electoral participations, Youth Rally for generating Awareness about Voter Registration, Booth Level Camps for demonstrating Saksham application for PwD Voters and involving youth icons for generating voter awareness.

# **Returning Officer Udhampur PC held** interactive session with Flying Squad teams

## JI NEWS SERVICE KATHUA, MARCH 18

The Returning Officer for the Udhampur Parliamentary Constituency, Dr Rakesh Minhas (DC Kathua) chaired a meeting today with the Flying Squad Teams assigned for the upcoming Lok Sabha Elections- 2024.

The primary objective of the session was to acquaint the teams with their roles, responsibilities, and the adherence to the stringent ethical standards mandated by the Election Commission of India (ECI).

During the meeting, Dr Rakesh Minhas emphasized the pivotal role of the Flying Squad Teams in ensuring the integrity and fairness of the electoral process. He underscored the importance



## **JI NEWS SERVICE** and Prof.Ajaz Nazir. RAJOURI, MARCH 18

Dhangri under the able Prof Mohd Iqbal Raina was attended by staff guidance and direction Nodal Officer for SVEEP and good number of of District Election Offi- said that the objective of students. At the end the The team was headed young voters to partici-Cell Rajouri accompa- cess and make informed yan super School Dhan-

nied by Dr. Khalid Rayaz decisions while casting gri Rajouri. **District SVEEP Cell Rajouri organized** awareness programme for young voters at Himalayan Super School Dhangri

#### JI NEWS SERVICE RAJOURI MARCH 18

The

and Prof.Ajaz Nazir.

programme He urged the young started with the wel- voters to exercise their Team of SVEEP Cell come adress by Dr franchise without fail Rajouri organised aware- khalid Reyaz, one of the and contribute to the

your votes.

of impartiality, diligence, all their activities.

passed various aspects, concerned authorities. including the identifitionally, the teams were discharge their duties urged them to perform

Dr Rakesh Minhas reitrelated to electoral mal- principles and ensuring Flying Squad Teams. practices, enforcement of a level playing field for

complaints and reporting tributing to the conduct of electoral process. The discussions encom- incidents promptly to the free, fair, and transparent elections.

cation and monitoring erated the significance of the clarification of queries of suspicious activities upholding the democratic or concerns raised by the election-related laws, and all candidates and politi- expressed confidence Kathua, DIO Kathua and swift action against any cal parties. He urged the in the dedication of the other concerned officers. violations detected. Addi- Flying Squad Teams to Flying Squad Teams and

and adherence to the briefed on the proper with utmost diligence and their duties diligently to Model Code of Conduct in procedures for handling impartiality, thereby con-uphold the sanctity of the

> The meeting was attended by senior offi-The session also witness cials, including SSP Kathua Shivdeep Singh Jamwal, ADC Ranjit Singh, ASP Kathua, ACR Kathua, The Returning Officer SDM Hiranagar, Dy DEO

The team was headed young voters to particiby Nodal Officer SVEEP pate in the electoral pro-Cell Rajouri accompa- cess and make informed yan super School Dhannied by Dr. Khalid Rayaz decisions while casting gri Rajouri.

**Training for polling** staff held in Reasi

ness for young voters at member of SVEEP cell. strengthening of democ-Himalayan Super School Speaking on the occasion racy. The programme Dhangri under the able Prof Mohd Iqbal Raina was attended by staff guidance and direction Nodal Officer for SVEEP and good number of of District Election Offi- said that the objective of students. At the end the cer Om Parkash Bhagat . SVEEP is to encourage formal vote of thanks was presented by Principal Iqbal Shawl of Himala-

> Lok Sabha Elections-2024 **DEO Kulgam chairs meeting** with Political Parties

# Lok Sabha Elections 2024: DEO Ganderbal chairs meeting with Political Parties



## JI NEWS SERVICE

GANDERBAL, MARCH 18

The District Election Offi-Shyambir today chaired a V.C Room, here.

adhering to the highest eth- cess.

ical standards delineated in the Model Code of Con- ed insights into essential duct and other pertinent aspects of LokSabha elec-

guidelines of the Election tions, including the procer (DEO) Ganderbal, Commission of India (ECI). cess of lodging complaints He emphasized the as per MCC provisions, significant meeting with need for political parties to obtaining permissions for dence in the cooperation representatives from vari- uphold democratic values media advertisements, and adherence of all politious political parties at the and urged them to demon- campaign vehicles, and strate integrity and respon- other pertinent matters. During the session, sibility, setting a positive DEO underscored the precedent for a free, fair, the meeting highlighted ment for the smooth con-

Master trainers provid- towards fostering an environment characterized by ethical conduct, accountability, and respect for democratic principles.

DEO expressed confical parties to the outlined guidelines, thereby ensur-Discussions throughout ing a conducive environparamount importance of and peaceful electoral pro- the collective commitment duct of the LokSabha Elecof all political stakeholders tions



**JI NEWS SERVICE** REASI, MARCH 18

In order to equip the polling staff about their roles, duties and necessary guidelines of Election Commission of India to be followed during Lok Sabha Election in segments, Nodal Officer for Training, Mohammad was also demonstrated Anwar Banday, (District by the master trainers Programme Officer ICDS, besides the procedure Reasi) presided over a to be followed in case of training session for poll- challenge vote, refuse ing staff under the overall vote and vote under decsupervision of the District laration was also briefed Election Officer, Reasi to the trainees.

Vishesh Mahajan. During the training, collection of polling material,

collection and installation of EVMs, setting up of polling stations and commencement of polls was thoroughly discussed with the trainees. The process of sealing, installation and functioning of the EVMs



<u>JI NEWS SER</u>VICE KULGAM, MARCH 18

The District Election Officer (DEO) Kulgam, Athar like cVIGIL, which enables Aamir Khan today chaired citizens to report violation a meeting with representatives from various political parties at the mini-secretariat, here.

ed by representatives from and other Apps to ensure BJP, CPIM, INC, JKNC and a smooth and transparent other political parties.

The objective of the ethical standards outlined cal parties. in the Model Code of Con-

Sabha Elections, 2024. The representatives of

political parties were also apprised about the Apps of Model Code of Conduct (MCC), Suvidha Candidate App, Voter helpline App, Saksham-ECI App, Ncore The meeting was attend- App, RTI Online portal elections.

Election manuals and meeting was to under- related material was also score the importance of distributed among the repadhering to the highest resentatives of these politi-

The meeting was also duct, and other applicable attended by SSP Kulgam, guidelines of ECI in view Sahil Sarangal; Dy-DEO, of the forthcoming Lok AROs and other officers.



'KU's Annual Report 2022-23 and Statistical Digest 2021-22':

# **Reports to guide decision-making,** uphold highest standards of academic integrity: Academic

### JI NEWS SERVICE SRINAGAR, MARCH 18

The Directorate of Internal Ouality Assurance (DIQA), Kashmir University (KU), Monday released two of its publications -'Annual Report 2022-23' and 'Statistical Digest held here.

data and information for academic pursuits. all the relevant stakeholders, an official statement issued here read.



2021-22', during an event ance (DIQA), Vice Chan- education," Prof Khan highest standards of acacellor, Prof Nilofer Khan, said, adding that they KU Vice Chancel- said that these reports are the compasses that lor, Prof Nilofer Khan, reflect the varsity's dedi- will guide the university unveiled the much-antici- cation and commitment towards informed decipated reports, that will act towards ensuring trans- sions. Director DIQA, Prof as a significant interface of parency and quality in its Manzoor Ahmad Shah,

Appreciating the efforts reports underlines the but the lights guiding our and departments were of KU's Directorate of university's commitment decision-making process-

emphasised the signifi-"The meticulous com- cance of the reports, stat-

pilation of data and anal- ing, "These publications yses contained in such are not just documents Internal Quality Assur- to excellence in higher es and help us uphold the the statement read.

demic integrity."

Academic Dean, Affairs, Prof Farooq Ahmad Masoodi; Dean Research, Prof Mohammad Sultan Bhat; Registrar, Prof Naseer Iqbal; besides deans of various schools, directors and heads of different centres present on the occasion,

# Outdoors inspire to take up adventure sports, appreciate nature: Expert



## **JI NEWS SERVICE** SRINAGAR, MARCH 18

To promote winter sports healthy outdoor activities, the course. the Directorate of Physi-

vice chancellor, Prof Nilo- instructors during the 10 far Khan had flagged off the days. course on March 8.

Students from various students on their successin the region and encour- affiliated colleges across ful and safe completion of age students to engage in the valley participated in the course, Director, DPES,

"Such courses will con- sised the significance of cal Education and Sports tinue to inspire more stu- such programmes in pro-(DPES), Kashmir University dents to take up skiing moting physical education to ensure that everyone (KU), successfully conclud- and appreciate the natural and sports. ed a 10-day snow skiing beauty of Gulmarg," an official spokesperson said in a equipped students with

The participants received hands-on expe-While congratulating the rience, learning various skiing techniques, essential for tackling the slopes with confidence, read the Dr Mandeep Singh, emphastatement

The training also included vital safety protocols remained safe while enjoy-

## Para Athlete **Chandeep Singh** calls on LG

JI NEWS SERVICE JAMMU, MARCH 18

S. Chandeep Singh, International Para Athlete today called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan.

He expressed gratitude to the Lt Governor led UT Administration for the issuance of driving licence in his favour.

UNI

NEW DELHI, MAR 18

the truth'.

After facing sharp criti-

cism on his 'Shakti'

remark, Congress leader

Rahul Gandhi on Monday

alleged that the Prime

Minister was twisting the

meaning of his 'Shakti'

remark because Modi ji knew 'I was speaking only

On social media post X,

Rahul Gandhi said, "Modiji

does not like my words,

and he keeps trying to

twist the meaning of my

words. He knows that I

have spoken the truth.

The 'Shakti' that I have

mentioned and whom

industries in its clutches.

mask of Modi ji".

## LG meets Family members of missing Seaman

JI NEWS SERVICE JAMMU, MARCH 18

missing Seaman from called on Lieutenant Gov-return of Sahil Verma. The present.

PM Modi twisting my 'Shakti'

remark: Rahul Gandhi



Family members of the possible support from ruary from Indian Naval Jammu Sh Sahil Verma, family to ensure the safe Abhinav Sharma was also

ernor Shri Manoj Sinha, Seaman hailing from Jamtoday at Raj Bhawan. The mu's Ghou Manhasan area Lt Governor assured every went missing on 27th Febthe administration to the Ship. Senior Advocate Sh

## **India, US Defence Ministers discuss** bilateral, regional security issues over phone

UNI NEW DELHI, MAR 18

Defence Minister Rajnath Singh on

Monday held a tel-

ephonic conversation

with US Secretary of

Defence Lloyd Austin

and both briefly dis-

cussed a range of bilat-

eral, regional security

and defence coopera-

According to an offi-

cial statement, they

reviewed the recent

bilateral events such as

the INDUS-X Summit

held in New Delhi in

February 2024, and

the bilateral Tri-Ser-

vice exercise 'Tiger

Triumph' which com-

menced in India today.

The US Secretary of Defence appreci-

ated the important role being played by

the Indian Navy in

conducting anti-piracy operations in the Indian Ocean Region.

The two Ministers discussed ways and means to implement

the India-US Defence

Cooperation Road-

tion issues.

assets. "I know that 'Shakti' and Narendra Modiji also knows that 'Shakti'. It is not any religious 'Shakti' but of corruption and falsehood. That is the reason, whenever I raise my voice against Modiji, he and his machine of lies get confused and enraged," the Wayanad MP said in his post.

poor and not controlling

inflation. Adding that to

expand that 'Shakti' he

is selling the country's

Meanwhile, Congress leader Pawan Khera through a video message said, "Ever since Rahul Gandhiji has attacked the demonic power, the entire BJP including PM Modi has gone berserk".

He said that this election was between 'divine power and demonic power' in which the divine power will win. "Victory For that 'Shakti' Nar- the Prime Minister is the will be for INDIA alliance, endra Modiji waives off slave of that 'Shakti' which victory will be for Mother

**Under-construction illegal** building collapse toll rises to 9

#### UNI KOLKATA, MAR 18

The death toll in the "illegal"

under-construction fivestoried building collapse at the thickly populated Garden Reach area in the collapsed. city on Sunday night rose to

Hasina Khatun (55) were sisters, and two were cous- CV Ananda Bose and Chief ins and masons by profes- Minister Mamata Banerjee sion, who were sleeping on visited the accident site and the 2nd floor of the undertalked to the local people. construction multi-storied The Chief Minister also building when the building visited the private nursing home and assured financial

Sources said three of the and medical support to the

map which was con-West Bengal Governor cluded last year. Other defence industrial cooperation issues such as repair of US naval ships in Indian shipyards were also briefly discussed. It may be mentioned that both the Ministers

bank loans, whreas poor farmers commits suicide for not able to pay loans of just a few thousand rupees. Besides, the country's assets like ports, airports are given out while the youth of the country are 'presented with Agniveer' scheme which breaks their courage, the

the Congress is fighting is Congress leader said. He said that this 'Shakti' Gandhi alleged that has taken the voice of even the media is saluting India, country's instituto the same 'Shakti' day tions, CBI, IT, ED, Election and night and suppress-

Commission, media and ing the truth. He further said that thousands of crores of had imposed GST on the India".

course at Gulmarg.

The ten-day certified statement. course for men and women tory function Sunday. KU training from well-qualified rie among them," he said.

The

"The course not only ing the thrill of skiing.

The event concluded skiing skills but also with the distribution of cerparticipants encouraged a spirit of tificates and medals among concluded with a valedic- received a comprehensive adventure and camarade- the participants, the statement added.

9 so far, even as the rescue injured were undergoing affected people. sources said on Monday.

Among the dead, two--Shama Begum; (44) and the mishap.

operations were underway treatment at the SSKM hosusing floodlights, official pital and nine others were the construction was illegal admitted to a private nursing home near the site of

She also admitted that and ordered stern action against the promoter, who had been arrested.

had last met in New Delhi in November 2023 during the India-US Ministerial 2+2 Dia logue.

## FROM THE FRONT PAGE...

## INDIA bloc's manifesto...

Mothers and sisters, I worship you as 'Shakti'. I am Bharat Maa's 'pujari'," he said.

"INDI alliance in its manifesto announced to finish/ destroy Shakti. I accept their challenge. I will sacrifice my life for the security of mothers and sisters," he further said.

Stating that people's support to BJP is growing continuously in Telangana, Modi said as the voting day nears there is a BJP wave in Telangana, while Congress and BRS will get cleaned up.

The whole country is saying - more than 400 (seats for NDA) on June 4 (counting day), he further said.

Alleging that Congress has made Telangana its 'ATM state', he said the "looted money is going to Delhi".

Addressing a rally of the INDIA alliance at Mumbai's Shivaji Park after the conclusion of his Bharat Jodo Nyay Yatra, Congress leader Rahul Gandhi on Sunday address with a call for proactive engagement in goversaid Prime Minister Narendra Modi won't be able to nance and a commitment to driving Jammu's developwin the Lok Sabha elections without "EVMs, ED, CBI ment agenda forward. KNO and Income Tax".

"Our fight against Modi is not on a personal level. Modi is a 'mask' who works for a 'Shakti' (power). He is a shallow man who doesn't have a 56-inch chest," Gandhi said. (Agencies)

## Entire JK lives in Jammu...

formation in the upcoming assembly elections, outlined his vision for Jammu's progress. He stated, "As soon as the government is formed, we should steer Jammu on the path of development, as I did during my tenure." Azad's remarks resonated with the audience, underlining the party's commitment to addressing the region's developmental challenges.

Highlighting the acute water scarcity issue in Jammu, Azad proposed a strategic solution involving the diversion of water from the Chenab River in Akhnoor through a dedicated canal. He asserted, "Merely relying on the Tawi River for water supply is insufficient. We need to explore alternative sources to meet the growing demand for water in the city."

including the establishment of five medical colleges and the creation of new districts in Jammu and Kashmir. He

credited his tenure for initiatives such as the artificial lake project in Jammu and lauded the Prime Minister ani. KNO for major infrastructure projects such as the expansion of highways in the region.

Asserting the importance of active representation in Parliament, Azad called for electing proactive Members of Parliament (MPs) who advocate for their constituents' interests. He criticized passive parliamentary representatives, stating, "MPs should actively voice the concerns of their constituencies in Parliament. We cannot afford to have mute spectators in the legislative process.'

The public meeting witnessed the presence of senior party leaders and former ministers, including RS Chib, Taj Mohiuddin, GM Saruri, Garu Chaudhary, and General Secretary Heera Lal Abrol. Azad concluded his

## In 5 years, MHA...

by deceased separatist leader Syed Ali Shah Geelani. On February 28, 2024, the MHA first banned the Muslim Conference Jammu & Kashmir (Sumji faction) and Muslim Conference Jammu & Kashmir (Bhat faction) over terror charges. They were respectively part of Hurriyat(G) and Hurriyat(M) before August 5, 2019. On March 12, 2023, the government banned the

Jammu & Kashmir National Front over charges of "indulging in unlawful activities, which are prejudicial to the integrity, sovereignty, and security of the country. On March 16, 2024 the Government of India banned

four factions of Jammu & Kashmir Peoples League (JKPL) and Jammu & Kashmir Peoples Freedom League (IKPFL)

The MHA declared factions of Jammu and Kashmir Peoples League (JKPL), namely, JKPL (Mukhtar Ahmed Waza), JKPL (Bashir Ahmad Tota), JKPL (Ghulam Mohammad Khan @Sopori) also known as Jammu and Kashmir Peoples Political League and JKPL (Aziz Sheikh)

Azad also enumerated his past accomplishments, led by Yaqoob Sheikh, as unlawful associations under the Unlawful Activities Prevention Act-1967.

> On the same day, the Centre banned Jammu & Kashmir Peoples Freedom League headed by Farooq Rehm-

## Jammu and Kashmir...

for graduate persons of age 15 years. During 2022-23, the estimated unemployment rate in Jammu and Kash mir was 18.3 for graduates aged 15 years.

It is worth to mention that the Jammu and Kashmir Home department has recently referred more than 4,000 vacancies in police constable posts to the Services Selection Board. KNO

## Modi gave women...

been constructed and then it turned into a mass campaign to bring up a toilet in every household. This single decision, he said, not only brought comfort and healthy well-being to the life of women folk but also gave them respect by liberating them from the compulsion of going for open defecation, he said. That is why in some places women toilets were named as Izzat Ghars, he added.

Similarly, Dr. Jitendra Singh said, through the Ujjawala scheme over 10 crore household women were liberated from the unhealthy plight of cooking through smoky kitchens and risking the health of their lungs because now they have the facility of using gas cylinders as an easy and healthy cooking option.

only brought comfort in the lives of the women of this country but have also given them self-confidence and reduced their dependence on their male counterparts. For example, he said, under the Pradhan Mantri Awas Yojana the "Pukka Makaan" is now constructed in the name of the female spouse or the housewife. On the other hand, under Mudra scheme loans for livelihood also so far over 60% have been availed by females.

Special schemes to promote Science & Technology among young women have been introduced, said Dr.

Jitendra Singh, and these include exclusive scholarships and exclusive programmes dedicated to develop technology skills in a woman at every stage of her life whether she is an adolescent or a youth or a young housewife or a middle aged lady.

Dr. Jitendra Singh said, the enthusiasm and self-confidence that he witnesses among the women even in the remotest villages of his constituency is a testimony of the success of the Modi reforms.

In the end, Dr Jitendra Singh said, just as "Modi ki Guarantee" is in itself a guarantee, he is carrying home the guarantee of thousands of beneficiary women and sisters that they will ensure a mandate of 400 plus seats for Prime Minister Modi by not only casting their own vote but also ensuring the vote of their men folks.

For the Udhampur constituency, he said, the call should be for a victory margin of more than 4 lakh votes to beat the previous record of nearly 3.60 lakh.

## Northern Army commander...

Kumar assumed charge as the general officer commanding-in-chief of the Udhampur-based Northern Command of the Indian Army in February this year.

## Army raises elite unit...

he said. The Army believes communications are going to be an important component of military operations.

"In the fast-evolving technologies for the battlefield, the side with better communication technologies and All these schemes, said Dr. Jitendra Singh, have not the ability to connect the various constituents for information sharing will have an edge over its adversary," another official said.

He said modern warfare necessitates the induction of new equipment to provide seamless communication support to units and formations during operations.

'To imbibe such advancements in technology, the Indian Army has raised this groundbreaking technolowithout any guarantee are provided and out of these gy-oriented unit STEAG which will bolster its capabilities in the digital domain," he added. (Agencies)

# NEWS

# **BSP** assails govt decision on OBC reservation

## JI NEWS SERVICE JAMMU, MAR 18

In a meeting held today in our party office, state unit of Bahujan Samaj Party (BSP) hereby assailed the tall claims of present Govt in J&K regarding OBC reservation. Members questioned as to what is the basis of 8%. When the Court of India that states/



issue is already settled in first by Congress for fifty tion is a political issue and will escalate its mission 1992 by Hon'ble Supreme years and now by BJP on it cannot be achieved fairly for the same and appeal the same pattern. In the till SC/ST/OBC form their UT shall grant the OBC res- discussion on abrogation Govt in the leadership of ervation according to their of article 370, BJP leader- BSP. population. The popula- ship had promised that tion of OBC castes (includ- OBC shall get their due that Sh Rajaram , Hon'ble ing 14 more castes) in J&K share after formation of MP of BSP, as per the beomes more than 40%, UT. It is unfortunate that directions of party Suprethen why 8% instead of they are betrayed. Now, mo Behan Mayawati, had 40%. Govt has included 14 OBC should understand raised this OBC issue in more castes/ classes some that only and only BSP can Parliament and it was of which donot qualify for stand by them. BSP has direction of Hon'ble Chair the inclusion in OBC list. been fighting for the rights that OBC issue should be The arbitrary figure of OBC and other weaker addressed at the earliest 8% is without any logic sections since 1985. There but all in vain. BSP has and it is purely politically is no alternate of BSP. always highlight that OBC motivated. BJP is playing It is high time that OBC people of J&K are worst with sentiments of inno- should understand the sufferers. How Govt can cent OBC people just to anti SC/ST/OBC mindset of claim Good Governance. create a big vote Bank. BJP and join BSP in large BSP declares that if Govt Members further said that number to achieve the due does not grant 27% res-OBCs were deprived of share. OBCs should clearly ervation to OBCs, as per Tilk Raj Bhagat, and many their constitutional rights understand that Reserva- Mandal Commission, BSP

It was also pointed out

general public to beware of opportunistic approach of BJP led Govt and vote and support for BSP.

The meeting was chaired by Sh Darshan Rana, President BSP along with Charanjeet Chargotra, Vice President. Others who spoke include Gourav (State Coordinator), Adv Shashi Thapa ( State Gen Secy); Jagdish Verma (Gen Secy); Mangal Dass ( Distt Pres. Udhampur); Sunil Majotra(Gen Secy); Kartar Gandhi (State Secretary): Kuldeep Chalotra(Pres Bhaichara Committee); Om Kataria, others

# **ANTF Jammu recovers commercial** quantity of necrotics, arrests 01 notorious drug peddler

JINDRAH IMAGES

JAMMU, MARCH 19, 2024 TUESDAY

**JI NEWS SERVICE** JAMMU, MAR 18

To Wipe out the menace of drug abuse from society under the programme on Nasha Mukt Bharat Abhiyan, ANTF JAMMU achieved a major success and apprehended one notorious drug peddler namely Ravi Raj S/O Shambu Ram R/O Aghar jitoo Katra Reasi and during the search of his car Alto bearing regd No JKO2AW 5900 recovered commercial quantity of narcotics from his possesion at Circular road near Panjthirthi, Jammu.

Trap was laid by team of P/S ANTF Jammu led

# Muftis, Abdullahs should stop playing in hands of forces across the border: Chugh Days of nepotism and family rule are over: Chugh

### **JI NEWS SERVICE** JAMMU, MAR 13

BJP national general secretary Tarun Chugh, who is also the party Incharge of J&K, today warned PDP president Mahbooba Mufti against spreading a divisive agenda among the people for her petty political reasons in view

elections.

In a statement Chugh has been spreading anti- tion in the Mufti family.

India narrative in J&K and family rule in the Union votes, he said. Territory

It seems that Mehbooba said it is time that Muftis is trying to seek help of her and Abdullahs along with mentors across the border the Gandhis realize that to once again create a sitthe people in J&K would uation of disturbance an not accept nepotism and violence in J&K to garner

by Insp Meenu Sharma

headed by Shri Tanveer

Ah -JKPS, Dy SP ANTF

Jammu under the overall

supervision of SSP ANTF

J&K Shri Raj Kumar -JKPS.

In this regard case FIR No.

05/2024 U/S 8/20 NDPS

Act has been registered

at P/S ANTF Jammu and

investigation is set into

Anti Narcotics Task

Force "J&K" Jammu has

appealed the general

public to come forward

regarding any informa-

tion related to drugs so

that this menace could be

uprooted completely from

the society and our young

generation could be saved

from this deadly menace.

motion.

Chugh said the way the Chugh said raking up Modi government has writthe Pulwama issue at a ten a new chapter of peace time when the J&K was and amity in J&K there are moving towards a new era all indications that Abdultook strong exception to of development and prog- lahs and Muftis would only the manner Mehbooba ress only indicated frustra- lick the dust in the coming elections.

# **BJP tourism cell organizes Viksit** Bharat program in Nud, Samba

### **JI NEWS SERVICE** NUD (SAMBA), MAR 19

Viksit Bharat program organized by the tourism cell BJP JKUT in coordination with the Mandal Committee Nud in Samba

are deprived of government scheme. He further demand for Sport Stadium Parthagarh Village which is dire need of youths of the locality.

BJP Kissan Morch representatives from Nud Gurdev Singh expressed his pleasure for existing forthful scheme for the formers. He demanded from the administration to develop Durl as beautiful tourist place and road from Balda to Janda is required Shakti Kendra Head Bishan Singh demanding road constriction from Durai to Nagar. In the 3rd session the people were told regarding the Manifesto of the pared from the views from

**Ravinder Raina chaired Booth Sammelan**, party worker meeting in Reasi **JI NEWS SERVICE** 

Stating that the BJP lives in the blood of the people of Reasi, BJP President Ravinder Raina asked the party activists to ensure that every single vote from 3 Assembly constituencies under Reasi District should be polled in favour of the Modi government.

REASI, MAR 19

Ravinder Raina, President, Bharatiya Janata Party (BJP), Jammu & Kashmir chaired a Booth Sammelan of Reasi Assembly constituency and workers prominent party workers meeting of Reasi District

District Arvind Gupta, remembered the works people. The people here



While addressing the "Bharat of 2047" of Reasi District, Ravinder of the people of Reasi. The at Swastik Resort in Reasi. Raina said that this belt people here have seen that Former Minister Ajay has always held the flag how the BJP activists have future for the youth and Nanda, Prabhari Reasi of BJP in high esteem. He fought for the rights of the continue with the unprec-

should be polled in favour "BJP lives in the blood of the Modi government to elect it for the 3rd time in series and ensure a better edented spree of devel-

# of the coming Lok Sabha

on the occasion.

President District Reasi of great leaders like Rishi have lived the times of opment. Ravinder Raina, Rohit Dubey, senior leader Kumar Kaushal and others great struggle and know in the meeting, also took Kuldeep Dubey, former who have contributed lot the sacrifices made by review of the ongoing MLA Baldev, Sheel Mago- for the organizational the party stalwarts in the organizational works with tra, Sudesh Puri, Shashi growth, for the better- service to the nation, J&K respect to the Parliament Gupta, Romel Singh, Sukh- ment of the people and and Reasi. Now, the party election in Reasi Assembly dev Sing, Kabla Singh, the development in the leaders and ground-level constituency, Gulabgarh Pawan Dev Singh, Shiv area. He said that the BJP, activists must ensure that Assembly constituency Kumar and other party while going into the Parlia- every single vote from and Shree Mata Vaishno leaders were also present ment election of 2024, is 3 Assembly constituen- Devi constituency falling

PMEGP empowering Jammu youth to

become entrepreneurs: Sat Sharma

working on the vision of cies under Reasi District under Reasi District.

nities to explore including

the late night 'alive mar-

kets' to attract investments

and tourists in and around

Jammu. Wishing good luck to owner, he added

that India is becoming the

world's fastest-growing

startup ecosystem with more than 100 Unicorn

#### District at Sarna.

Convener of Tourism cell, Ravi Bakshi said that tourism is back bone of the UT economy. Tourism contributes 8% GDP and economy 8000 Crore. It

rectly to 70000 people. He shared his experience of beautiful slowly developed Fort and found mainte- Modi for farmers such

ambitious Technologies farmer experience, the some deserving family's manifesto.



Provides directly or indi- innovations, The economy rise of low class to upper that is inclusive of job and class and mentioned PM entrepreneur opportuni- Fasal Bima yojana and ties. The people were told modified interest subvertplaces such as Mohangarh various schemes by PM ing scheme. DDC member Kartar nance work is in progress as PM KISSAN SAMMAN Chand said that work is in

for their previous efforts. NIDHI YOJANA which is full swing from historical Jorawar Singh execu- minimum income support building Mohargarh Fort BJP which has to be pretive member tourism cell to the farmers, 6000 thou- to bridge. He emphaexpressed vision of many sand per annum is being sizes the food and supply the people residing even components from eco- provided. He mentioned department issuing new far flung area. We requestnomic growth to all-inclu- a steadfast commitment to ration card and (BIFUR- ed the people to give your sive development and honoring & supporting our CATION) of ration card as feedback to frame the

# **BJP holds media relation Meeting Ahead** of Parliamentary Elections in Srinagar

## **JI NEWS SERVICE**

Amidst heightened anticipation for the upcoming parliamentary elections, a significant meeting convened at the party headquarters in Srinagar under the guidance of Sunil Sethi Chief Spokesperson J&K BJP. Members of Media relation committee Adv Parimoksh Seth, Altaf Thakur, and Sahil Aggarwal, served as a pivotal platform to strategize for the future political land-

and national press turn- democracy, bridging the awareness surrounding ency and accountability.

SRINAGAR, MAR 19

ing their focus towards gap between the poputhe proceedings. Central lace and government poli- and strategies, ensuring a The post-meeting atmo- to the discussions was cies. At the heart of the robust democratic process sphere buzzed with media the paramount role of the agenda was a concerted that remains grounded in attention, with both local media as the third pillar of effort to galvanize media the principles of transpar-

the impending parliamentary elections. Recognizing the profound influence wielded by media channels, the gathering underscored the vital role they play in disseminating information and fostering public engagement with governmental affairs. As preparations intensify for the forthcoming elections, the outcome of this meeting promises

to pave the way for a dynamic exchange of ideas

## become entrepreneurs, said Sat Sharma and added that the major hurdle to start one's dream venture to arrange for the necessary finances, has been met by Modi government's 'ease of doing business' and the schemes like PMGEP. Former president J&K the occasion.

**JI NEWS SERVICE** 

PMEGP (Prime Minister's

**Employment Generation** 

Programme) is empower-

ing the youth of Jammu to

JAMMU, MAR 19

BJP, Sat Sharma (CA) Talab Tillo



Highlighting the thrust opportunities for unemaccompanied by J&K BJP of Prime Minister Naren- ployed youth. He apprecimedia Incharge, Dr. Pard- dra Modi to achieve the ated the young owner who eep Mahotra, Jaideep aim of 'Viksit Bharat', after pursuing BTech, has Sambyal, Yashpal Shivgo- Sat Sharma said that the chosen to become selftra, Krishan Lal Sharma, Modi government has suc- employed and at the same and others inaugurated a cessfully encouraged the time provided employrestaurant 'Frespresso' in youth to take the path of ment opportunities to 3

Restaurant owner dream of entrepreneur-Anubhav along with ship. He said that the stressing on the massive family members Dr. Jeet schemes like PMEGP have scope of business oppor- Pankaj Gupta and others Raj Bajala, Zeeshan, DSP provided financial assis- tunities in private sector, were among the promi-Anubhuti and Manisha tance to self-employment said that Jammu has got nent present on the occa-Magotra were present on ventures to generate sus- lots of business opportu-

'Start-Ups' and chase the persons. Dr. Pardeep Mahotra,

Startups under visionary leadership of PM Modi. Restaurant owner Anubhav thanked the former BJP president for inaugurating the restaurant and stated that the Restaurant tainable employment will provide the best and hygienic recipes to people. He also stated that coffee, and various take away

the restaurant.

sion

food items are available at Lokesh Bhagat, Omkar Verma, Bhubesh, Rakesh Sharma, Jitendra Khajuria, Bhanu Sambyal, Bachan Lal, S. Jagdip Singh, Kewal

Sharma, Ashish Magotra, scape.



# **EDITORIAL**

# **Need for addressing** Ladakh's demands

The recent developments in Ladakh, particularly the announcement by the Kargil Democratic Alliance (KDA) to hold a massive protest rally on March 20, highlight the urgency and importance of addressing the region's long standing demands. The demand for Statehood for Ladakh and its inclusion in the Sixth Schedule of the Constitution is not just a matter of political discourse but a crucial issue that impacts the lives and aspirations of the people in the region. The decision by the KDA to take to the streets in support of their demands is a reflection of the growing frustration and disillusionment among the residents of Ladakh. Despite several rounds of talks and meetings with government representatives, including the Union Home Minister, there has been a lack of concrete progress on fulfilling the legitimate aspirations of the people. One of the key points of contention is the refusal by the Centre to accept Ladakh's demand for Statehood and inclusion in the Sixth Schedule. These demands are not unfounded; they stem from a desire for greater autonomy, representation, and protection of the region's unique cultural and environmental heritage. The ongoing hunger strike by Sonam Wangchuk, an eminent education reformer, further underscores the gravity of the situation. Wangchuk's determination to bring attention to Ladakh's fourpoint agenda, including the demand for the Sixth Schedule, deserves serious consideration and action from the authorities. The solidarity shown by thousands of individuals, including students and activists across different cities, reflects a widespread concern for the rights and well-being of the people of Ladakh. The support rallies, hunger strikes, and peaceful protests are not mere expressions of dissent but a call for justice and empowerment. It is imperative for the government to engage in meaningful dialogue with the representatives of Ladakh, including the KDA and Leh Apex Body (LAB), to find a viable and acceptable solution. Ignoring or delaying the resolution of these issues will only exacerbate tensions and deepen the sense of alienation among the people of Ladakh. Furthermore, the enforcement of the Model Code of Conduct (MCC) for the upcoming Lok Sabha elections should not be used as an excuse to delay addressing the genuine grievances of the region. The MCC should not become a barrier to dialogue and progress; rather, it should serve as a framework for ensuring fair and transparent engagement with all stakeholders. The government must prioritize a constructive and inclusive approach to address Ladakh's demands for Statehood and Sixth Schedule inclusion. It is time to seriously listen to the voices of the people and work towards a future that respects their aspirations and secures their rights within the framework of the Indian Constitution.

# Addressing the complexity of land use

and, the foundation of our existence, is often overlooked in the discourse on sustainable development. Yet, it is this very land that cradles life, harbours resources, and sustains us all. As we stride forward in our quest for progress, it is crucial to remember that every step we take leaves an imprint

**BKP SINHA** 

on the land beneath us. As a developing nation, India's relationship with land is complex and multifaceted. It is deeply intertwined with cultural, social, and environmental aspects, embodying the country's rich heritage and biodiversity. However, it is also a highly coveted resource, often the subject of conflicts as various stakeholders, each with their unique vision of development, compete for its possession.

India's terrain, once a vibrant mosaic of lush fields and flourishing ecosystems, is confronting a transformed paradigm. The ceaseless progression of urbanisation and industrialisation is swiftly altering the landscape, leaving a trail of unintended consequences in its wake. This shift is diverting fertile land away from its traditional agricultural use, posing serious challenges for food security and causing harm to ecosensitive areas, thereby disrupting wildlife habitats and biodiversity on both Rivers, once brimming with life and vitality, are and diversions are strangling their ability to sustain us, while the toxic deluge of industrial waste is poiwavs into barren stretches making it unfit for aquatic

life, diminishing their aestheir natural self-purification capabilities.

ing deep wounds on the tially, Indian farming was millet, threatening the including receiving low a holistic and integrated sive strategies and mindful



bound them to the land for generations. These competing and conflicting land uses along with evolving land rights issues are igniting conflicts between local communities and administrative entities. With India's rise as the

world's most populous country, accounting for nearly 18% of the global population, the per capita micro and macro levels. land availability is dwindling. This decline, especially in areas vital for now enduring relentless human life, agriculture, assaults. Encroachments ecosystems, and natural resources, carries significant implications. The task ahead is to unlock the potential of the land soning their essence. This in a way that harmonicontamination is turning ously accommodates the these once vibrant water- diverse needs and impacts associated with different land uses

thetic value and cultural scape of India has also regions like Punja. Moresignificance and impeding experienced significant over, the focus on specific transformations over the high-yield varieties over-Mining, particularly in traditional farming to of other vital food sources many. Farmers often face ity and diversity of these communities.

introduction of land revenue systems, often marginalising small farmers and disrupting rural communities. Post-independence, the

Green Revolution emerged as a beacon of hope, aiming to alleviate hunger and poverty by increasing food grain production. While this revolution successfully doubled the output of staple crops like wheat and rice, it came at a cost. Overuse of chemical fertilisers and pesticides led to widespread soil degradation and water pollution. The dependence on water-intensive crops, aggravated water scarcity The agricultural land- challenges, particularly in

fall patterns, and extreme the social and emotional weather events are disrupting agricultural production, posing immense challenges for farmers and making it difficult for them to predict yields and plan effectively. Climate change is also worsening the existing water scarcity, creating

of agriculture in many remunerative. A marketregions. Beyond these environby demand and supply, is mental challenges, socioeconomic changes like rapid urbanisation, labour migration, and evolving societal attitudes are also reshaping the agricultural landscape. Increasing fuel costs and a looming energy crisis further exposed vulnerabilities in of arable lands is fundasqueeze the profitability of farming, making it a less food security. centuries, evolving from shadowed the importance attractive livelihood for

forested regions, is inflict- modern techniques. Ini- like varieties of rice and unfair market practices, challenges, it's clear that

ens the very foundation of farming being non-

The key to sustainable land management lies in open discussions and collective decision-making among a diverse group of stakeholders. To realise this vision, it's essential to empower all stakeholders, with the necessary knowledge to make informed decisions. In this context, building a comprehensive Land Information System becomes vital, especially for small landholders. Farmers often face challenges in decision-making due to the lack of comprehensive land records, particularly during land transactions. Establishing systems that provide crucial data, such as soil conditions, water availability, past crop yields and pricing trends can enhance their decision-making capabilities. Addressing land rights issues and empowering marginalised communities are also crucial for societal robustness and equity. It's equally important that land acquisition strategies balance the need for public projects with the provision of adequate compensation and rehabilitation support for displaced individuals.

Efficiency and effectiveness in land management address not just the ecocan also be significantly improved by streamlinwell-being of the farmers ing regulations, eliminatwho are the backbone of ing redundancies, and the nation's food security. enhancing data accessibil-While initiatives like the ity and transparency. It's Rajiv Gandhi Kisan Nyay also important to cultivate Yojana and PM-KISAN environmental conscious-Yojana offer crucial finanness, promote climatesmart strategies, and cial support to the farmers, they fail to address encourage forward-thinka vicious cycle that threat- the fundamental issue ing in land use planning.

Protecting resourcerich areas, particularly Eco-Sensitive Zones must be prioritised. Establishing clear boundaries and integrating these areas into land use planning will ensure their contin-However, the pandemic ued bounty and ecological significance. Enforcing has also challenged previous notions about the sensible restrictions on the agricultural economy and acquisition and conversion supply chain-dependent mental, given their significant role in food security Given the complex- and sustaining agricultural

With these comprehen-

earth, causing extensive subsistence-based, relying diversity and resilience prices for their crops and approach is essential for practices in place, we can land degradation and on indigenous knowledge of India's food security. disturbing the fragile and techniques like mixed ecological balance. Mean- cropping, crop rotation, and organic manure use, while, rapid urbanisation, although promising which fostered a healthy improved living standards relationship with the envioften lacks environmenronment. Agroforestry, tal sustainability in its the harmonious integraconstruction processes. tion of trees and shrubs Development, despite its within farmlands had furpromise of progress, tends ther enriched this tapestry to exploit nature's bounty which contributed to the and displace indigenous overall health and produccommunities, severing tivity of the land.

While the Green Revolution brought prosperity to many, unfortunately, it also overlooked small and marginal farmers.

Traditional practices like shifting cultivation in some regions are contributing to deforestation and the conversion of agriculof land use, particularly shadow on the future of ing social equity.

delayed payments.

challenges culminate in a tragic reality - the distressing issue of farmer suicides. Driven by crippling debt, crop failures, and dif-

ficulties in securing a sustainable livelihood, many small and marginal farmers are pushed to the brink tural land into less produc- of despair. This sombre growth and environmental tive ones. This alteration consequence casts a long sustainability while ensur-

sustainable land manage- begin to address the multi-These multifaceted ment. However, the cur- faceted challenges of land rent strategies are plagued management. This sets the by sector-specific focus, decentralised decisionmaking, outdated data, and unclear land records, often leading to conflicting land uses and unsustainable practices. We need to prioritise both economic

for comprehensive and

empathetic solutions that

driven approach, guided

often proposed and was

reflected in the Centre's

response to the pandemic-

induced economic crisis.

stage for India to navigate its complex land use challenges and secure a future where development and environmental preservation flourish in harmony.

(The author is Former **Principal Chief Conservator** of Forests, UP, views are personal)

# **Feasting and fasting: The right balance**

## **RAVI VALLURI**

birthdays and annivert always depresses me saries. We are not antiwhen people moan social people, so keep attending marriage fesabout how commercial Christmas is. I love tivities and innumereverything about it. The able birthday bashes. tradition of having this A relative drops in big feast, slap bang in from the US and there the middle of winter, is is a customary family an essential thing to look get-together. The comforward to at the end of pany achieves certain the year, writes Richard corporate objectives E. Grant. and there is all-round

Indians practice mulcelebration. All of us tiple faiths; Holi and Ram should feel grateful Navami are Hindu festivals for the abundance that interspersed with Good nature has provided us Friday and Easter. I have with; but do we pause several Christian friends to think about our abdominal region? and my maternal uncle is has

married to a Christian, so Ayurveda he will present me with a imparted this quintessen- and makes us sluggish cake(eggless). tial knowledge that what

This will be followed by we partake of determines Muslim friends celebrating our health and quality Eid and we savour sevay- of life. The ancient seer ian (a delicacy). Festivals Sushrut says, 'Food builds follow festivals and our and supports the body, stomachs seldom get the improves complexion and time to recuperate. Then general appearance.' there is party time, family Overeating causes togetherness, picnics, heaviness in the body



in all – Anna Brahma. It is and uncomfortable. Over

some time, our metabolic rate gets disturbed and the process of elimination gets disrupted and warped. Taittareya Upanishad succinctly puts it – 'Food

is the cause of creation, preservation and destruction. Therefore, food is all

life itself. It is God'. heavy splurging, improper Yet, do we care in this age of junk and packaged eating patterns and adopting harmful lifestyles (lack of food? Do humans care about a wholesome diet? exercise, smoking and drink-A wholesome diet proing). The body gets diseased vides energy (prana) and through the accumulation of helps in the restoration of toxic substances and acids. It balance. It does not clog invades the digestive process. the channels (Nadis). Two

harmful substances indeed a therapeutic meaconsumed are excessure as it cleanses our blood sive salt and sugar.

The human body is feasting!

Fasting once in 15 days is

and replenishes the depleted vitamins and other important a sublime gift of God, it reserves to be stored in the sends us important sig- body. To purge the body from nals - when to fast after all things negative, it would be worthwhile to have plenty Amas or toxins are to of liquids juices.

be necessarily released Good health is man's inherfrom the system. This ent nature - 'A sound body can be done through the with a sound mind!' Gandhiji method of fasting. Our used to take immense care seers and rishis advocat- of his body through regular ed fasting (during certain fasting. Of course, in a lighter festivals and certain days vein, Sarojini Naidu used to like Ekadashi) to provide say that it cost a fortune to adequate space for diges- keep Gandhiji in poverty. tion. Fasting is nature's Along with fasting, one method of cleansing the needs to maintain a schedsystem. It detoxifies the ule of exercise. Long walks, body by throwing out all yoga, pranayama and breathwaste matter and impurities ing practices like Sudarshan that get accumulated through Kriya help in the restoration of balance in the system.

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

# HEALTH

# **Plantains - The Banana Lookalike** and its Health Benefits

plantain belongs to Musa ceae, the banana plant family, and is closely related to the typical banana. They are often mistaken for a banana since plantains look like large bananas. Despite almost looking the same, plantains are pretty different from bananas. For example, plantains are starchier, tougher, and slightly larger than bananas. You can not eat raw plantains; you must cook them like a vegetable due to their high resistant starch content. As plantains ripen, their starch converts to natural sugar, making it even sweeter.

**HIRAL PATEL** 

Plantains are an essential part of the Caribbean, Central and South American. African. and Southeast Asian cuisines. They are nutrient-dense, offer high potassium and fibre content, and are suitable for heart and high blood pressure patients. Moreover, plantain flour is gluten-free. In addition, it is a highly nutritious staple for your immune system and promotes weight loss.

### **Nutritional Profile of Plantains**

As per USDA, 100 grams of yellow, raw plantain contains the Origin following nutrients.

Water: 65.2 g Calories: 122 kcal Protein: 1.3 g Carbohydrate: 31.9 g Fibre: 1.7 g Calcium: 3mg As per USDA, 100 grams of household in North America and green, raw plantain contains the is mainly grown in tropical areas. following nutrients. Water: 61.1 g Calories: 152 kcal Carbohydrates: 36.7 g Protein: 1.25 g Fibre: 2.2 g Fat: 0.07 g

Potassium: 431 mg Magnesium: 41 mg Vitamin C: 20.2 mg Folate: 28 µg

## The HealthifyMe Note

Eating one yellow plantain can offer 329 calories, 86.1 grams of carbohydrate, and 3.51 grams of protein. However, one green plantain issues like constipation and diaris slightly higher in calories. It has about 406 calories with 98 grams of carbohydrates and 3.34 grams of Culinary Uses protein. The fibre content is significantly higher in green plantains than in yellow ones.

#### **Differences Between Plantain and** Banana Appearance

Plantains are large, elongated can also boil and roast plantains. with thicker skin, while bananas



diabetes since they have a more beneficial effect on blood glucose Both plantains and bananas levels. Interestingly, plantains are have their origin in Southeast Asia. a diabetes remedy in Nigeria. Fur-Although both are grown worldthermore, since plantains are rich wide, Central Africa focuses more in antioxidants, they can reduce type 2 diabetes risk by improving on plantains than North America insulin sensitivity.

> ly 16% of the body's daily magnesium requirement per 100 grams serving. Magnesium promotes many of the processes involved in

> tains are a magnesium source, they have a high glycemic load. Therefore people with diabetes should pair plantain with other foods with a low glycemic load and index.

100g of plantain provides roughly 8% of the recommended daily intake of fibre. And one losing weight is to eat more fibre. properties, eating fibre-rich food can keep you satiated for longer. This feeling of fullness helps with **2. Boiled Plantains** portion control, prevents overeating, and eventually helps with weight management. And a study shows that dietary fibre promotes weight loss independently of macronutrient and caloric intake.

Anti-Inflammatory Effect Plantain is rich in antioxidants and vitamin C that boost inflammaare small, soft, and have thin skin part of recipes for sweet dishes, tory effects. As per the study, the pieces, leaving the skin on. compared to plantains. Bananas plantain gets used in vegetable- anti-inflammatory nature of planare usually curved, while plantains based meals because of its savoury tains helps treat chronic irritative boiling, salted water. Cover and cough, especially in children. It is simmer for about 15 minutes. also beneficial for treating infections of the upper respiratory airways.

#### **Healthy Ways to Eat Plantains** . Baked Plantains

Serves: 2 Preparation time: 25 Minutes

Ingredients Medium ripe plantain: 1

Olive oil (or melted coconut oil): tablespoon

Salt as per taste

Method of Preparation Preheat the oven to 425 degrees F. Line a baking sheet with parch-

ment paper. Pull the peels off and discard them. Cut the plantains in a cir-

cular shape with 1/4- to 1/3 inch thick Place the plantain slices on the

baking sheet, sprinkle some salt and drizzle a few drops of oil. Bake the plantains for 10 min-

utes. Then flip and bake for another 10 minutes.

You can also add cinnamon and common piece of advice regarding nutmeg to the plantains. Or sprinkling cumin, cayenne pepper, and Although fibre has no fat-burning garlic powder give you a spicy-hot version of baked plantains.

Serves: 2 Preparation time: 20 minutes Ingredients Plantains: 1

Salt Method of Preparation Rinse the unpeeled plantains to

emove any dirt.

Add the sliced plantains into the Conclusion

## **HEALTHY BARLEY RECIPES FOR YOU**

## **Barley and Vegetable Soup**

Serving: 6 to 8 Total time: 45 minutes

Ingredients

Olive oil: 1 tbsp Onion: 1 medium Cloves garlic: 2 Water: 8 cup

Uncooked barley: <sup>3</sup>/<sub>4</sub> cup

Carrot: 2

Sliced cabbage: 1½ cup Zucchini (sliced): 1 medium

Tomato: 1

Bay leaves: 2

Parsley: 1/4 cup Sea salt: 2 tsp or as per taste

Black pepper: 1 pinch

Method

In a large soup or stockpot, saute or fry the chopped garlic and the onions in olive oil for 4 to 5 minutes, until it gets soft. Add the water along with the barley, diced carrots, chopped cabbage, zucchini.



crushed tomatoes, and bay leaves, and bring to a slow simmer over medium heat. Add the fresh parsley and a bit of salt and pepper. Reduce the heat to medium-low, and cover the stockpot. Allow the mixture to cook until the barley is soft (approx. 30 minutes) or longer if you have time. Stir occasionally. Taste and adjust seasonings as desired. Drizzle the soup with freshly grated cheese when serving.

Enjoy a healthy and tasty meal. Nutritional Value per serving Calories: 133 Fat: 4g Carbohydrate: 23g Fibre: 6g Vitamin C: 28mg Calcium: 72mg Iron: 1mg Potassium: 411mg

## **Greek Style Barley Salad**

Servings: 6 Total time: 60 minutes Ingredients Pearl barley: 1 cup Water: 3 cup Rock salt: 1/2 tsp Olive oil: ¼ cup Balsamic vinegar: 2 tbsp Lemon juice: 2 tbsp Chopped onions: <sup>1</sup>/<sub>4</sub> cup Tomatoes: 2 medium Yellow bell pepper: 1/2 cup Cheese: <sup>1</sup>/<sub>2</sub> cup Mint: <sup>1</sup>/<sub>4</sub> cup Kalamata olives: 1/4 cup Oregano: ½ tsp

Rock salt: 1 pinch



Method Bring 3 cups of water to a boil and add half tsp of salt. Add barley, cover, and allow to simmer over medium-low heat for about 40 minutes, or until barley is cooked.

Whisk the olive oil,



from resistant starch, making it healthier for people with diabetes. As both have similar nutritional values, their health benefits are almost the same: potassium content helps lower blood pressure, is suitable for heart diseases, and lowers blood sugar levels. Also, the rich fibre helps with digestive

rhoea

Nutrition

### People use bananas mainly in raw form or in the form of shakes or banana smoothies, sometimes used as a topping. Because of its starchy nature, you need to cook plantains. It is famous in fried form or chips. Apart from frying, you

As banana mostly becomes a

and Asia. At the same time, the banana is very well known in every Plantain contains approximateglucose metabolism. While plan-

## Support Weight Loss

Water: 2 cups

#### allergic reaction, as per the study. Plantain pollen reacts with pollens like grass, birch, olive pollen, and ash. Allergies caused by plantain pollen include allergic rhinitis and asthma. Latex-based Allergy

Latex-based allergies lead to itchy skin, hives, and anaphylaxis shock, leading to severe breathing problems and life-threatening symptoms. In addition, a study shows that individuals allergic to natural rubber latex can show hypersensitivity to some plant fruits like plantain. This allergy is known as Latex fruit syndrome, and an individual with such an allergy should be cautious while eating plantains.

The immune system, as it rec-

ognises pollen and similar pro-

tein in the food, gives rise to an

## Frying Adds Extra Fat and Calories

Plantains are popular as fried delicacies. However, frying significantly increases the calorie count. These additional calories from frying also come with added carbohydrate count. Eating one cup of fried plantains has almost 365 calories, 58 grams of total carbohydrates, and 14 grams of fat. Moreover, plantains lose more than half of their water volume while frying. Further, eating a bag of fried plantain chips equals consuming more than 600 calories, 32 grams of fat, Slice the plantains into 2-inch and 72 grams of carbohydrates.

Plantains are nutritious power-

are primarily straight in appearance. Initially, bananas in raw form are green in colour, but as Potential Benefits of Plantains they ripen up, they turn to bright yellow, followed by brown when over-ripped. Plantains have a green is an excellent source of antioxicolour, which further changes to black

#### Taste

Banana is a fruit that is mainly eaten raw and possesses a sweet taste depending on the variety, while people eat plantains in a fried/baked or boiled form. It is dant activity due to the high vitabecause plantains have resistant min C content. starch and require cooking before consumption. Moreover, plantains Manage Diabetes get sweet as they ripen up and cara melise when cooking.

flavour

## Rich in Antioxidants

A study shows that plantain peel dant dietary fibre. In addition, the flour prepared from matured plantain and its peel offers antioxidant activities that potentially benefit the management and prevention of lifestyle-associated diseases. Furthermore, the aqueous extracts of unripe plantain showed antioxi-

Researchers believe boiled harmful to the heart. unripe plantains can manage

#### Good for Heart

Plantain is a good source of potassium and can lower the risk of heart diseases. Potassium in plantain can also help regulate an individual's fluid balance and tains heart rate. It also benefits cardiovascular health by lowering blood pressure. The fibre that is present in plantain can help in reducing tains can neutralise free radicals and oxidative damage, which is

Drain and allow to cool. Remove

skins before eating. Boiled plantains taste a bit like

a sweet potato. So, you can use it as a substitute in soup or stew recipes that call for potatoes. Boiled plantains also taste great with scrambled eggs

Potential Downsides of Plan-

Pollen Based Allergy

Some people are allergic to grass or weed and can develop such allergies from plantain. These cholesterol. Antioxidants in plan- allergies cause itchiness, swelling and wheezing. However, as per research, plantain causes pollenbased allergy due to cross-reacting allergens found in pollen.

houses that require cooking before consumption. It contains dietary fibres and is a rich source of potassium and magnesium like bananas. The rich source of dietary fibre in plantains helps ensure healthy bowels and reduces constipation. You can also replace potatoes with plantains as your carb source. While plantains are a good source of essential nutrients, they have a high carbohydrate content and glycemic load. Therefore, it requires mindful eating and portion control. Frying the plantains increases the fat, carb, and calorie count. Baking and boiling are the healthier cooking options for plantains.

lemon juice, and vinegar, and gently toss with barley to coat well. Allow the barley to cool slightly, then add red onion, tomato, bell pepper. cheese, kalamata olives, fresh parsley or mint, and oregano. Season well with oregano and rock salt, and adjust seasonings to taste. Serve Greek-style barley salad, either chilled or at room temperature. And enjoy.

Nutritional Value Calories: 168 Fat: 12g Sodium: 314mg Carbohydrates: 13g Fibre: 2g Protein: 3g Vitamin C: 35mg Calcium: 81mg Potassium: 195mg

# **Glucose Monitoring with Interstitial Fluid vs Blood Glucose**

## DR.POONAM SHARMA

lucose is essential to our body and its healthy functioning as it is responsible for supplying energy to the different organs in the body to perform various vital functions. Glucose levels oscillate throughout the day, which is quite usual unless the levels either go very low or too high. Unsteady glucose levels are usually associated with metabolic dysfunction and other medical complications like obesity, diabetes, cardiovascular complications, hypertension etc.

Monitoring the glucose levels in our blood is the first step toward building a healthy glucose metabolism. However, we can only manage something that we can measure. Therefore, continuously tracking our glucose levels using devices like Continuous Glucose Monitor to making informed choices for long-term health.

Glucose Monitoring shows

glucose levels haywire. As a result, you automatically learn to reduce or eliminate the intake of certain foods. But the good part is that you develop healthier long-term food behaviour and build a healthy glucose metabolism, saving you from several health issues. But what type of glucose monitoring technique vou should adopt can be confusing. Many studies talk about the best approach.

#### What is Interstitial Fluid, and What Role does it Play in Glucose Monitoring?

We know that the sensors attached to the Continuous Glucose Monitor measure the blood glucose levels from the interstitial fluid. But what are they? Interstitial fluid is the liquid that fills the space between the cells in our body. This fluid contains water, fatty acids, sugars, amino acids, hormones, coenby HealthifyMe is the answer zymes, salts, neurotransmitters and cellular products. When the fluid gets over, it gets replaced by new fluid. The old and used you how your body relates to fluid is drained to the lymph food and how it can put your vessels and continues their func-



tion. The tissue fluid is called around the body.

lymph. These fluids surround and bathe every cell present in the body, and it is their function to bring oxygen and other nutrients to the different parts of the body. They also help remove waste products that form as byproducts in any part of the body. Interstitial fluid is similar to blood plasma as they continuously exchange substances across capillary walls. The main difference between the two is that blood plasma gets contained interstitial fluid is everywhere enters different cells in the body

As mentioned above, the interstitial fluid is the fluid between the blood vessels and the body's cells. The fluid is responsible for transporting oxygen, nutrients and glucose to all the cells in the body.

Glucose uses a concentration gradient as its transport to move freely and directly into the interstitial fluid from our blood. This movement from the blood to the fluid is influenced by factors such as insulin sufficiency and the metabolic rate of the inside the blood vessels, but surrounding cells. Once glucose

gets trapped there, and it will not be able to return to the fluid or the bloodstream from there.

#### **Glucose Monitoring Through** Interstitial Fluid

The reasonably new glucose measuring device called Continous Glucose Monitor or CGM measures your glucose levels through your interstitial fluid. and studies have found this method to be quite effective. These devices, especially those developed by India's top digital health platform, HealthifyMe, measure our blood glucose levels 24/7. Moreover, they let you know the measurements whenever you want and immediately alert you if your blood glucose

level is too high or low. CGMs measure glucose levels in our blood through interstitial fluid, unlike other measuring devices that use blood for measurements. The former is hasslefree compared to the latter, as you needn't pinprick your arms or fingers often to get results. In a healthy glucose metabolism. addition, measurement through interstitial fluid also helps you

through the interstitial fluid, it understand a trend that may spike blood glucose levels.

When glucose levels are measured using blood tests, glucometers, etc., the result is instantaneous. However, the levels may vary depending on whether you had a meal sometime before or similar factors. Since these tests are also one time, you may not be able to know what resulted in your unbalanced glucose levels. So making any changes to your diet plan or taking medications following such blood glucose tests may not give you data points unless you repeat a test.

Using CGMs that continuously measure your glucose levels through interstitial fluids is an ongoing process. You get to record your glucose levels on a real-time basis. Therefore, you will be able to figure out the behavioural patterns you must fix. As a result, you make informed dietary choices that vou must incorporate or the life-

This assures that your body has Sometimes, CGMs may slightly delay providing the readings,

style changes you must adopt.

especially after eating or exercising. Health coaches often refer to this delay as time lags. It is simply a period taken by the glucose to move from our bloodstream to the interstitial fluid. This time lag can range anywhere from five to twentyfive minutes.

#### What is Blood Glucose, and What **Role does it Play in Glucose Moni**toring?

Blood glucose, or blood sugar, is the main glucose in our body. It comes from the food we consume and is the primary source of energy in our bodies. With the help of interstitial fluid, the bloodstream carries the glucose to different parts of the body to provide energy to all the organs and cells. Glucose performs vital functions important for our sustenance.

The main difference between blood glucose and the glucose in interstitial fluids is that the former carries the glucose to different body parts. On the other hand, the latter is responsible for transporting glucose to all the cells.

 $\bullet \bullet \bullet \bullet \bullet \bullet$  $\bullet \bullet \bullet \bullet \bullet \bullet$  $\bullet \bullet \bullet \bullet \bullet \bullet$ 



mate the licence holders

fall under the categories-

persons released on bail.

persons having criminal

persons involved in riot-

cially during the Election.

d) Other licence

The list of the licence

holders shall also be pub-

These licence holders

a) Arms License of the

b) Arms License of the

c) Arms License of the

for compliance.

offences.

# **IIM Jammu launches Nurturing Future** Leadership Program, under aegis of MMTTP

## JI NEWS SERVICE JAMMU, MAR 18

The Indian Institute of first batch consisted of 25 for positive change."

participants is fully funded by Ministry of Education, Govt. of India.

Prof. B. S. Sahay, Management (IIM) Jammu Director of IIM Jammu, launches the Nurturing addressed the partici-Future Leadership Pro- pants, emphasizing the gram, Under the Aegis institute's distinguished of, "The Malaviya Mission contribution as one of the Teacher Training Pro- premier management instigramme" in an inaugural tutions in the country. He session held at its perma- encouraged active engagenent campus in Jagti. The ment in the program's leadership training pro- sessions and discussions, gram is one of the unique fostering connections residential programs with fellow educators and designed to develop the IIM Jammu faculty, and leadership skills of educa- reiterating their committors at different levels and ment to excellence, innocreate a pool of potential vation, and leadership in tent raking among the top leaders for generational education. He remarked, 15 IIMs in the NIRF Rankwill be conducted by the milestone in our jour- years. He expressed aspifaculty of IIM Jammu from ney towards educational rations for IIM Jammu to March 18th to 22nd, 2024, excellence and leader- emerge as a leading busito assess the leadership program, as initiated by institute's journey, he quality of their faculty the Ministry of Education, recounted the challenges Jammu, presided over the cultivating academic lead- intake and the significant



Further, he also high- the collaborative efforts lighted the achievements among institutes of nationof the IIM system, includal importance in Jammu ing the institute's consis-(IIM, IIT & AIIMS), particularly in implementing programs like MBA HA-HM transition. The program "Today marks a significant ings for two consecutive and B.Tech + MBA, aligning members. Prof. B. S. we embark on a transfor- and milestones, such as and outlined the institute's Sahay, the Director of IIM mative initiative aimed at the increase in student revenue model.

National Education Policy 2020. He also highlighted with the aim of enabling ship development. As we ness school nationally and IIM Jammu's commitment unwavering commitment institute administration gather here to unveil this globally. Reflecting on the to supporting research to delivering high-quality scholars through its gen-

The event commenced inaugural ceremony. The ers who serve as catalysts rise in female represen- with the lighting of the IIM Jammu's role in creat- National Anthem, followed tation. He emphasized lamp and a welcome ing educational leaders by a group photo.

speech from Dr. Kulwind- through such initiatives. er Kaur, Program Director. Present on the occasion She extended a heartfelt were Dr. Praveen Kumar, welcome, mentioned the program's unique fea- Jammu. The residential tures and the structure in training program will be which it would be held, divided into four broad and mentioned her happiness on the launch of Nur-ship, communication, turing Future Leadership skill development, and Program. This program is recent government initiaessential for developing the next generation of academic leaders. Our goal is to provide faculty with the leadership skills they need to excel in their academic discussions, case studies, journey and create effec- role-plays, and practical tive learning environments exercises to ensure active

for their students. Dr. Pratik Maheshwari. Co-chairperson, Execuwith the objectives of the tive Education & Corporate Consulting (EE&C), shared the institute's

executive education by erous scholarship program means of such leadership the program's features and

Program Director, IIM themes, such as leadertives, and will feature four sessions each for the next five days. These sessions will include lectures, interactive workshops, group engagement and application of concepts. Partici-

pants will also have the opportunity to network with other educators and IIM Jammu faculty.

Dr. Vaseem Akram, Program Director, concluded the event by extending a vote of thanks to everyone training and development involved with the program. programs. He highlighted Finally, the inaugural program culminated with the

## **DM Jammu mandates** weapon deposit for 4914 **Arms Licence holders**

## **JI NEWS SERVICE** JAMMU, MARCH 18

A Screening Committee, led by District Magistrate Sachin Kumar Vaishya, has scrutinised 4914 Arms Licences and instructed the holders to submit their weapons to ensure the peaceful conduct of the General Elections for ing at any time but espe-Lok Sabha. An order has been issued by the DM in this regard and the Senior holder(s) having poten-Superintendent of Police tial to disturb the Election has also been asked to Process ensure implementation of the order.

The arms/ weapons are lished in the media and to be deposited within a displayed at the office of period of 7 days and the SSP, SDMs, Tehsildars and concerned SHOs shall inti- Police Stations.

## **Forest Department organizes** pre-event to celebrate 'International Day of Forests'

### **JI NEWS SERVICE** SRINAGAR, MARCH 18

to the main function to cel-

On the occasion the

department organized sev-

eral events under the theme

New Solutions for a Better

This dynamic event saw

2024.

World'.

the event.

vation Officer, Javid Ahmad, Range Officer, S. Park, Zulfi Tasneem Deputy LADC Sri-The Urban Forest Division, nagar, Nazir-be-Nazir, Chair-Srinagar, J&K Forest Depart- man National Society for Proment in collaboration with tection of Water Resources, the District Legal Services Wetland and other officers Authority (DLSA) Srinagar of the Urban Forest Division today organised a pre-event Srinagar.

The rally, a symbol of ebrate the International Day unity and commitment to of Forests on March 21st environmental conservation, resonated with the spirit of the International Day of Forests.

Following the rally, par-'Forests and Innovation: ticipants converged at Bal Van, where Pradeepchandra Wahule, CF Srinagar Circle, spearheaded a planenthusiastic participation tation drive, underscoring from various stakeholders the vital importance of tree including Officers and offi- planting in sustaining our cials of Forest Department, ecosystems. Together with educators, staff and Para- the enthusiastic involvement legal Volunteers of DLSA of students, officials of Forest Srinagar, students of sev- Department and Para Legal eral school and community Volunteers of DLSA, Srimembers. The students of nagar, the initiative aimed to Amar Singh College Sri- foster a culture of environnagar also participated in mental stewardship among the youth. Simultaneously, The event commenced the vibrant energy of creativwith Green March rally ity filled the air as students kicked-off by Pradeepchan-showcased their artistic taldra Wahule, Conservator of ents in a Painting Competi-Forests, Srinagar Circle in tion centered on the theme

## Isuzu Motors India to roll-out 'ISUZU I-Care Pre-Summer Camp' across India



**JI NEWS SERVICE** JAMMU, MAR 15

mitment to provide best experience, Isuzu Motors efits for their vehicles. Indiawill be conducting a Pre-SummerCamp' for its lowing: range of ISUZU D-MAX

nation-wide 'ISUZU I-Care camp will receive the fol- Nellore, Noida, Pune,

Pick-ups and SUVs. This will be organised at all upati, Trivandrum, Trichy, service camp is aimed at authorised service facili- Vadodara, Vijayawada and offering customersexcit- ties of ISUZU located in Visakhapatnam. ing benefitsand preventive Ahmedabad, Baramulla, maintenance checksfor a Bengaluru, Bimavaram, the nearest ISUZU dealer hassle-free driving expe- Bhuj, Bhubhaneshwar, outlet or visit https://www.

across all ISUZU autho- (Kukatpally &L.B.Nagar), rised dealer service out- Indore, Jaipur, Jaigaon, lets, between 19th to 24th Jalandhar, Jammu, Jodh-In a constant endeavour March, 2024(both days pur, Kochi, Kolkata, Kolto reaffirm ISUZU's com- inclusive). During this hapur, Kurnool, Leh, Lucperiod, customers can also know, Madurai, Mandi, service and ownership avail special offers & ben- Mangalore, Mehsana, Mohali, Mumbai, Navi Customers visiting the Mumbai, Nagpur, Nashik,

Raipur, Rajahmundry, The Pre-Summer Camp Rajkot, Siliguri, Surat, Tir-Customers can call Shiv Sena demands exemption of teachers from non-academic work

#### **JI NEWS SERVICE** JAMMU, MAR 18

Shiv Sena (UBT) Jammu and Kashmir unit has demanded that teachers should be allowed to remain teachers and educated unemployed youth should be given opportunity. Party State Chief Manish Sahni along with Vice President Sanjeev Kohli today met the Atal Dullu Chief Secretary of Jammu and Kashmir regarding the above demands and submitted a memorandum.

Sahni said that voices of protest have been continuously raised regarding the posting of teachers on special duty.

The Right to Education these. Act also prohibits teach-



appointment of Angan- entangled in other special wadi workers, Patwari/ workers, contract teachers, meter readers, midday meal workers etc. as BLOs, there is no mention concern. of teachers anywhere in

duties. Sahni said that the Party state chief Manish Amin/Lekhpal, health literacy rate in Jammu and Kashmir

It is only 68 percent which is a matter of deep

Sahni said that it has been suggested to give Sahni said that teachers such special duty to the

rience during the season Calicut, Chennai, Coim- isuzu.in/connecttoserviceacross the country.

camp will be organised Guwahati, Hyderabad information.

batore, Delhi, Dimapur, for service booking. Cus-An initiative of 'ISUZU Durgapur, Gandhidham, tomer can reach 1800 4199 Care', the Pre-Summer Gorakhpur, Gurugram, 188 (Toll-free) for more

ers from doing any kind are performing an impor- educated unemployed of non-academic work. tant responsibility. Those youth, which can curb the According to the Elec- who are being forced to increasing unemployment tion Commission of India, compromise with their in Jammu and Kashmir to there is a provision for real duty by getting some extent.

Bakshi, Secretary DLSA Sri- Their compelling artworks nagar, Dr. Mehraj Ahmad served as poignant remind-Sheikh, DFO Urban Forestry ers of the critical role forests Division, Srinagar, , Aarif play in driving innovation for Nazir Assistant Soil Conser- a sustainable future.

presence of Jahangir Ahmad of 'Forests and Innovation'.

# **KVK Kishtwar conducts Farmer Training programme at Kewa**

## JI NEWS SERVICE

JAMMU, MAR 18

Krishi Vigyan Kendra Kishtwar SKUAST Jammu today conducted one day farmer training programme at Village Kewa Tehsil Bounjwan of the district on Scientific nursery raising in vegetables crops. The programme was conducted under the guidance of Dr Amrish Vaid Director Extension SKUAST Jammu. Dr Narinder Paul Incharge KVK Kishtwar, Ajay Chander Agriculture Extension Officer Bounjwan and 40 farmers and farm women participated in the programme.

During the programme Dr Narinder Paul Incharge KVK Kishtwar highlighted the mandates of KVK and described about on farm testing, front line demonstrations and other extension activities of KVK for farming comminity. The diseases. participants were impart-



Ajay Chander, AEO on different programmes Chander attended the ed training on scientific Binoon, Department of under HADP, Daksh Kissan training programme. At nursery raising and of Agriculture stressed upon and Kissan Sathi portals. the end of the programme vegetables. It included adoption of recommend- Sunil Singh, Ghulam Qadir, vegetable seed kits of selection of varieties, ed cultivation practices of Ashish Kumar, Parveet cucurbits were distributed agronomic practices and vegetables for increasing Kumar, Arjun Kumar, Asif among the participants. management of pests and production and produc- Ahmad, Sourav Singh

tivity. He also highlighted Ravinder Kumar, Kailash

## NYK Udhampur organizes Neighbourhood Youth Parliament, hundreds of youth participated

#### **JI NEWS SERVICI** JAMMU, MAR 18

Nehru Yuva Kendra Udhampur, Ministry of Youth Affairs & Sports, Govt of India organised "Neighbourhood Youth Parliament" on the theme "Nasha Mukt Bharat" in collaboration with NSS Unit of Govt College For Women, Udhampur at Riwaayat on 16-03-2024. Worthy District Development Commissioner Ms. Saloni Rai (IAS) inaugurated the event along with Chief Education Officer Ms. Geeta Bangotra, District Youth Officer Khushal Gupta, District Panchayat Officer Dr. Preeti Sharma (JKAS), DSWO Ms. Kanika Gupta (JKAS) NSS PO Dr. Ajay Kumar Sharma and The programme witnessed missioner Ms. Saloni Rai ture campaign of SVEEP. Focussing on the theme, from GCW Udhampur and steps taken by the Souravdeep Singh.



she deliberated on vari- delivered an awareness govt. to make India, a drug ous measures being taken lecture on Nari Shakti, free nation. Cultural teams by the district administra- Prof Pardeep Singh deliv- from GCW Udhampur and tion to curb the menace of ered lecture on New India I.T.I Udhampur also made drug addiction. The event - New Initiatives focussing the programme colourful started with the traditional on the various develop- by their performance in NSS PO Sh. Atul Rasyal. lamp lightening ceremony ments made by the nation various cultural activities. followed by the welcome during the recent years. Prominent among others participation of more than address by District Youth Prof Ajay K Sharma (NSS present on the occathousand youth belong- Officer Khushal Gupta. He PO) delivered lecture on sion included Prof. Yash ing to different parts of briefed the audience about Viksit Bharat whereas Kumar, Sh. Kuldeep Singh, the district. Deputy Com- the objectives of organis- Sh. Atul Rasyal gave an and Prof. Shama Rani. The ing such programmes and awareness lecture on entire event was anchored (IAS) presided over the urged the youth to get SVEEP. The teams of GCW by Ms. Barsha Sharma and event and lead the signa- registered in MY Bharat Udhampur participated Ms. Bharti Devi. At the portal. All the participants in the Mock Parliament end mementoes and cer-She urged the new voters were given MY Bharat organised on "Nasha Mukt tificates were distributed to get registered and moti- badges and they registered Bharat" thereby propagat- among the guests and parvate others to participate themselves on MY Bharat ing important message of ticipants. The event ended mandatorily in voting. portal. Prof. Preeti Sharma parliamentary procedures with vote of thanks by APA

# **BJP Govt fails to stand on** expectations of people in J&K: Sunil

### **JI NEWS SERVICE** UDHAMPUR, MAR 18

The Bharatiya Janata Party (BJP) Government at the Centre has faced severe criticism for its inability to fulfill the expectations of the people of Jammu and Kashmir. This UnionTerritory, grappling with the challenges of terrorism, price hikes, and inflation, has witnessed a sharp decline in the quality of administration.

(JKNC), Udhampur, while convention of Block Jib day. Thathi, which was attendof party workers and the ence is the only party general public.

Verma vehemently Kashmir and its people. A job rights of Jammu and denounced the inefficien- united effort is required to Kashmir people.



life under the current cy of the BJP Government strengthen the party at all in addressing the aspira- levels. Verma emphasized This was stated by Sunil tions and needs of the the crucial role of party Verma, District President people. He highlighted the cadre in exposing the antiof Jammu and Kashmir growing miseries faced by people measures, par-National Conference the common man, empha- ticularly those affecting sizing their multiplying the youth, implemented addressing a one-day burden with each passing by the BJP Government, which have further exac-

Sunil Verma asserted erbated the hardships ed by a massive gathering that the National Confer- faced by the populace. He criticized the J&K capable of safeguarding BJP leadership for its fail-The senior NC leader the future of Jammu and ure to protect the land and

Samsung announces 'Holi Sale' with 'mega' offers on Samsung.com, Samsung Shop app, Samsung Exclusive stores

### **JI NEWS SERVICE** JAMMU, MARCH 18, 2024:

electronics brand, has Holi Sale with bumper offers and cashback on a variety of Samsung products such as Galaxy Smartphones, laptops, tablets, accessories & wearables, Samsung TVs, and other digital appliances. These offers will be available on Samsung. com, Samsung Shop App, (Up to INR 25000) on leading Bank Debit and Credit Cards.

During the Holi extravfrom March 15th and sumers buying Samsung gaming monitors, conextend till March 26th, digital appliances such sumers can avail up to select models of Galaxy as refrigerators will get 59% off, with bank cash-S series, Galaxy A series, up to 49% off, on select back up to 20%, and cart and flagship models of models and may also get discount up to INR 3000.

Galaxy Z Series will be exchange benefits up to available at up to 60% off. INR 15125. Select models Consumers can also avail of Samsung WindfreeTM Samsung, a consumer up to 45% off on purchas- AC will be available at ing Galaxy laptops such as up to 39% off with an launched its exclusive Galaxy Book4 360, Galaxy Book4 Pro, Galaxy Book4 Pro 360, Galaxy Book Go, Under the festive sale Galaxy Book3 Ultra, and Galaxy Book3. Consumers a free installation worth buying select models of INR 1415.Consumers pur-Galaxy tablets, wearables chasing select models of and accessories can get up to 55% off. Consum- fully automatic washing ers purchasing premium machines will get up to and lifestyle models of Samsung televisions can and Samsung Exclusive avail up to 48% off with Stores. Consumers will an additional exchange get up to 22.5% cashback benefit of up to INR 15250. Consumers buying select models of Neo QLED will also get an assured special gift of a 50" Serif televi- to 45% off. On purchase aganza which will begin sion. During the sale, con-

additional 5% off on purchase of two or more ACs. offer, consumers also get EcobubbleTM range of 50% off with exchange benefits up to INR 15125. On purchase of micro-

waves such as 28 litre SlimFry Microwave and 32 litre Wi-Fi enabled Bespoke Microwave, consumers can avail up of smart monitors and

VKMI, others organize **Yoga Seminar** 



JI NEWS SERVICE JAMMU, MAR 18

A Social, Spiritual Non Government Organisation, Vichar Kranti Manch International, working to paralysis, brain hemorinculcate Moral, Ethical & rhage, and weakness in Spiritual values with ser- different parts of the body. vice Mission in the society, Lack of physical activity organized a Yoga Semi- and heart problems are nar under Chairmanship the main causes to reduce of Dr Shreyansh Kumar the circulation of blood in Jain State yoga Commissioner & President VKMI. Members of many NGOs, i.e., Mission Happiness, like water, milk, juices, or Bharat Vikas Parishad, Sarv Uthan Trust, Indian in digestion and to get rid Yoga Association & Vichar of the accumulation of Kranti Manch International participated in the celebration. Mr Ashok Gupta, ate, grapes, kismish Vice President VKMI & Founder Chairman Sarv is useful to keep lungs Uthan Trust, explained about the service mission, undertaken by VKMI & SUT. Social service, any of Khajuria, Mr Yesh Paul numerous publicly or pri-Sharma, a life coach, and vately provided services Trained Yoga Teacher,

in physical and menta powers. In old age, circulation of blood in the body gets decreased, and the short supply of blood to the brain can lead to the body.

\* Stay hydrated and drink 6-8 glasses of fluid soups per day. This helps waste products in body's.

\* Intake of pomegran-(resins), anjeer (Fig), etc, healthy.

Mr H C Vaid, President BVP Shivalik, Ashok intended to and disadvan- Happy & Dharamveer taged, distressed or vul- Bansal, Social Activists, nerable person or groups. Ashok Gupta and Dr Social service also denotes Shreyansh Jain, came colthe profession engaged in lectively and felicitated rendering such services. Swar Kokila Mrs Anju The social service have Bansal, A Social Activist, flourished through NGOs Educationist & VKMI Coras ideas of social respon- dinator Punjab, for her sibilities have developed untirelessly service for the society, incidently it was Dr Jain gave health tips, her Birthday also. Dr Jain as with the age, most of recited some couplets on us experience a decline the occasion.

## Guru Ravidas ji was light for people immersed in darkness: Swami Gurdeep Giri ji Maharaj

### **JI NEWS SERVICE** SAMBA, MAR 18

Human life has been called the best of all religious texts. This life is found by man to attain God and Satguru is the means of meeting God, this sentence was said by Shri Shri 108 Swami Gurdeep Giri Ji Maharaj in satsang organized at Blode, only by getting knowledge



Maharaj ji and worshiped false religious pomp and for the happiness and superstition to the light of Samba. He said that since peace of the family. In knowledge. The welfare of ages, saints have fulfilled the religious program, the society and the whole the purpose of their life Swami Gurdeep Giri Ji world is possible only by Maharaj of Pathankot following the path shown from the Complete Sat- shed light on the biogra- by Guru ji. Congress Distt guru. Satsang was orga- phy of Guru Ravidas Ji and President Sanjeev sharma nized by Shri Guru Ravi called upon the sangat to also participated in the Das Prabandhak Commit- follow the path shown by religious program and tee at Balode, Samba, in the Guru. Describing Guru called upon the sangat to which Shri Shri 108 Swami Ravidas as the messiah of follow the path shown by Gurdeep Giri Ji Maharaj equality, Swamiji said that Guru Ravi Das ji. A Bhanmade the sangat happy Guru Ravidas ji brought dara was also organized at with the prvachan. Sangat the people trapped in the end in which the devoalso praised Guru Ravidas the utter darkness of tees took prasad.

## DoT J&K organizes awareness viz Myths regarding EMR Radiation, 5G Technology, its uses and cases in GPW Jammu

### **JI NEWS SERVICE** JAMMU, MAR 18

Department of Telecom J&K organized an interactive awareness session of the topics viz Myths regarding EMR Radiation and 5G Technology, its uses and cases in Govt. Polytechnic for Women, Jammu today on 18th of March,2024.

Mr. Rajesh Gupta Asstt. Director Compliance, DOT, Ministry of Communication Govt. of India, Sh. Shubham Yadav, Asstt. Director DOT, and Sh. Aadil Shafi from Reliance IIO were the resource persons on the occasion.

Er. Suket Gupta, Principal, while interacting, welcomed the initiate of the Department of Telecom in



Institution

Er. Naresh Gupta, HOD E&C introduced the team and the topic to the audience and deliberated riculum.

the sessions, which were attended by the students

While interacting/ and also introduced candelivering the interactive didates the effectively on organizing the awareness lectures, the resource per-latest mobile technologies

JI NEWS SERVICE

and spread.

**Principal PTTI Vijaypur** 

organizes 02 Traing Courses

Criminal Laws-2023 has

session in this Technical sons effectively conducted and the future scope.

upon the relevance and ing along with the faculty importance of these for of the Institution. They the technocrats and cur- cleared the Myths and

of 4th and 6th semester diploma students of E&C and Computer Engineerdoubts regarding the EMR

**SKJAVS Trust organizes program** under "Pratikantham Sanskritam Samprak Abhiyan" at Jammu



#### JI NEWS SERVICE JAMMU, MAR 18

household.

sion Mahant Rohit Shas- world. tri mentioned that this

the program. On occa- consistent throughout the creating the correct vibra-

published a book titled is making good efforts to Puranas. "Saral Sanskrit Bodh," promote Devavani Sanwhich will be distributed skrit in the region. It is Naresh Raina, and others

of India, there are two Sanskrit to every home, essences - Sanskrit and and success is certain if culture." This means, the there is determination. Today, Shri Kailakh Jyotish glory of India lies in these He emphasized the imporavim Vedic Sanathan Trust two things - Sanskrit and tance of teaching Sanskrit organized a program in culture. It is essential to language to children at Janipur under the "Prati- bring this language to home so that they can kantham Sanskritam Sam- every home, and success recommend its usage to prak Abhiyan" to bring is assured if there is deter- others. The script of the Devavani Sanskrit to every mination. Although there Sanskrit language is Devaare variations in pronunci- nagari. The sages chose President of Shri kai- ation in different languag- this language for composlakh jyotish avim Vedic es, the pronunciation of ing mantras because the Sanathan trust Mahant Devavani Sanskrit, based pronunciation of its words Rohit Shastri, conducted on sound science, remains was highly effective in

tions in the mind. The On this occasion, the Vedas were manifested campaign has been initi- Vice President of the in this language, followed ated to promote Devavani Trust, Pawan Khajuria, by the Upanishads, Rama-Sanskrit, and the Trust has mentioned that the Trust yana, Mahabharata, and

Pandit Arun Shastri, free of cost. "In the glory crucial to bring Devavani were present at this event.

Haier celebrates its 20 years of innovating "In India, For India", unveils its new vision of "More Creation, More Possibilities"

## **JI NEWS SERVICE**

JAMMU, MAR 18

the 20th anniversary of and employees who have always ensured to under-This significant milestone every step of our success. demonstrates Haier's Throughout this journey, unwavering commitment we have been driven by our to customer-inspired inno- commitment to customervation and its dedication inspired innovation, dedito 'Make in India' and cation to 'Make in India represents Haier India's to the celebrations, Haier responsible brand commit-India expanded its prod- ted to the consumer and vation, and unlocking uct offerings by launching country, we have worked endless possibilities for range of OLED & QLED towards offering solutions its partners, dealers, cus-TVs, Super Heavy-Duty Air that enhance the customconditioner series, Kinou- er's everyday life with conchi Black Air conditioner, venience, comfort and are Vogue and smart convertible refrigerators, washer and dryer front load washing machine, commercial refrigeration solutions and commercial air conditioners. Focused on empowering consumers through smart and intuitive products curated for Indian homes, Haier India also unveiled a range of smart innovations including Robo-vacuum cleaners, smart kitchen appliances, microwaves, water heaters and much more.

Commenting on Haier India's 20th anniversary, Mr. NS Satish, President, moment for Haier India Haier India unveiled for India.'

as we celebrate our 20th its new vision through anniversary in India. We a new brand slogan, are extremely proud of "More Creation, More Haier Appliances India, the this milestone as it reflects Possibilities."Refining No.1 global major appli- the support and deep customer experiences ances brand for 15 con- connection we have with through best in class techsecutive years celebrates our customers, partners, nology, the brand has its establishment in India. played a pivotal role in stand their pulse and stay ahead of the curve while offering innovative solutions that makes everyday life easier and smarter. Moreover, this rebranding 'Made for India'. Adding and Made for India'. As a focus towards nurturing growth, sparking innotomers, community, and employees. Additionally, the new vision is aligned sustainable." with Haier's impressive

He further added, 25% year-over-year CARG "Moving our legacy forin India and its anticipated ward it's a moment filled 35% growth in 2024.

with profound pride to With a focus on strengthunveil our new vision, ening its position in con-'More Creation, More sumer durable sector, Possibilities'. This vision Haier India has been delves from our ongoing investing in expanding its commitment to make our manufacturing capacity customer's daily lives more across the Greater Noida efficient, convenient, and and Pune plant. A testicomfortable. Keeping this mony of this is the incepin mind, we are committed tion of manufacturing of to strengthening our posi- new range of commercial tion in the industry ensur- refrigerators, commering that we exceed expec- cial Air conditioners and tations and pioneer new Kitchen appliances at its horizons in the market" Pune plant. This strategic

As a brand at the helm expansion reinforces the Haier Appliances India, of innovation driven by the company's commitment said, "Today is a historic evolving consumer needs, to 'Make in India and Made

VIJAYPUR MARCH 18

A five days "Crash Course Police personnel especialon new Criminal Laws- ly Investigating Officers 2023" and one week "Role with the key provisions of Based Training under new Criminal Laws which CCTNS" commenced at are being implemented PTTI Vijaypur in which in the Country from July Police personnel of vari- 2024 so that these Laws ous units of Police Depart- are implemented on ment are participating. ground in letter and spirit. Both the courses were for- On the other hand, while mally inaugurated by Prin- inaugurating one week cipal, PTTI Vijaypur who "Role Based Training in his inaugural address, under CCTNS" Principal briefed the participating told that CCTNS aims at officers/officials about the creating a comprehensive basic concepts of these and integrated Informacourses and emphasized tion and Communication upon them to take keen Technology platform for interest in their training enhancing the operational and maintain proper dis- efficiency and effectivecipline in the Institute. ness of policing especially Principal said that 05 at Police stations and at all days Crash Course on new levels.

been introduced with an objective to familiarize the

## ECI decision on J&K elections disappointing: Partap

**JI NEWS SERVICE** JAMMU, MAR 18

Peoples of j&k were letdown by the election commission of india by

bly election. sion. He said that they security can be arranged were expecting the ECI for the four states then to announce concurrent why can't for J&K. assembly and parliamenexpecting it.

He added that If the situation is conducive for the LS polls in J&K then why not for the assembly elections.

Partap termed the its failure to announce statement of ECI about the long awazited assem- the requirement of additional security for con-Partap Singh Jamwal ducting assembly polls as expressed disappoint- not genuine reason. He ment over the ECI's deci- questioned to ECI when

He said that this is the tary polls in J&K. He said longest ever time period that It is unfortunate the that J&K has gone withassembly polls have not out Assembly elections. been announced by the He demand that there be ECI when people were early assembly polls in Jammu and Kashmir.



# NEWS

## India's Culture is rooted in Sanskrit only: Prof. Shreedhar Mishra

#### **JI NEWS SERVICE** JAMMU, MAR 18

A one-day Saral Manak Sanskrit Workshop was organized on Monday under the joint aegis of Central Sanskrit University, Shri Ranbir Campus, Jammu; Government Women's College, Parade Ground, Jammu; and Indian Language Committee, Ministry of Education. Speaking as the keynote speaker on this occainto public practice.

dur Shukla of Sanskrit Sanskrit. Department of Jammu being humble. In his Presi- among the people. dential address, Campus



University said that San- College Parade, Dr. Ravin- program. Other professkrit is a very simple dra Kumar Tikku, speak- sors and students of the language. Sanskrit con- ing as a special guest, said college were also present. tains very simple words. that at present there are Workshop coordinator Dr. Therefore, it can be used immense employment D. Dayanath expressed very easily. Human values opportunities in Sanskrit. the vote of thanks. Cerare inherent in Sanskrit, Therefore, there is a need tificates were distributed it makes every human to popularize Sanskrit to the participants in the

sion, Sangathan Mantri of Mishra said that the cul- the lamp. The students of Sanskrit Bharati, Rishi ture of India is rooted in Women's College invoked Kumar said that the effort Sanskrit. Sanskrit lan- Goddess Saraswati and to present Sanskrit to guage can be learned sought Her blessings. the common people in a easily through prac- The guests were duly simple form is commend- tice and it can be easily welcomed with flower able by the Government of made the language of the bunches and mementos. India. Such workshops are people. He further said The welcome speech was required to bring Sanskrit that Sanskrit is employ- delivered by Dr. Mamta ment oriented. Hundred Sharma of Sanskrit Speaking as the chief percent employment is Department. Dr. Praveen guest, Prof. Ram Baha- available in the field of Mani Tripathi, Dr. Khemnarayan Regmi were pres-Principal of Women's ent as facilitators in the

concluding session. The The workshop was program was conducted

Director Prof. Shreedhar inaugurated by lighting by Dr. Tejnath Paudel.

Lagan Society for Art & Culture elects EB, unveils vision for Cultural Promotion



**JI NEWS SERVICE** JAMMU, MAR 18

In a significant development for the cultural landscapes of Jammu & Kashmir, the Lagan Sociheld its executive body meeting and unveiled its memorandum during a special event organized by the society. The Lagan Society for Art and Culture operating from the body comprises dedicatpast six years, has been steadfasting dedicated to promoting the rich cultural heritage and diversity of the Jammu & Kashmir region. With a mission to preserve and celebrate promoting and preservthe artistic traditions of ing the diverse cultural the state, the society has heritage of Jammu & been actively engaged in various cultural initiatives

Speaking to the media, Adv. Sandeep Gupta (Patron, LSAC) expressed profound gratitude and region and foster a deeper were present.

pride on behalf of the appreciation for its artisexecutive members. He tic traditions.

highlighted the momentous occasion of the society's registration under Act of Jammu & Kashmir. it to pursue its cultural & Kashmir. objectives with greater

vigor and legitimacy. to advancing the society's mission. Looking ahead, the Lagan Society for to intensify its efforts in Kashmir. Through collab-

As it embarks on this new chapter, the society invites artists, cultural the Society Registration enthusiasts and the wider community to join hands ety for Art and Culture This official recognition in nurturing and celsignifies a new chapter for ebrating the vibrant culthe society, empowering tural tapestry of Jammu

> On the occasion, Mr. Rajesh Kumar Verma The elected executive (President, LSAC), Mr. Suresh Dogra (Vice-Presied individuals committed dent, LSAC), Sh. Girdhari Lal (Gen. Secy.), Ms. Sonia Dogra (Treasurer), Mr. Rohit Bains (Pub-Art and Culture pledges licity Secy.), Dr. Atyant Shobna Sharma (Advisor), Mr. Sunil Mahajan (Advisor), Mr. Suresh Kumar (Joint Secy.), Mr. Shubham Manmar (Media orative projects, cultural Incharge), Mr. Anil Kumar events and community (Advisor), Sh. Yash Paul engagement initiatives, Yash (Renowned Writer the society aims to enrich & Composer), Mr. Vikas the cultural fabric of the Khajuria (Media Incharge)

## **Cleanliness Drive organizes** by NSS unit of GDC Marheen



JI NEWS SERVICE KATHUA, MAR 18

The NSS Unit of Govt. were actively involved in Degree College Marheen, the event. She also advised organized a cleanliness the NSS volunteers to Drive under the Swachha- carry out the message of ta special campaign in the cleanliness and its imporcollege. The programme tance to every nook and was organized under corner of the society. The the patronage of Prof. entire event was orga-(Dr.) Anupama Gupta, nized under the superviesteemed principal of the sion of Dr. Arun Dev Singh college. In her address, she , NSS Programme officer. talked about the impor- A large number of NSS tance of better hygiene, volunteers participated sanitation and cleanliness in the drive, cleaned and of our surroundings. She collected garbage from the appreciated the efforts college campus by setting of NSS unit for organiz- an example of cleanliness ing a cleanliness drive in and hygiene in the society.

the college campus. She encouraged and supported the NSS volunteers who

NSS SMVDU collaborated with Aanganwadi Centre for Ayushman card awareness



## JI NEWS SERVICE JAMMU, MAR 16

NSS unit of SMVDU Katra also distributed fruits to organized an awareness small children of the vilprogram on Ayushman lage during the campaign. card in collaboration with Around 40 NSS volunteers Aanganwadi centre of Sir- actively participated in ah-Kotla panchayat. The the said drive. NSS studoor-to-door awareness dent coordinator, Sadhvi program was organized in Sharma led the event suc-Kakryal village under Sir- cessfully. The campaign ah-Kotla panchayat with lasted for around 2 hours. ASHA (Accredited Social NSS Coordinator, Dr. Rajiv Health Activist) workers Kumar was also present of the Anganwadi centre. during the said drive in The details of the program the village. Vice Chancelwere briefed by Dr. Prakri- lor, Prof. Pragati Kumar ti heading community appreciated the efforts of health centre of the area. the NSS team for organiz-Volunteers briefed villag- ing the program and colers about the benefits of laborating with the local Ayushman card and its health centre.

new features like patient history are now available online. Volunteers



### **JI NEWS SERVICE** JAMMU, MAR 18

dinator and Mr. Gourav local culture surround- ing students with enrich-Jamwal, the event aimed ing this trek route. From ing experiences beyond

sized the significance of with the communities

such initiatives in nurtur- they encountered along ing a well-rounded devel- the way, contributing to Shri Mata Vaishno Devi opment for the student their holistic development University embarked on community. Prof. Singh and cultural awareness. a journey towards holis- highlighted the impor- Vice Chancellor, SMVDU, tic student development tance of outdoor activi- Prof. (Dr.) Pragati Kumar with an exhilarating trek- ties in instilling resilience, expressed heartfelt appreking event to Devi Pindi teamwork, and leadership ciation for the dedicated Mata Mandir near Panthal skills among the students. efforts put in by the orga-(Katra). Organized by Dr. During the trekking event, nizing team in orchestrat-Varun Dutta, Assistant students had the unique ing such a remarkable Professor, SMVDU, Dr. opportunity to immerse event. He lauded their Rajiv Kumar, NSS Coor- themselves in the rich commitment to provid-

## **DoFP&G Jammu organizes Flower Show** of all varieties of region at Jammu

#### **JI NEWS SERVICE** JAMMU, MAR 18

A Flower Show comprising of all the prominent flowers of the region was organised by the Department of Floriculture Parks and Gardens Jammu at Green Belt Park Jammu

The Flower Show was organized by all the Officers of the Floriculture Department under the able guidance of S. Jatin-



at fostering personal interacting with villagers the confines of the classgrowth and enhancing to experiencing their cul- room, emphasizing the the overall personality of ture, the students gained importance of such initiathe students. The event invaluable insights into tives in fostering holistic received an enthusiastic the vibrant cultural tap- development. With the response from the stu- estry of the region. This successful culmination of dent body, with partici- experiential learning the trekking event, SMVD pants gearing up for an not only deepened their University reaffirmed its adventurous expedition understanding of the local commitment to nurturing amidst the picturesque heritage but also fostered the holistic development landscapes of this route. a sense of appreciation of its students. Such ini-Flagging off the event, and respect for diverse tiatives not only enhance Prof. Balbir Singh, Dean cultures. Through such academic learning but of Academic Affairs, interactions, students also cultivate essential extended his heartfelt not only expanded their life skills that are crucial wishes to the participat- horizons but also forged for success in the ever-

ing students. He empha- meaningful connections evolving global landscape.

## der Singh JKAS, Director **General Floriculture Parks** and Gardens Jammu.

The special attractions of the show were the pots, arrangements of different annuals of more than 30 varieties, pot arrangement of foliage plants of more than 10 varieties, different Selfie Points and Rangoli arrangements were also made in the Flower Show.

Director General Floriculture highlighted the importance of flowers and he beautifully linked the Show as one of the deliver-

person's character with tor's form adjoining areas Floriculture Jammu, Sh. flowers and appreciated as well as from far off Sunil Singh Deputy Directhe efforts of the officers areas, visited the Flower tor/Floriculture Officer and staff of the Depart- Show. Prominent among Jammu, Sh. Ishtiaq Ahmad ment for their hard work others present were Smt. Malik Floriculture Officer to organise the Flower Gurneet Kour Deputy HQ and Assistant Floricul-Director (Planning), Sh. ture Officers of the Departables of the Department. Vikrant Kumar Joint Direc- ment were also present in A huge number of visi- tor/Landscape Officer the said Flower Show.

## Police organises awareness programme on New Criminal Laws in Ganderbal

GANDERBAL, MAR 15

Police in Ganderbal organised an awareness Programme on the New Criminal Laws at Govt. Degree College Ganderbal. The programme was chaired by SSP Ganderbal Shri Sandeep Gupta-IPS.

The Programme was attended by DySP Hqrs also witnessed signifi- ta, and Bharatiya Sakshya cant participation from Adhiniyam. Prosecuting renowned education- Officer Dr. Tabasum also ists, social workers and throw light on the said respectable citizens.

On the occasion, SSP

Ganderbal Shri Gh Hassan- are time bound. More JKPS, Sr. PO Ganderbal over, Sr.PO Ganderbal Shri Abdul Aziz Zaindari, provided the participants DySP DAR DPL Ganderbal with a basic understand-Shri Nazir Ahmad, SHO ing of the new Criminal PS Ganderbal, Lecturers Laws, namely Bhartiya

& Students of Degree Col- Nyaya Sanhita, Bharatiya lege Ganderbal. The event Nagarik Suraksha Sanhitheme.

The participants pres-Ganderbal Shri Sandeep ent in the event appreci-Gupta-IPS talked about ated the role of Ganderbal the amended criminal Police for organising such laws and asked the partici- an important programme pants that these new laws & applauded in providing are being implemented the much needed awarefor speedy justice and ness to the participants.

## elected as Chairman of ABMBS JI NEWS SERVICE

Mahesh Gupta unanimously

## JAMMU, MAR 18

Suneel Mahajan, President Election committee convened a supreme council meeting of Akhil A.B.M.B.S.



Bhartiye Mahajan Biradari all the esteemed members and prominent mem-Sangh in the Press Club Of of the ABMBS for gracing bers from different sub Jammu to officially declare the meeting & presented castes congratulated and and certify Mr. Mahesh his heartfelt gratitudes to garlanded the the newly Gupta as unanimously the members of supreme elected Chairman and the elected Chairman of the council for setting up a presidents and the offihealthy precedence of cial representatives who To start with, Adv. Vaib- Election by unanimous- offered felicitations to the hav Gupta, Secretary elec- ly electing their Chair- newly elected Chairman tion committee appraised man. Finally he officially were M/s Ravi Gupta, the house with the agenda declared Mr. Mahesh Bharat Bhushan Gupta, of the meeting & the meet- Gupta as the first unop- Dr. Lalit Gupta, yash pal ing started with the three posed elected CHAIRMAN jandial, Manohar Gupta, time chanting of holy Gay- of Akhil Bhartiye Maha- RajKumar Gupta, Sanjay atri Mantra . After lighting jan Biradari Sangh and Pargal, Devi Dass Gupta, of the lamp, floral tributes the Certificate of election Rakesh Singh Gupta, were paid to Sher e Duggar result was handed over to Ashok Gupta, Ashok Lala Hansraj Mahajan ji. Mr. Mahesh Gupta by the Mahajan, Dinesh Gupta, Suneel Mahajan, in his members of the Election Ram Langer, Bharat vaid address, initially greeted committee. The senior & Ashwini Mahotra.

## Luxmi Cricket Club organizes cricket tournament of U-14 players at MAM stadium

### **JI NEWS SERVICE** JAMMU, MAR 18

Luxmi cricket club organized a cricket tournament of U 14 players at MAM stadium today on dated 18.3.2024. The tournament was sponsored by KPT Piping solutions pvt. ltd Dehradun and supported by KhanaKhazanaRestruant and J&K Sports guest and he appreci- eting skills of the young council. The tournament ated the event being con- budding cricketers. was inaugurated by chief ducted by the club and introduced to the chief nitely enhance the crick- showed their talent.



Guest Divisional Sports told them to work hard between Green field star Officer J and K sports and achieve their goal in Blue and Green field Star council Sr. Baljinder Pal future. He also told that Green in which all the Singh. The players were such an event will defi- young budding players

The match was played

# SPORTS

## JINDRAH IMAGES JAMMU, MARCH 19, 2024 TUESDAY

# IPL 2024: SKY's injury, Green's departure leave Boucher with big gaps to fill in MI team

## AGENCIES

MUMBAI, MARCH 18

When he will sit down to decide his playing XI for Mumbai Indians' opening match against Gujarat Titans at Ahmedabad on March 24, head coach Mark Boucher will have a couple of issues to sort out. He will have to fill in a couple of big gaps in the middle-order for the injured Suryakumar Yadav, who is likely to miss the first few matches because of an ankle injury he picked in South Africa, and Cameron Green, who had done well for MI last season but was traded to Royal Challengers Ban- ment. galore (RCB) in an allsure to be a big headache fitness issues. for Boucher's team management.

Yadav's fitness from the my WhatsApp, there are Indian team management. reports of other teams a 360-degree player con- yeah, we trust our medisidered the best in the calteam that they're doing business in T20 cricket the right things. And look,



cash deal just before the moment is under the guid- replacements for that," auction. Though Green's ance of the Indian cricket departure brought in the team as well. So we're cash that paved the way just waiting for updates fied some players that can for Hardik Pandya's return on that. I don't like to to the franchise where he micro-manage. We've got started his career and the a world-class medical team Indian T20 captain could that's in control of all of Green. Yeah, so that's the fill the all-rounder's role, that. Yes, in the past we've beauty of the IPL, is that a replacement for SKY is been hampered by a few the auction changes the

The middle-order batter -- also losing players. So, spective.

"So, Surya at the right track and try to find ers that can hopefully fulfil said Boucher. He said they have identi-

fill the breach left by Cameron Green's departure. "Regards to Cameron

dynamics of a lot of dif-"We're always going to ferent teams and seasons.

be in that sort of domain And Cameron Green had On Monday, Boucher of having fitness issues, a fantastic season for us. said he is still awaiting an as other teams are as I think the way that he update on Suryakumar well. Every time I look at played an exciting brand of cricket that he played was great from our per-

"We had a couple of holes in our team that we needed to fill up and unforcurrently -- is still waiting if we lose one or two from tunately, we went for the ing forward to a couple ing the young Sri Lankan

we just have to keep on the the lines of looking at playthat role again. We've got a couple of options available to us and hopefully, that guy can come in the big shoes that Cameron did have and then fill him with flying colours. So, yeah, Cameron did have a great season for us, but we have one or two players to perform the role he performed," said Boucher.

Boucher is satisfied with Mumbai Indians' preparations so far and was keen on seeing how the intrasquad warm-up games pan out. "We are in a good space at the moment. We have a big squad. We'll be playing our first warmup game today. I'm lookBoucher said.

The South African felt the team was well-rounded and the new additions are particularly exciting. "We have got new international players. They are very energetic, which is always good. We had a pretty good season. We are in a pretty good space at the moment," said Boucher, hinting that they may go in with fewer foreign players than allowed by IPL in some of the matches. He said the selection of overseas players in the playing XI will depend on the conditions for that match.

"We have a very good set of Indian players and we are hoping that they will play their role well. We will decide the composition of our foreign players as per the conditions on the day, but I can tell you that we may go in with three overseas players in some matches depending on the conditions.

Both Boucher and Hardik were excited to have Jasprit Bumrah back to full fitness, saying the Indian pacer is a top-class bowler and has done well

for MI in the past. Boucher said it was interesting to see new bowling coach Lasith Malinga interacting with Nuwan Thushara, whose action is similar to him, adding he was expect-

# Hockey Mizoram stuns Punjab to seal quarterfinal berth from Pool F

## AGENCIES PUNE, MARCH 18

Hockey Mizoram stunned Hockey Punjab 4-2 to take the seventh spot in the quarterfinals of the 14th Senior Women National Championship 2024 at the Major Dhyanchand Hockey Stadium Nehrunager, Pimpri on Monday.

The win enabled Hockey Mizoram to top Pool F with three wins from as many games ahead of Hockey Punjab, Hockey Himachal and Hockey Rajasthan.

Lalrinpuii (6th, 9th minutes) struck a brace, while skipper H Lalruatfeli (26th) and Marina Laled two penalty corners for the winning side.

Hockey Punjab's goals came from sticks of Taran- ciation of Odisha. preet Kaur (35th) and Rajwinder Kaur (51st), both from penalty corners.

thus, joined Hockey of Odisha and Hockey tie. Priyanshi Singh (25t, Karnataka 3-0.



Bengal in the knock-out 33rd) converted two penround, with one more spot alty corners for Assam up for grabs from Pool G. Hockey, while Le Puduch-

In the quarterfinals, eery Hockey's goal was Hockey Madhya Pradesh scored by R Kaviya (24th). will take on Hockey ramnghaki (54th) convert- Bengal, Hockey Jharkhand will play Hockey Mizoram and Hockey Haryana will clash against Hockey Asso-

Hockey Maharshtra's sha Dhawal (47th) scored opponent in the quarter- for Goans Hockey, while final will be decided on Simranjit Kaur (28th) and Tuesday as they will take Rakhi (39th) found the net Hockey Mizoram, on the winners of Pool G. for Hockey Chandigarh. Meanwhile in other

On Sunday night, Madhya Pradesh, Hockey matches on Monday, Hockey Punjab mauled Maharashtra, Hockey Assam Hockey beat Le Hockey Himachal 8-0, Jharkhand, Hockey Hary- Puducherry Hockey 2-1 in while Manipur Hockey ana, Hockey Association an inconsequential Pool D got the better of Hockey

In another inconse-

quential tie, Goans Hockey

and Hockey Chandigarh

played out a 2-2 draw in a

Umra (30th) and Mani-

Pool E match.

# **Ireland batter Balbirnie fined 25** per cent match fee for breaching **ICC Code of Conduct**

#### AGENCIES NEW DELHL MARCH 18

Ireland batter and former captain Andrew Balbirnie has been fined 25 per cent of his match fee for breaching Level 1 of the ICC Code of Conduct during the second T20I against Afghanistan in

also marked his 100th



Sharjah on Sunday, which 2.8 of the ICC Code of Conduct for Players and appearance in the format. Player Support Personnel, The incident occurred which relates to "showing in the 16th over of Ire- dissent at an Umpire's land's innings, when Bal- decision during an Interbirnie showed dissent on national Match." In addi- fee, and one or two demerbeing adjudged leg before tion to this, one demerit it points. In that match, wicket by pointing to his point has been added Ireland suffered a 10-run

sanction proposed by David Boon of the Emirates ICC Elite Panel of Match Referees, so there was no need for a formal hearing. On-field umpires Bismillah Jan Shinwari and Izatullah Safi, third umpire Ahmed Shah Pakteen and fourth umpire Ahmed Shah Durrani levelled the charges.

Level 1 breaches carry a minimum penalty of an official reprimand, a maximum penalty of 50 per cent of a player's match gloves and telling the to Balbirnie's disciplin- defeat against Afghani-

## **Bangladesh Jaker Ali** taken to hospital after on-field collision

AGENCIES CHATTOGRAM, MARCH 18

Bangladesh uncapped wicket-keeper batter Jaker Ali has been taken to hospital after he was injured while fielding during the third ODI against Sri Lanka at the Zahur Ahmed Chowdhury Stadium.

While attempting to catch Pramod Madushan off Taskin Ahmed's bowling, Anamul Haque and Jaker Ali collided after which Jaker was carried off the field via stretcher.

## **BFI to conduct Sub Jr Boxing Nationals** in Greater Noida from March 18 to 25

#### AGENCIES NEW DELHI, MARCH 18

The Boxing Federation of India (BFI) will be conducting the 3rd Sub Junior Boys and Girls National Boxing Championship 2024 at the Shaheed Vijay Singh Pathik Sports Complex in Greater Noida, Uttar Pradesh from March 18



# for an update on him from a fitness perspective, it is decision to let go of him. of players putting their bowler Thushara to do the Indian team manage- what it is. That's sport and But we've selected along hands up for selection," well this season.

70kg and +70kg categories whereas the girl's category will feature competition of 33kg, 35kg, 37kg, 40kg, 43kg, 46kg, 49kg, 52kg, 55kg, 58kg, 61kg, 64kg, 67kg

and +67kg. The competition is being held with an aim to focus on strengthening the grassroots development for the the year the pugilists will get more time to practice over the year which will of the competition, Ser-



Jaker Ali came to the field as substitute fielder, Soumya Sarkar, who had a neck injury after he struck the advertising board while stopping the ball, while Mustafizur Rahman also had to leave the game on a stretcher due to cramping. Tanzid Hasan was selected to replace Sarkar in cases of concussions.

Umpire Tanvir Ahmed took over for Richard Kettleborough for the third ODI since he was unable to take the field owing to heat.

## **Indian Olympic Association** dissolves ad hoc committee for wrestling

## AGENCIES

NEW DELHI, MARCH 18

The Indian Olympic Assothe Wrestling Federation of India (WFI).

appointed by the IOA.

dated 27 December 2023, wherein an Ad Hoc Comordered that the said Ad Hoc is also directed to conduct committee is dissolved with the elections of the Athletes immediate effect," the IOA Commission in a time-bound said in a statement.

"The decision to dis- the established procedures solve the Ad Hoc committee and guidelines. This step is comes in light of the lifting essential to promote athlete of the ban of the Wrestling representation and partici-Federation of India (WFI) by pation in the decision-makthe United World Wrestling ing process of the WFI.

(UWW) and the successful completion of Selection Trials by the Ad Hoc Com-

mittee appointed by the IOA ciation (IOA) on Monday as per the directives of the announced the dissolution Hon'ble High Court of Delhi. of the ad hoc committee for Consequent upon the aforementioned developments, there is no further need for

This decision comes fol- running the activities of the lowing the lifting of the ban WFI through an Ad Hoc Comimposed on WFI by the mittee," it said. "However, United World Wrestling and as instructed by the UWW, the successful completion of it is imperative that the WFI the selection trials overseen appoint a Safeguarding Comby the ad hoc committee mittee/Officer at the earliest to address the concerns of "Refer to this office Order abuse and harassment and No. IOA WFI/I-28/2023/1560 to ensure adherence to all rules, regulations and guidelines set forth by the UWW mittee for wrestling was and other relevant authoriappointed, it is hereby ties. Furthermore, the WFI

manner, in accordance with

to 25.

The competition will opportunity for the coun- overall growth of boxing. see the participation of try's young boxers. It's With the tournament hapjunior pugilists who will important to give these pening at the beginning of compete across 14 weight budding boxers muchcategories. The tourna- needed exposure and ment will be organised we are delighted to pro- and develop their skills in collaboration with the vide a platform for them UP Boxing Association as to showcase their talent enable them to get selectthe draw ceremony will and shine on the national ed for the International be held on March 18 while stage," stated Hemanta events. In the last edition bouts will be played from Kumar Kalita, BFI secre-March 19. tary general.

"The 3rd Sub Junior Boys and Girls National in 35kg, 37kg, 40kg, 43kg, Boxing Championship 46kg, 49kg, 52kg, 55kg, boy's and girl's categories 2024 is an excellent 58kg, 61kg, 64kg, 67kg, respectively.

vices Sports Control Board The boys will compete (SSCB) and Haryana were crowned champions in the

touched the gloves before was the first offence in a to level the series 1-1. The hitting his pads. Balbirnie was found

umpire that the ball had ary record, for whom it stan, who bounced back 24-month period.

to have breached Article offence and accepted the Sharjah later on Monday.

Balbirnie admitted the the series decider today at

two team will compete in

## IPL 2024: Mumbai Indians name Luke Wood as replacement for the injured Jason Behrendorff

## AGENCIES

NEW DELHI, MARCH 18

# 'Daddy's Home': Virat Kohli joins RCB pre-season camp

AGENCIES NEW DELHI, MARCH 18

Stylish batter Virat Kohli has joined the Royal Challengers Bangalore (RCB) pre-season camp at the M Chinnaswamy Stadium ahead of the IPL 2024.

Royal Challengers Bangalore took to social media to welcome the star. "Daddy's Home and he is ready to reign again! Virat Kohli checked in to Namma Bengaluru, and we can't keep calm. Happy," the RCB said in a tweet. The former captain start of the IPL season. So well.' was also spotted training at the iconic venue.

RCB, Kohli said: "It's been into normalcy, you really good to be back, can say for 2 months. So, back to Bangalore for the are excited and happy as into their lives.



Kohli remained away similar emotions, similar feelings and I haven't been from cricketing duties to In a video shared by off the media radar. I have be with his wife Anushka Sharma during the final stages of her pregnancy. firstly playing cricket and yeah, I am pretty happy The cricketing world just starting off the IPL. and excited to be back buzzed with joy as the duo Always exciting to come and I hope all the fans welcomed their son Akaay

Mumbai Indians (MI) have named Luke Wood as replacement for the injured Jason Behrendorff for the Indian Premier League (IPL) 2024. Wood - a left-arm pacer - has played 5 T20Is for Eng-



land, in addition to 2 wickets against his ment read. Wood will ODIs, and has 8 T20I name, the IPL state- join MI for INR 50 lakh.

# Diksha finishes strongly to take tied-15th place on Epson Tour

#### AGENCIES

LONGWOOD (FLORIDA), MARCH 18

Diksha Dagar fired a on Hero Women's Pro Golf ies against one bogey to 4-under 67 to rise up the Tour in India, shot a final beat overnight and secleaderboard at the IOA Golf Classic on the Epson Tour event.

way up to T-15.,

on the LET, has been play- then had a double bogey on (68-68-68) was third and ing well and will stay on Par-5 ninth. She again bird- Dewi Weber (66-66-73) was Epson Tour for the Atlantic ied 10th, 11th, 13th and 16th fourth.

Beach Classic next week. before she dropped a bogey Diksha, a two-time on Par-417th.

Jessica Peng shot a superb 67 with five birdround of 4-under 67 on the ond-round leader Lindsey Par-71 course, She had eight McCurdy. As Peng shot 67, at 10-under.

Korea's Kum-Kang Park

Ladies European Tour winner and multiple winner

birdies against one double Lindsey shot 72 and lost Diksha birdied the first,

She made the cut on the bogey and one late bogey by one shot. Jessica was line at T-58, but then rose at the Alaqua Country Club. 11-under and McCurdy was

Diksha, with two Top-10s sixth and eighth holes and



## **DEO Rajouri addresses press briefing regarding** preparations for Lok Sabha Elections 2024

#### **JI NEWS SERVICE RAJOURI, MARCH 18**

District Election Officer Rajouri, Om Prakash Bhagat, convened a comprehensive press briefing to outline the preparedness and arrangements for the forthcoming Lok Sabha Elections 2024. With the Election Commission of India (ECI) having recently announced the schedule for the elections, the district is gearing up to facilitate a smooth and fair electoral process.

The DEO emphasized the importance of all polit- erbani. ical parties and contesting Model Code of Conduct throughout the electoral process

and Anantnag-Rajouri, electors. encompassing a total of



cies including Nowshera, that the district has a Rajouri, Budhal, Thana- robust polling infrastrucmandi and Kalakote-Sudture comprising 680 polling stations across urban

The district boasts a and rural areas, with 350 candidates adhering to the total population of 642,415 stations planned for webas per the 2011 Census, casting and additional prowith 484,632 electors com- visions for shadow areas, prising male, female, and has been established. He also informed that third gender voters. Nota- Moreover, there are 15 District Rajouri com- bly, the district exhibits a model polling stations. prises two Parliamentary commendable inclusion Constituencies - Jammu effort, with 3,708 PWD resources have been mobi-

The District Election 680 BLOs, 27 ZOs, and 71 five Assembly Constituen- Officer further briefed Sector Officers. Compre-

hensive training programs conducted by state, district, and assembly-level master trainers ensure the competency of election personnel in carrying out their duties effectively, he added.

The DEO assured that minimum facilities such as ramps, drinking water, furniture, electricity, and toilets are provided across all polling stations to facilitate a seamless voting experience for voters. Furthermore, he said that sufficient EVMs and VVPATs are available, ensuring the integrity and transparency of the electoral process.

Media persons were also sensitized to use the print and electric media for advertisement only after approval from MCMC committees, adhering to MCC guidelines of ECI. They were also asked to restrain themselves from Paid news without following ECI guidelines.

## Lok Sabha Election-2024 **DEO Bandipora briefs Banks regarding** monitoring of Election Expenditure

### **JI NEWS SERVICE** BANDIPORA, MARCH 18

The District Election Officer (DEO) Bandipora, Shakeel ul Rehman on Monday convened a meeting with representatives of various banks to discuss and coordinate efforts for the smooth conduct of the upcoming electoral process for Lok Sabha Election-2024.

Nodal Officer MCC/ADC Umar Shafi Pandit, DyDEO Mohammad Rafeeq Bhat, Nodal Officer Expenditure Monitoring Committee/ DTO Bandipora, Sheikh Aabid Manzoor, Member Expenditure Monitoring Committee/ DIO Bandipora Dr. Naseer Ahmad, LDM Bandipora and Brach Heads of all Banks operat-

ing in the district were also present on the occasion. The DEO on the occasion



tance of maintaining finan- ensure elections are held cial integrity throughout in a fair manner. the electoral process and directed Banks to adhere strictly to guidelines and procedures of Election Commission of India to prevent any instances of service to the candidates. malpractice or misuse of funds.

He highlighted the role Abid Manzoor also highof banks in election expen- lighted the role of banks and ensure that the cash diture monitoring and in expenditure monitoring vans shall not under any asked them to monitor and asked the concerned unusual transactions and officers of banks to submit

daily reports to the District Election Office regarding the suspicious withdrawal of cash during elections.

He asked them to monitor unusual and suspicious cash withdrawal or deposit of cash in a bank exceeding Rs.one lac and unusual transfer of amount through RTGS during the election process.

He also asked the bank emphasized the impor- suspicious transactions to heads to monitor cash deposit and withdrawal from bank accounts of The DEO directed the political parties besides banks operating in the monitoring online and digidistrict to open dedicated tal transactions.

counters for election pur-The Nodal Officer Expenditure Monitoring Commitposes to facilitate prompt tee also stressed on banks to ensure the following of Nodal Officer Expenditure monitoring, Sheikh necessary SOPs for transporting Cash by ATM Vans circumstances transport cash of any third party.

## **SVEEP Cell Kulgam engages Young Voters** through varied Awareness Activities

### JI NEWS SERVICE KULGAM, MARCH 18

SVEEP Cell Kulgam in collaboration with key stakeholders conducted a series of Systematic Voters' Education and Electoral Participation (SVEEP) activities aimed at creating awareness among young voters regarding importance of vote.

In this connection, programmes were held at various places and a mega SVEEP programme was carried out at Boys Higher Secondary School Chawalgam, Kulgam. ducted to enlighten par-

process

Interactive sessions,

informative presentations

and discussions were con-

ticipants about the impor-

tance of voter registration,

polling procedures and

cising their voting rights.

Nodal officer SVEEP (ACP, Kulgam), CEO Kulgam and other officers and officials, besides young voters participated the significance of exerin the event.

Several engaging activities were organized (ACP Kulgam), Nazia among their peers and throughout the program Hassan highlighted the communities, thus fosterto educate and empower pivotal role of youth in ing a culture of informed young individuals about shaping the future of the and responsible citizentheir role in the electoral nation and urged them to ship.



## actively participate in the democratic process.

Adequate human

lized, including 5 AROs,

She urged the youngsters who have attained the age of 18 to get enrolled to become a voter and to participate in the electoral process

Participants expressed their commitment to Nodal officer SVEEP spreading awareness



With the implementation the Deputy Commissioner of the forthcoming Lok Sabha elections.

Chairing the meeting, the DC asked all to render exemplary services with dedication and devotion to maintain peace and order in District Samba.

urged them to monitor any possible violation of MCC ahead of the Elec-

tion to the Lok Sabha. He also urged the team of EEMC (Election Expenditure Monitoring Cell) to be abreast with the legal framework, monitoring and enforcement mechanisms and the reporting requirements which is a crucial aspect of ensuring transparency and accountability in the electoral process.

He also directed the Media Certification and Monitoring Cell to carry

Lok Sabha Elections-2024

model code of conduct violations during the election period. However, the Surveillance Teams will shops. have to submit all their seizures of cash and materials in ESMS (Election Seizure Management System) app which would provide real-time data of

seizures, added the DC. already been deployed in print and electronic seizure and also briefed meeting.

DEO Ramban bolsters official machinery for seamless

Lok Sabha Election conduct, MCC implementation

on steps to be taken after The DC further empha-seizure of illegal items. He sized about the C-vigil also stressed on checkinvestigator app" which ing of warehouses, Wine is an online application shop etc and urged the for citizens to report on officers from Tax and Excise to carry out checking drives with the Police and to ensure closure of Flying Squads and Static illegally running wine The DC also said that

Vulnerability mapping has to be done as soon as possible.

ADC Suresh C. Sharma, GM DIC (Nodal Officer MCC) Gurpreet Singh, Furthermore, he Deputy DEO Harvinder stressed on the process Singh and DIO (Nodal DC informed that out social media monitor- of seizure of items while Officer MCMC) Ashig Sector Magistrates, FST, ing along with paid news adding that videography Rafiq Malik and other VST, SST and VVT have and other advertisements has to be done during employees attended the

Lok Sabha Elections-2024: DM/ DEO **Bandipora bans** advertisements at the cost of public exchequer

**JI NEWS SERVICE** BANDIPORA, MARCH 18

In terms of the instructions of Election Commission of India, vide No. 437/6/ INST/ ECI/ FUNCT/ MCC/ 2024 (ADVERTISE-MENTS) dated 2nd January, 2024 the District Magistrate/ District Election Officer (DM/ DEO) Bandipora, Shakeel ul Rehman today ordered ban on advertisements at the cost of public exchequer.

An Order No. 37-DEO/ Bpr of 2024 Dated: 18-03-2024, reads that no advertisements shall be issued in electronic and print media highlighting the achievements of the Govt. at the cost of public exchequer.

# Samba DC chairs meeting on election preparedness

JI NEWS SERVICE SAMBA, MARCH 18

of Model Code of Conduct, a meeting regarding election preparedness was convened today by Samba, Abhishek Sharma with all Nodal officers to review the preparedness

# **DEO Budgam reviews preparations for** upcoming Lok Sabha-2024 elections

## **JI NEWS SERVICE**

BUDGAM, MARCH 18

The District Election Officer (DEO) Budgam, Akshay Labroo today reviewed the preparations for the upcoming Lok Sabha- 2024 elections in the district.

In this regard, the DEO chaired a detailed meeting of officers at Conference ties to ensure free, fair and EVM management in all tions and arrangements tions in the district. for the smooth conduct of elections across the adherence to vulnerability sitization of subordinate district.

At the outset, the DEO on defacement of public implementation of Model Commission of India.



issued.

Instructions for sen-

Hall to review prepara- smooth conduct of elec- areas of the district were

Instruction for strict mapping, timely reporting staff regarding strict

called for strict implemen- and private properties, Code of Conduct were tation of Model Code of availability of Assured also given to all the nodal Conduct (MCC) and urged Minimum Facilities at all officers. all for strict adherence to polling booths, deployall guidelines of Election ment of micro observ- and SST teams shall work ers, resource availability in coordinated manner as

on providing a level play- transport, video surveiling field to all political par- lance, SVEEP training and ed on arranging compre- of the district.

hensive training sessions for all the AROs and nodal officers regarding MCC and other ECI guidelines.

The DEO said that a dedicated district level control room has been established to ensure seamless redressal of public complaints and ensure smooth conduct of elections at all polling booths

SSP Budgam, Al Tahir Gillani who also spoke on the occasion, said that all required arrangements for free and fearless elections shall be ensured in the district.

Among others, the meeting was attended DEO directed that FST by the ADDC, ADC, ASP, CPO, Deputy District Election Officer, all SDMs, all The DEO emphasized and manpower, logistics, per the guidelines of ECI. SDPOs, all Tehsildars, all The DEO also instruct- district officers, all SHOs

## **JI NEWS SERVICE** RAMBAN, MARCH 18

In view of the ensuing Lok Sabha Election 2024, District Election Officer, Ramban, Baseer-Ul-Haq Chaudhary chaired a meeting of all nodal officers to assess the progress, focused on ensuring proper arrangements at polling booths, adherence to Election Commission guidelines and maximizing voter participation.

ADC, Varunjeet Singh Charak, ARO Ramban S. Harpal Singh, and Nodal Officers of various committees were present on the occasion.

The DEO issued necessary directions to all

of the electoral process. ing the action taken by the nodal officers for officials, outlines essen- ments/ committees, the 04 Udhampur, in the first the enforcement of the tial measures to ensure a DEO directed the nodal phase of the elections. The Model Code of Conduct level playing field for all officers to be well-pre- counting of votes is schedto maintain the sanctity political entities. Review- pared for their respective uled for June 4, 2024.

The circular, directed to the nodal officers regardall district officers and ing their respective assign-

roles and responsibilities during the election. Their commitment to upholding electoral laws, regulations, and ethical standards was stressed to ensure the integrity and fairness of the electoral process.

DEO stressed the need to fulfill basic requirements at all polling stations and also directed the concerned to launch awareness campaigns to encourage maximum voting turnout.

In Ramban district, there are a total of 348 polling stations. The Lok Sabha Elections for 2024 are set to take place on April 19, 2024, within the district as part of Parliamentary Constituency

## General Elections-2024: Media Certification & Monitoring Committee to pre-certify all political advertisements

#### JI NEWS SERVICE

## JAMMU, MARCH 18

by any registered political broadcast on TV and cable include advertisements tisements on social media cerned stakeholders have posted in social media, media, magazines, display party or any group of organetwork/cable channels. nizations/associations or As per the Supreme Court any contesting candidate/ tion issued here today by vate FM channels, audio advertisements is also applients and the pre- Besides, one day before poll the concerned in this regard

political advertisements (MCMC) before telecast/ pre-certification will also SMS/voice messages, adver-

to be displayed in cinema and internet websites. The been informed through internet websites and used hoardings, banners, pam-According to a notifica- halls/radio including pri- pre-certification of political medium of this notice to in bulk and voice SMSs. phlets etc. Any violation by Order dated 13-04-2004 individual shall be pre-cer- the office of Chief Elec- visual displays in public cable on print media as well certified political advertise- day and on poll day only shall be viewed seriously and Election Commission tified by Media Certification toral Officer, Jammu and places, advertisements in for one day before poll day ments by MCMC of district pre-certified print adver- and action as warranted of India's guidelines, all and Monitoring Committee Kashmir in this regard, the e-news papers, use of bulk (Pre-Poll) and on poll day. or UT Level Committee tisements by MCMC be pub- shall be initiated against the Therefore, all the con- be telecast/broadcast or lished in news papers, print violators.

PRINTED, EDITED, PUBLISHED & OWNED BY SHAMBU NATH SHARMA, MANAGING EDITOR: ARTEEV SHARMA MOB.: 9419391611, PRINTED AT: JANSAMPARK PRINTING PRESS, BYE PASS, SIDHRA, JAMMU AND PUBLISHED FROM: JANSAMPARK PRINTING PRESS BYE PASS SIDHRA, JAMMU | MOBILE NO. 9419104223, 09419138284, PHONE NO. 0191-2539712 EMAIL: - JINDRAHIMAGES123@GMAIL.COM