

DAILY | JAMMU | VOL NO: 11 | ISSUE NO: 67 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

Education should help students to develop consciousness full of courage and it should be future-oriented: LG

JI NEWS SERVICE JAMMU, MARCH 19

Lieutenant Governor Shri Manoj Sinha today addressed the inaugural ceremony of 'Goonj-2024' a multi-genre mega festival hosted by University of Jammu.

Goonj-2024 has been curated to celebrate vibrant and diverse culture, offers educational institutions to highlight their strengths, promote collaboration and con-J&K UT.

The Lt Governor con- learning environment. gratulated the entire team



educational landscape in ity, showcase their talents of Jammu, such as Design and engage in a dynamic Your Degree, College on

Wheels and Goonj proplatform to the students replicate the important and a powerful instru-

within.

ideas will be the new the base to create young He called upon the gram which have become wealth of the nations. minds, who will change of University of Jammu Universities and the edu- the medium of lifelong The role of a University the world," the Lt Goverfor providing a unique cational institutions to learning, new discovery, and College Campus will nor said. expand further. They

tribute to strengthen the to express their creativ- initiatives of University ment to ignite creativity will no longer be seen as an academic institution. "In the 21st Century, They will be known as CONTINUED ON >> PAGE 4

LG Chairs a review meeting of Health **& Medical Education Department**



JI NEWS SERVICE JAMMU, MARCH 19

Lieutenant Governor Shri

and ensure healthcare ser- egy to further improve the vices are efficient, effec- functioning of the healthtive and equitable.

He reviewed the utiliza-Manoj Sinha today chaired tion of funds under vari- must ensure the optia review meeting of Health ous schemes, progress of mal utilization of mediand Medical Education new Government Medi- cal equipments in their Department with the cal Colleges and other respective hospitals and senior officials and Prin- key health infrastructure 3-Tier faculty structure

Crime Branch recovers ₹ 1.10 Crore misappropriated by employee of private company in Jammu

AGENCIES JAMMU, MAR 19

He said the principals of a private company in betting. Jammu, officials on Tuesday said.

accounts from the funds of the company, they said. The officials said that

The Crime Branch of a case was registered on Jammu and Kashmir July 19, 2022, on the writ-Police achieved a major ten complaint of the Execsuccess during multi-city utive Director of Jamkash raids with the recovery of Vehicleades and it came a substantial amount of to be known that the Rs 1.10 crore misappro- accused used the transpriated by an employee ferred amount for online

The accused, Mir, was arrested and about Rs The accused, Sheraz 22 lakh misappropriated Mir, who was then work- amount was recovered,

JK's Political Landscape set to witness Tectonic Shift ahead of Lok Sabha Polls

Altaf Bukhari holds parleys with Ghulam Nahi Azad, pre-poll alliance in Offing

JI NEWS SERVICE SRINAGAR, MAR 19

maneuvers as Democrat- ration for the upcoming Jammu and Kashmir and ic Progressive Azad Party Lok Sabha elections. (DPAP) led by Ghulam

Nahi Azad and Jammu DPAP spokesman Salman and Kashmir Apni Party Nizami confirmed to led by Syed Altaf Bukhari KNO that talks are in along with other out- the initial stage with a Apni Party will initiate fits, in a bid to bolster few "like minded" par- talks with like-minded its electoral prospectus, ties in Jammu and Kashare actively exploring mir and final decision in Mir. the possibility of forming this regard will be taken alliance for the coming LS within a week's time. importance of fostering a polls

agency that following an the initial phase. We will confidence that alliance executive meeting held come out with a strategy formations will materialat the party headquar- once we reach the deci- ize swiftly. "We are curters in Srinagar, Apni sion," Nizami said. Party's general secretary, Rafi Ahmed Mir, divulged that during we aim to finalize the alliannounced that the party the meeting, the lead- ances within a week," Mir has resolved to reach out ers engaged in extensive added. KNO

to potential allies. deliberations, analyzing Authorized by party feedback from both politpresident Syed Moham- ical and parliamentary The political landscape mad Altaf Bukhari, dis- spheres. The focus was in Jammu and Kashmir cussions are underway to on assessing the prevailis witnessing strategic forge alliances in prepa- ing political scenario in

On the other hand,

devising an effective election strategy.

"In its executive meeting on Monday, it has been decided that the parties," said Rafi Ahmed

He emphasized the We are holding confabconducive environment Reports inform news ulations and they are in for dialogue, expressing rently reaching out to Meanwhile, sources various stakeholders, and

 \oplus

'Shakti' remarks: opposition INDI alliance only targets Hinduism: PM



cipals of Government projects in the Union Ter-Medical Colleges. Heads ritory. of Departments also participated in the meeting.

upon officials and all the extended to the patients in stakeholders to focus on Hospitals and Health centhe goal of 'Health for All' tres and work out a strat-

The Lt Governor direct-

without any delay.

care facilities.

The Lt Governor directed the officials to conduct ed for increasing the uti-The Lt Governor called an analysis of the facilities lization of AB-PMJAY - SEHAT cards in government-run CONTINUED ON >> PAGE 4

JI NEWS SERVICE

should be implemented tial amount of Rs 1.32 Following transfer of crore into his own bank

ing as an accountant of the officials said, adding a Jamkash Vehicleades, was preliminary charge sheet arrested after he commit- against the accused was ted criminal breach of filed by the Jammu Police trust and cheating by in the court of law for transferring a substan- judicial determination.

CONTINUED ON >> PAGE 4

JI NEWS SERVICE SALEM (TN), MAR 19

Light to moderate Rain, Snow over J&K during March 21-22: MeT

Prime Minister Narendra ing to destroy it. Modi on Tuesday kept up the attack on the INDIA ance, of which the Con- repeatedly deliberately bloc over Congress leader gress and the DMK are insult Hindu faith; Rahul Gandhi's 'Shakti' key constituents, repeat-

remark, saying the oppo- edly insults Hinduism but sition alliance displayed its never targets any other "ill-intention" by declar- faith, he said, addressing The opposition alli-

a BJP rally here. "INDI alliance people

CONTINUED ON → PAGE 4

'400 Paar' is common people's demand: Dr Jitendra Singh



JI NEWS SERVICE JAMMU, MAR 19

"400 Paar" for Modi meetings with groups of is common people's demand, Union Minister life at his parliamentary Dr Jitendra Singh today office here. said.

At the same time, Prime Minister Naren-"Udhampur 4 lakh Paar" is common people's the tallest leader today, demand in Udhampur- his word is heard with Kathua-Doda Lok Sabha respect and awe by Heads constituency which is all of State across the world set to beat its own victory and because of him India's margin record, he said.

It is not only the BJP India's word is being taken worker appealing for 400 seriously at the high table plus mandate, but the in all international fora, common citizen of India said Dr Jitendra Singh. who wants a third term for Narendra Modi to box decisions have given lead India on the path to a push to different sectors "Viksit Bharat", he said. including Space,

The Union Minister Dr

Jitendra Singh was inter-

acting with media on the sidelines of a series of

citizens from all walks of

In the last two terms

dra Modi has emerged as

stature has grown and

der, lightning, and gusty SRINAGAR, MAR 19 winds over the plains of Meteorological Centre Sri- Kashmir and Jammu divi-

nagar on Tuesday predict- sion. ed light to moderate rain The weather will generand snow at many places ally remain dry on March over Jammu and Kashmir 23, while it will turn genduring March 21 and 22. erally cloudy with light The MeT office said rain and snow at a few that the weather will places over Jammu and remain generally cloudy Kashmir on March 24. It on March 21 and 22, with said and added that on the possibility of light to March 26, the weather moderate rain and snow will again remain general-



ly dry while partly cloudy with light rain and snow at a few places during March 27 and 28.

Currently, the weather is pleasant, with a bright sun shining over the Kashmir valley.

The night temperature improved at most of the stations, while the day temperature recorded 5-7 °C above normal in Kashmir Valley on the **CONTINUED ON** >> PAGE 4

Centre seeks time to respond to applications seeking stay of Citizenship (Amendment) rules, 2024

AGENCIES NEW DELHI, MAR 19

The Centre on Tuesday sought time from the Supreme Court to file a reply to the applications seeking a stay on the implementation of the Citizenship (Amendment) Rules, 2024.

PM Modi's out-of-the-Solicitor Tushar Mehta, appear-CONTINUED ON >> PAGE 4



ing for the Centre, told a that he needed some time a stay on the Rules till the bench headed by Chief to respond to the 20 appli- apex court disposes of the Justice D Y Chandrachud cations which have sought petitions challenging the

constitutional validity of the Citizenship (Amendment) Act, 2019.

"It (CAA) does not take away citizenship of any person," Mehta told the bench, also comprising Justices J B Pardiwala and Manoj Misra.

The hearing is underway

The Centre had on March 11 paved the way for the implementation of the Citizenship

CONTINUED ON → PAGE 4

DGP reviews security of newly commissioned railway line in Ramban

JI NEWS SERVICE

BANIHAL/JAMMU, MAR 19

Director General of Police R R Swain on Tuesday reviewed the security of newly commissioned railway line between Banihal and Sangaldan in Jammu and Kashmir's Ramban district, officials said. The 48.1 km long CONTINUED ON >> PAGE 4





Inter-State woman drug peddler with Heroin (Chitta) like substance weighing more than 230 grams nabbed



JI NEWS SERVICE JAMMU, MAR 19

Jammu Police continuing heroine (chitta) like subits drive under Opera- stance. The team, headed tion Sanjeevani against by Inspector Sudhir Saddrug peddlers, today on hotra SHO PS Gandhinagar 19.03.2024 arrested one with PSI Zulfiqar Ahmad inter-state drug peddler under the supervision of

namely Kosur Sotra R/o New Flats, Jammu and

SDPO South Kartik Shrotriya-IPS and SP South Ajay Sharma-JKPS apprehended the drug peddler in Gandhinagar area and recovered heroine(Chitta) like substance from her.

In this regard, a case FIR No. 68/2024 U/S 8/21/22 NDPS Act has been registered at Police Station Gandhinagar and investigation of the case taken up.

General public has highly applaud efforts of Jammu Police for taking stringent measures against drug peddlers and curbing the drug menace from the society.

Jammu Police enjoined upon all citizens of Jammu recovered 231 grams of to be aware of drug menace and report any incident to Jammu Police. The identity of the person informing regarding this menace will not be disclosed to anyone.

Police Station Bus Stand Jammu DEO Anantnag holds election arrested drug peddler,7 gms heroin(Chitta) recovered

JI NEWS SERVICE JAMMU, MAR 19

Jammu Police continuing efforts to eradicate the drug menace from the society, Police Station Bus Stand has arrested drug peddler and recovered narcotic substance from his possession.

A police party of Police Station Bus Station headed by SHO Bus Stand Inspector Vikas Dogra under the supervision of SP City North Jammu Sh.Shivam Sidharth-IPS and SDPO City North Sh Devinder Singh Bandral-JKPS apprehended one Auto driver bearing Auto registration No. JKO2CH 5914 and recovered approx 7.0 grams of be made in the case. heroin (Chitta)like Narcotic substance.

The said auto driver has ated the drive initiated by R/o Rehari Jammu. On society.



this FIR under sections of NDPS has been registered in the P/S Bus Stand and investigation is underway. More arrests are likely to

People of bus stand area have highly apprecibeen identified as Rahul Jammu Police to eradicate Dogra S/o Lt. Rattan Lal the drug menace from the

related meetings with Political Parties & Media Representatives **JI NEWS SERVICE** commitment to ethical ANANTNAG, MARCH 19 campaigning practices, avoiding any actions that

The District Election Officer (DEO) Anantnag, SF. Hamid today convened meetings with representatives from various political parties and in ensuring free and fair members of the media.

the electoral system.

He also announced

Notably, the Anant-

The meeting was that fair and unbiased attended by the Senior reporting, free from par-Superintendent of Police tisan influence is essen-Anantnag, ADC Anant- tial to preventing the menace of fake news and nag, Deputy DEO and also in ensuring accurate DIO.

The primary objective information reaches the of these meetings was electorate. to provide training and guidance to stakeholders the establishment of the on the principles out-Media Centre and the lined in the Model Code Media Certification and of Conduct (MCC). **Monitoring Committees**

The DEO emphasized in Anantnag. the paramount importance of strict adherence nag parliamentary conto the MCC by all indi- stituency seat shall go viduals involved in the for polls on 07th May in electoral process. Politi- the third phase of the cal parties were urged to upcoming General Elecdemonstrate unwavering tions.

Rohit Shastri meets to Yasha Mudgal



JI NEWS SERVICE JAMMU, MAR 19

Today president Shri kailakh Jyotish Avim vedic Sansthan trust Mahant Rohit Shastri met with Yasha Mudgal (IAS), **Commissioner Secretary** to Government, Tourism Department at his office and submitted resolution. On this occasion Mahant Rohit Shastri said that Jammu is the city of temples and well known in the entire world, every year so many tourist and visitors visit the holy shrine of Shri Mata Vaishno Devi and there after they straightaway go to Kashmir for enjoyment of natural beauty of the Kashmir and left the union territory. He further said that the holy shrine of Vaishno Devi and various other tourist spots of Kashmir are shown on the map of tourism of the union territory, whereas other places of jammu have natural beauty and holy shrines are not shown on the tourist map of India, ancient temple's of jammu to be considered on the tourist map of the india government.He further stressed upon that if these places are shown on the tourist map of Jammu and Kashmir various pilgrims will also visit these important historical shrines and temples and there is probability of the development of tourism and it shall also create employment for the unemployed youth of the concerned areas. It shall also support the development of the shrines and temples and these places are already

IUST faculty undergoes Capacity Development Programme at NI-MSME Hyderabad



JI NEWS SERVICE AWANTIPORA, MAR 19

MSME), Hyderabad. The aging Entrepreneurship

of India.

The specially designed Faculty Development Faculty members from Programme on Entrepredifferent departments neurship Development of Islamic University of at the centre was inaugu-Science and Technol- rated by Dr S Glory Swaruogy (IUST) have been pa, Director General, nideputed to undergo msme and will run from training at National Insti- March 19-23, 2024. Appretute for Micro, Small and ciating the initiatives Medium Enterprises (NI- taken by IUST in encour-

Awareness programme under SVEEP held at Sumbal

JI NEWS SERVICE BANDIPORA, MARCH 19

The District Election office Bandipora on Tuesday organised an awareness programme under Systematic Voters' Education and Electoral Participation (SVEEP) for specially abled persons at Government Girls High School Sumbal.

The programme was aimed to raise awareness about the importance of ensuring equal participation in the electoral process for individuals with special needs.

The programme was attended by Nodal Officer Man Power and Trainings (Chief Education Officer) Dr. G. M. Pujoo; Nodal Officer SVEEP (Principal NM Higher Secondary School) tion Icon/ General Secre- ramps and wheel chairs elections. tary Handicapped Asso- besides trained persons



authorities are commit- Ahmad Lone urged public ted to provide the neces- particularly individusary support to facilitate als with special abilities participation of specially to exercise their fundamental right to vote in abled persons and polling Ab. Rasheed Lone; Elec- stations are equipped with the upcoming Lok Sabha

He said participation ciation J&K, Nazir Ahmad shall be available to pro- in the democratic process

Notorious and wanted absconder nabbed by Police Station Bagh-e-Bahu, Jammu



JI NEWS SERVICE JAMMU, MAR 19

Nadala Dera of District Samba

Lal S/o Deya Raam R/o

equipping educators territory, the director said with tools and techniques that Jammu and Kashmir of fostering a culture of has a huge potential to entrepreneurship, inno- emerge as the role model vation among the stu- in the domain of micro, dents. National Institute small and medium (mse) for Micro, Small and enterprises. The team Medium Enterprises (ni- is led by Prof. Parvez A msme), Hyderabad is an Mir, Director Centre for organisation of the Minis- Entrepreneurship Develtry of MSME, Government opment IUST.

programme is aimed at ecosystem in the union

Lone; Coordinator SVEEP vide assistance to voters is vital for building an Arsalan Habib and special- with special needs.

ly abled persons besides other concerned. Nodal officer Man programme was conduct-Power Management and ed to educate individu-Nodal officer SVEEP high- als with special abilities lighted various facilities about their voting rights, available at polling sta- the accessibility of polltions for specially abled ing stations, and available persons to ensure their support services.

participation. The speakers said that electoral sion, election Icon Nazir

inclusive society that rep-Coordinator SVEEP resents the diverse needs activities said that the and perspectives of all its members

Later, the SVEEP team District Bandipora also visited transit accommodation Odina Sumbal and interacted with migrant employees as part of Speaking on the occa- awareness generation pro-

gramme under SVEEP.

A notorious absconder who had been abscond- in case FIR No. 86/2012 ing from his arrest for U/S 188 RPC 3 PCA and the past 6 years has been was absconding since traced out from Samba 2018 whereas a general by the Jammu Police after warrant of arrest U/S 512 making strenuous efforts. CrPC was issued against In order to trace out him by Sub judge, Judicial

said absconder, a police Magistrate Jammu. team headed by Inspector Vijay Kumar did strenuous produced in the court of efforts and nabbed the law for further course of absconder namely Roop action.

linked with the roads and The accused is wanted have a good connectivity, the only requirement is to propagate and introduce these places to the pilgrims, by placing these spots on tourist map, it The accused has been

shall rejuvenate the old extinct history of these temples and it shall also re-establish the importance of these temples these extinct temples.

District Administration Samba organizes specialized training workshop for Election Staff



JI NEWS SERVICE SAMBA, MARCH 19

comprehensive training workshop aimed at equipthe necessary skills and knowledge to effectively carry out their duties free and fair elections. during the upcoming Lok Sabha Elections.

monitoring the Model machines. Code of Conduct (MCC).

Sharma, the training ses- in the workshop.

sion featured demonstrations by master trainers

on the proper sealing, The District Administra- installation, and functiontion Samba conducted a ing of Electronic Voting Machines (EVMs). This hands-on approach aimed ping election staff with to familiarize participants with the intricate processes involved in conducting

The DEO emphasized that multiple rounds of The workshop focused training will be conducton elucidating the roles ed to ensure the proficient and responsibilities of handling and installation various teams tasked with of both EVMs and VVPAT

Among others district-Led by District Elec- level master trainers and tion Officer, Abhishek polling staff were present

Lok Sabha Elections-2024: Training for MCC teams held at Bandipora

JI NEWS SERVICE BANDIPORA, MARCH 19

In view of the forthcoming General Elections to Lok Sabha 2024, a daylong training programme for the Model Code of Conduct (MCC) Teams including Accounting Teams, Flying Squad Teams, Static Surveillance Teams, Video Surveillance Teams and Video Viewing Teams was today held at town Hall Bandipora.

The training was impart-

ed by District Level Master Trainer Mohammad Iqbal Samoon and was attended by MCC team members.

ADDC Bandipora Officer MCC/ADC, Umar during elections. Shafi Pandit; Nodal Officer Expenditure Monitoring/ DTO, Sheikh Abid Manzoor; Coordinator Manpower including its significance, and Trainings Irfan Maqkey provisions, and practibool and other concerned cal implementation strate-

were also present on the gies. occasion.

The training programme gramme, the participants elections.



was held with focus to were made aware about equip MCC team members the principles of neutrality, with the knowledge and impartiality, and professkills necessary to ensure sionalism and their role in Mohammad Ashraf; Nodal fair and ethical conduct upholding these principles throughout the electoral The training covered process. various aspects of the

The Participants also received a detailed over-Model Code of Conduct, view of the Model Code of Conduct, its legal framework, and the significance of its provisions in main-During the training pro- taining the integrity of

CUJ organizes a Workshop on "Interview Etiquettes"



JI NEWS SERVICE JAMMU, 19 MARCH 2024

The Department of Educational Studies in collaboration with Training and Placement Cell Central University of Jammu orga-

of the event and explained facing interviews in their the students of B.A. B. Ed ars were present.

groom the job seekers order to make a positive with the essential skills, impact in the interview, the department empha- he stated how to craft sized how the patron of compelling responses this university, Prof. San- to interview questions, jeev Jain, Vice- Chancel- showcasing their skills, nized a workshop on the lor of CU Jammu, is dedi- experiences effectively 'Interview Etiquettes". cated to provide valuable and how the candidate's The programme was resources to job seekers in body language and vocal introduced by Dr Mohan their career advancement tone make a positive journey.

Mr Suryansh Dubey, ers. On this occasion, how job seekers in this Assistant Training and Prof. Ritu Bakshi, Dean workshop can learn to Placement Officer, as a Students' welfare, Stupresent themselves for Resource person guided dents and research schol-

Keeping in mind to evance of interviews. In impression on interview-

and M. Ed about the rel-

life.

Galgotra, the coordinator

Badminton tournament for girls organised by RR

JI NEWS SERVICE SOPORE, MAR 19

As a step towards empowering young girls through sports Indian Army organised a Badminton Tournament at Sanctorum Public School, Sopore. The event was conducted at indoor badminton court, where young girls showcased the spirit of athleticism and camaraderie throughout the tournament.

and passion for the sport. ing to a variety of playing The tournament, which styles and strategies. spanned over two days on March 18 and 19 2024, plary sportsmanship.



their talent and determina- cased outstanding team-A total of eight teams tion. The tournament was work and coordination, participated from Sopore, divided into two groups: securing their triumph in demonstrating their skills singles and doubles, cater- the competition. All the participants

were felicitated with In the singles format, prizes, acknowledging the team of Valley Public their dedication and comwitnessed a high level of School emerged victori- mitment to the sport. The competition and exem- ous, displaying excep- tournament served as a tional skill and resilience platform for the girls to The league matches throughout the tourna- showcase their talent and were well contested, pro- ment. In the doubles passion for badminton, viding a platform for the format, the team of Ama- inspiring others to pursue participants to showcase rgad High School show- their dreams fearlessly.

Indian Army and J&K Police Commence Joint Training at White Knight Corps Battle School, Bhalra



JI NEWS SERVICE BHALRA: 19 MAR 2024

In a significant stride towards enhancing security and fostering peace in the region of Jammu and Kashmir, Indian Army in collaboration with Jammu & Kashmir Police has undertaken joint training activities aimed at increasing synergy, interoperability and understanding the strengths along with the ethos and culture of each other.

At the White Knight Indian Army and it will help

Corps Battle School locat- them in understanding and ed in Bhalra, a fresh batch comprising of 62 Deputy Superintendents of Police Police Sub Inspectors (PSIs) probationers have commenced their training

regimen under the watchful eyes of Army & Police instructors. This batch includes 19 lady DSsP & 109 lady PSIs.

On completion of the training the police person- reflects their shared longnel will gain immensely term vision of a secure and from the experience of prosperous Jammu and

undertaking tasks in prevalent security scenario in a better manner. The train-(DSsP) & 1042 trainee ing will also further bolster the cooperation within the Security Forces.

This joint training initiative not only underscores the enduring partnership between Northern Command and White Knight Corps with the Jammu &

Kashmir Police, but also Kashmir.

DEO Kupwara convenes meeting with representatives of political parties



JI NEWS SERVICE KUPWARA, MARCH 19

The District Election Officer (DEO) Kupwara, Ayushi Sudan today chaired a meeting with representatives from vari- Master Trainer), Sameer ous political parties at the Jan on the occasion elab-Meeting Hall of DC Office orated on the various

Complex, here. The meeting was attended by representatives from different political parties.

meeting was to underscore the importance of (MCC), Suvidha Candidate adhering to the highest App, and other Apps to ethical standards outlined ensure smooth and transin the Model Code of Con- parent election. duct, and other applicable guidelines of ECI in view related material was also of the forthcoming Lok distributed among the rep-Sabha Elections, 2024.

At the outset, the DEO called for strict imple-Commission of India.

political parties to seek prior permission for election campaigning and rallies through the Suvidha Candidate app. NLMT (National Level

the representatives of

aspects of MCC.

The representatives of political parties were also apprised about the Apps like cVIGIL, which enables The objective of the citizens to report violation of Model Code of Conduct

Election manuals and resentatives of the political parties.

The meeting was also mentation of Model Code attended by ADC Kupof Conduct (MCC) and wara/Nodal officer MCC, urged all political parties Muhammad Rouf Rehman; for strict adherence to Dy-DEO, Mir Hamidullah; the guidelines of Election ACR Kupwara, Irfan Bahadur; NLMT, Sameer Jan She emphasized upon and other officers.

DEO Jammu meets bankers ahead of Lok Sabha Elections



Notorious Bovine Smuggler booked under Public Safety Act by Jammu Police

JI NEWS SERVICE JAMMU,19.03.2024

Jammu Police acting tough against bovine smugglers and to eradicate the menace of bovine smuggling from the Jammu, R.S.Pura Police booked the most wanted bovine smuggler under PSA and lodged him in Central Jail Kot Bhalwal, Jammu.

The most wanted bovine smuggler namely Shakeel Mohd S/O Maluka Hussain R/o kadyal Tehsil R.S.Pura District Jammu has been booked under PSA, after obtaining formal detention orders from the District Magistrate, Jammu. The booked bovine smuggler has been detained and subsequently lodged in Iail.

Pertinent to mention in bovine smuggling trade. 452/323/506/147IPC, P/S that accused had also surfaced in FIR No.32/2024 rious bovine smuggler/ questioning he confessed securing the bails from the



ties and was again involved Case FIR No. 173/2023 U/S

Training session of Micro Observers for

Lok Sabha Election 2024 held in Doda

The above said noto-R.S.Pura 03. Case FIR No. 51/2023 u/s 295A IPC of Police sta- criminal has remained U/S 451/341/323/506/34/ tion Janipur and during successful every time in IPC, P/S R.S.Pura 04. Case FIR No. that he has been involved Hon'ble Court and in order 415/2020 U/S 188 IPC of in a number of bovine to refrain the subject from PS Nagrota

SVEEP Cell Rajouri organizes voter awareness, plantation drive



JI NEWS SERVICE RAJOURI, MARCH 19

Department of Botany, Government Degree College Rajouri in collaboration with the SVEEP Cell, Botany Department, Dr. Nelofar Nabi, Dr. Saleem role of voting in shaping

the importance of civic ing staff and Students engagement, particularly casting votes.

Principal, Dr. Shameem Azad and Prof. Iqbal Raina, Nodal Officer SVEEP Cell led the initia- tinuation of such ecotoday organized voter tive by planting a diverse friendly endeavors. The awareness cum plan- array of significant medic- event not only facilitated tation drive under the inal plants. The event wit- the planting of medicinal patronage of Principal of nessed active participa- plants but also served as the college, Dr. Shameem tion including Dr. Khalid a platform to raise aware-Azad and Head of the Rayaz, Dr. Ajaz Nazir, Dr. ness about the imperative

The Principal expressed heartfelt appreciation to

all participants for their unwavering commitment and encouraged the con-

smuggling cases and is con- indulging in above mencrime . Below mentioned bovine smuggling activi- Nagrota cases were registered ties, a dossier (PSA) was tioned bovine smuggler him, upon which, the Disand was involved in pro- trict Magistrate, Jammu moting bovine smuggling had issued a PSA warrant trade to Kashmir valley against him. continuously. Despite his he did not mend his activi- Police Station Janipur.02. PS Satwari.

JI NEWS SERVICE

For the smooth conduct

of Lok Sabha Election

2024, a training session

for Micro Observers was

The session was orga-

nized by the Deputy Dis-

trict Election Authority

(DEA) under the super-

vision of Deputy District

Election Officer Doda, Om

Prakash, to equip Micro

Observers with the neces-

sary skills and knowledge to effectively monitor poll-

the integrity of the elec-

toral process

conducted in Doda.

DODA, MARCH 19

05.. Case FIR No. tinuously indulged in this tioned criminal activities/ 36/2020 U/S 188IPC of PS 06..Case FIR No.

against the above men- recommended against 298/2021 U/S 188IPC of PS Nagrota 07. Case FIR No.

09/2020 U/S 188 IPC 11 PCA of P/S Ghagwal 08.. Case FIR No. 01. Case FIR No.21/2023

involvement in many FIRs, u/s 188,336 IPC,11/PCA of 240/2023 188 IPC 11 PCA

Tajinder Singh.

Jahangir, and Dr. Tahir our collective future. The The event aimed to Mehmood. Their enthu- event reached its culmipromote environmental siastic involvement, along nation with a vote of consciousness among stu- with the support of both thanks from Dr. Tajinder dents while emphasizing teaching and non-teach- Singh.

Tulip Festival Div Com Kashmir reviews arrangements

JI NEWS SERVICE SRINAGAR, MARCH 19

The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting to review the arrangements at Asia's largest Tulip Garden for visitors.

ed by Director Floriculture, SSP Traffic Srinagar, Joint Commissioner SMC, officers of Tourism department and Srinagar Smart

threadbare discussion regarding opening of garden for visitors, traffic management, parking space, sanitation, cleanliness drive, fixing of potholes, online ticketing and other arrangements.

Garden at the foothills of Zabarwan Hills will bloom with 17 lakh flowers of different varieties this year and will be thrown open for visitors on March 23.

Div Com directed concerned officer of Floriculture to facilitate online scanning facilities at different locations for the convenience of tourists.

The meeting was attend-

The meeting held

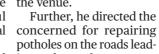
The Asia's Largest Tulip

Addressing the officers,



He also enjoined the the venue. operation of colorful lights to enhance the visual vibrancy of the place.

Moreover, he directed ing to the garden. SMC to conduct a sanitation and cleanliness drive informed that the departticketing and put QR Code at the garden besides ment has added 4 Kanals ensuring availability of a of additional parking space separate mobile toilet facil- at the garden for the conve-



The meeting was ity for Ladies and Gents at nience of visitors.

JI NEWS SERVICE JAMMU, MARCH 19

District Election Officer, maintaining customer pri-Sachin Kumar Vaishya vacy. He also enlightened held a meeting with vari- all about the cVIGIL app, ous bankers in view of the which allows the public Lok Sabha Elections.

The DEO discussed of the Model Code of and the bankers' impor- in the electoral process. tant role in it. Bankers

importance of adhering to banking norms and to report any violations

Kumar emphasised the

the electoral process Conduct or irregularities The meeting was also

were instructed to moni- attended by ADDC Sher tor unusual transactions Singh, ADC Shishir Gupta closely and report any and LDM Romesh Chansuspicious activity. Sachin der.

Aryans Cardiac Care Students shine in IKG-PTU Results

JI NEWS SERVICE

JAMMU, MARCH 19TH

Paramedical divisiond of including academics, Aryans Institute of Man- sports, cultural, innoagement & Technology vations etc. Apart from (AIMT), Rajpura, Near regular academics, co-Chandigarh brought lau- curricular activities like rels by giving their excel- workshops, seminars, lent performance in the Industrial visits, clinical Final Examinations. postings are being orga-Bilal Ahmed bagged 1st nized to enhance the position by scoring 8.68 skills and knowledge of SGPA; Ishan Manhas the students. bagged 2nd position by scoring 8.63 SGPA and that Aryans Institute of Mohd Aijaz bagged 3rd Management & Technolposition by scoring 8.58 ogy has various paramed-SGPA, in B. Sc. in B. Sc. ical courses including Cardiac Care in their 3rd Cardiac Care, Anesthesemester exams conduct- sia, Radiology & Imaging ed IKG-PTU, Jalandhar.

Chairman, Aryans Group Science approved by congratulated the stu- Punjab Govt & affiliated dents and faculty for to IKGPTU, Jalandhar.

their hard work done. Kataria further said that students are perform-Cardiac Care students of ing well in every field

It is to be mentioned Technology, Operation Dr. Anshu Kataria, Theatre, Medical Lab



The training session tions. brought together key election officials, stakeholders and Micro Observers to discuss strategies and Akhtar Hussain focused in Doda. With a strong best practices for ensuring on enhancing coordi- emphasis on transparentransparency and fairness nation among different cy and accountability, the during the upcoming elec- departments and agen- session laid the groundtions. The Dy. DEO under- cies involved in the elec- work for a well-prepared scored the pivotal role of tion process to streamline team of Micro Observers Micro Observers in safe- operations and ensure a ready to fulfill their cruguarding the democratic smooth conduct of the cial role in the electoral process and emphasized elections in Doda.

ing stations and uphold the importance of their contribution in maintaining the credibility of elec-

sion, District Level Master tion authorities to conduct Trainer (DLMT), Prof. Dr. free and fair elections

process

The training session not only aimed to enhance the capacity of Micro Observ-

ers but also underscored During the training ses- the commitment of elec-

City Limited.

MeitY Startup Hub: Empowering innovation, driving growth and forging success within the vast landscape of Startup Mahakhumbh

AGENCIES NEW DELHI, MAR 19

Startup Mahakhumb 2024 marks the commencement of an unprecedented event uniting India's dynamic startup ecosystem under one roof Hosted at Bharat Mandapam in New Delhi from March 18-20, 2024. With the resounding theme of 'Bharat Innovates,' aims to catalyze innovation, facilitate networking, and foster growth opportunities for startups, investors, incubators, accelerators and industry leaders across diverse sectors.

entrepreneurship today as event. over 40+ ground-breaking



for growth. Attendees ups." One of the flagship had the chance to explore engagement of the event is firsthand the creativity, on navigating the intrica-MeitY Startup Hub (MSH) ingenuity, and potential cies of venture capital innovation showcase, of these emerging start- funding, particularly for MeitY Pavilion emerged ups, further enriching the startups grounded in deep as a hub of innovation and collaborative spirit of the technology and researchdriven innovations.

Addressing critical startups seized the oppor- challenges and opportu- the growth and developtunity to showcase their nities within the startup ment of startups, MeitY cutting-edge innovations space. Shri Jeej Vijay, and served as a dynamic CEO of MeitY Startup Hub Startup Masterclass as part platform for startups to (MSH), brought invaluable of the event. This masterengage with industry insights to one such panel class is tailored to provide experts, investors and discussion, focusing on startups with invaluable tions and opportunities on Research-Backed Start- opportunities aimed at incubation.

enhancing growth and His expertise shed light success in the dynamic startup ecosystem.

MeitY Startup Hub (MSH) also hosted an exclusive Incubator Masterclass, covering a wide array of topics essential Additionally, To foster for the success of incubators and startups alike. The masterclass delved Startup Hub hosted a into crucial areas such as fundraising and investment trends, effective mentorship and support strategies, building strong potential partners, fos- "Funding DeepTech: Ven- insights, practical knowl- startup ecosystems, and tering valuable connec- ture Capital's Perspective edge, and networking best practices in startup

Sainik Samaj Party reiterates demand for 24/7 **Functional Jammu Doordarshan Channel**

JI NEWS SERVICE JAMMU, MAR 19

Col SS Pathania, President Sainik Samaj Party, JKUT reiterated its demand for a separate jammu doordarshan, HD 24/7 channel for promotion of art and culture of Jammu region at the earliest.Kashmir doordarshan has been functional for more than 4 decades, whereas Jammu

Doordarshan, owing to discriminational policies of Kashmir centric politics of state governments, duly with poor maintenance supported by successive and bare essential employunion governments, have denied justice to people equipment worth lacs of of Jammu region.Crores rupees has been shifted of rupees have been spent from jammu doordarshan

Power shutdown

JI NEWS SERVICE JAMMU, MARCH 19

Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Sainik Colony, Deeli and its adjoining areas will remain affected on March 20 and 21 from 9 am to 1 pm. Similarly, the power supply to Rabta, Mathwar, Sarote, Jourian, Burmal, Sohal and adjoining areas will remain affected on March 20 from 9 am to 1 pm. Likewise, the power supply to Rajouri Town, Koteranka, Manjakote, Darhal and adjoining areas will remain affected on March 23 from 8 am to 12 noon.

and culture and nia appreciated and comproject our talent plimented various groups to other parts of of art and Culture fratermedia platform, the justice, denied to them setting up of a for more than 77 years.He Jammu door dar- urged the people of Jammu to promote not only dongri lan- jammu doordarshan and guage but Pahari, maintain the momen-Gujari and Pun- tum.Pathania also urged jabi language also. honourable Lt governor

the country as well nity for hitting the roads as in international and vigorously demanding shan is mandatory to come out and support the just demand of seprate

staff and state of art studio To effectively counter the and union government with latest cameras, but no Pakistan's propoganda in to consider the demand functionality combined POK doordarshan jammu of nationalist people of will play a vital role, as Jammu region and make most of the people in POK Jammu door darshan funcees.There are reports that and Gilgit/Baltistan do not tional at priority, as very understand kashmiri lan- little amount is required guage but at much ease, to make a HD 24/7 chanwhen it comes to under- nel functional, as desired for construction of infra- to Shimla doordarshan. standing of pahari and infrastructure is already

structure, quarters for For promoting our art Punjabi languages.Patha- in place. National Conference leaders extend condolences on Passing of Dr. Tara Chand

JI NEWS SERVICE JAMMU, MAR 19

National Conference President Dr Faroog Provincial Secretary, Babu Abdullah and Vice Presi- Rampaul former minister dent Mr Omar Abdullah and Central Zone Presiexpressed grief over the dent, Ayub Malik, Pardeep passing away of Dr Tara Bali Provincial Secretar-Chand Senior Leader ies, Bimla Luthra Ex-MLA, JKNC and conveyed con- Deepinder Kour Ex-MLC, dolences to the bereaved family. Senior leaders par- vincial President Women ticipated in the cremation Jammu Province, Vijay ground today at Jogi Gate Laxmi Datta Sr. leader, Jammu. In their messages, Ankush Abrol Joint Sec-Dr Farooq Abdullah and retary Jammu Province, Mr Omar Abdullah prayed Vijay Lochan Chairman for peace to the departed SC Cell, Abdul Gani Teli soul and expressed soli- Chairman OBC Cell, darity with other members of the family.

dent Jammu Province. Sheikh Bashir Ahmed Satwant Kour Dogra Pro-Chander Mohan Sharma District President Jammu In the condolence Urban, Raghvir Singh message, General Secre- Manhas District President tary Haii Ali Mohammed Jammu Rural "A" have Sagar, Dr Sheikh Mustafa also expressed grief and Kamaal, Ajay Kumar Sad- prayed for peace to the

Secretaries, Rattan Lal

Gupta Provincial Presi-

Morcha leaders to play vital role in upcoming LS polls: Kavinder

FROM THE FRONT PAGE...

Education should help...

He said, the University campus should be known for collaboration and inspiring creativity for change tion of villages and towns, he added.

At the inaugural ceremony, the Lt Governor vent classroom learning and mentor the students to and through virtual mode. unleash their true potential.

To make educational institutions relevant in the future, teachers should ignite the creativity within the students and make their consciousness pure, simple, easy and independent, the Lt Governor said.

students on adventurous exploration and passion for they said. generating new ideas, new research and innovations,' he added.

The Lt Governor further emphasized on implementing National Education Policy 2020 in letter and is underway, the officials said. (AGENCIES) spirit and to connect the young generation with India's

under National Health Mission and Ayushman Bhav campaign.

Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; makers. In order to make it work efficiently for the Sh Atal Dulloo, Chief Secretary; Sh Santosh D Vaidya, benefit of society, we must focus on relevant subjects, Principal Secretary, Finance Department; Dr Man- economy in the world after the USA and the UK, he research and innovation to contribute in transforma- deep Kumar Bhandari, Principal Secretary to Lt Governor; Dr. Syed Abid Rasheed Shah, Secretary, Health; Administrative Secretaries; Principals of GMCs, HoDs impressed upon the teaching community to rein- and senior officials attended the meeting, in person

Crime Branch recovers...

the case to the Crime Branch in July 2023, the teams of EOW conducted raids at several premises in Indore "Education should help the students to develop and Delhi, and succeeded in recovering the entire the consciousness full of courage and it should be remaining misappropriated amount to the tune of future-oriented. The education should inspire the Rs 1,10,00,000.00 which is a major breakthrough,

With this huge recovery made by the Crime Branch, the entire misappropriated amount of Jamkash Vehicleades has been recovered and further investigation

During Financial Year 2023-24, Indian economy grew at 6 percent plus for the third successive year even as the global economy struggles to grow at around 3 percent. We are the third-largest fintech said.

Dr Jitendra Singh said, India has the 3rd largest Start-up Ecosystem globally and is home to the fastestgrowing unicorns. "From just about 350 StartUps in the year 2014, StartUps in India grew over 300 times in over ten vears.

Dr Jitendra Singh said, PM Modi unleashed India's Space research by opening up the hitherto conservative and secluded sector. India has literally reached for the moon and beyond with the twin feats of Chardyaan-3 and Aditya L1 solar mission in the last year alone.

"India of 2024 is ready to take a giant leap, backed by its scientific acumen and technological prowess," he said.

As India entered the Amrit Kaal marking the 75th year of Independence, the Youth is the centre of focus of the Modi Government by empowering the Amrit-Peedhi, he said.

rich culture and ancient knowledge systems.

The Lt Governor visited the photo exhibition of College on Wheels and stalls put up by various educational institutions and departments.

He said the 'College on Wheels' initiative helps students to uncover their unique and unmatched personality and achieve the potential that they can be. He further observed that the initiative provides lifetime opportunity to students to learn through experience, focus on interdisciplinary collaboration and creativity.

Prof. Dinesh Singh, Vice Chairman Higher Education Council J&K, while speaking on the occasion, emphasized that higher education institutions should make sure their activities and initiatives have a positive impact on society.

and publications related to College on Wheels initiative and project report of the University of Jammu. A documentary about 'College on Wheels' was showcased on the occasion.

Earlier, the Lt Governor took salute at an impressive march past by the contingent of students and also paid tributes to General Zorawar Singh.

Prof. Umesh Rai, Vice Chancellor Jammu University; Prof. Bechan Lal, Vice Chancellor Cluster University of Jammu; Heads of various Universities and Educational Institutions, faculty members, senior officials and students in large number were present.

LG Chairs a review...

hospitals, besides streamlining of procurement of medicines and online appointments in the hospitals.

On the progress of Cancer Institute Jammu, the Chair was informed that the essential equipments have been procured and the facility will be made fully operational in the next few months.

Directions were issued for monitoring of the functioning of J&K Medical Supplies Corporation Limited and Drug de-addiction centres, and taking dedicated measures to control diseases like Tuberculosis (TB) and AIDS.

es in Hospitals, Para Medical & Nursing Colleges. He directed that the vacant posts in SKIMS should be referred to JKSSB and PSC.

The meeting discussed important matters related to healthcare projects including Cancer Institute SKIMS, Srinagar; Bone & Joint Hospital Jammu; extension of pital at Harwan, and the achievements registered economy by 2047," he said.

'Shakti' remarks: opposition...

every statement made by them against it is well thought out," he said.

In Hinduism, Shakthi means "Matru shakthi, naari shakti," he said, referring to women power.

"INDI alliance which has the Congress and the DMK says they will destroy this.'

Shakti refers to the divine and manifests in the form of various deities in the state like Mariamman, Madurai Meenakshiamman and Kanchi Kamakshiamma, he said.

National poet Subramania Bharathi worshipped mother India as 'Shakti,' he said.

"Tamil Nadu will punish those who talk of destroy-The Lt Governor also released a souvenir of the Fest ing Shakti. I am a shakti upasak (worshipper)," Modi said. (Agencies)

Light to moderate Rain...

previous day. Srinagar recorded a low of 2.2 °C against 3.2 °C recorded during the intervening nights of Monday and Tuesday. It was -2.2 °C below normal for the summer capital of Jammu and Kashmir.

Qazigund on the Srinagar-Jammu national highway had a low of 2.2 °C, and the picnic spot of Kokernag in south Kashmir recorded a low of 3.5 °C on Tuesday.

Pahalgam had a low of -0.9 °C against the -1.3 °C recorded a day ago. It was -1.0 °C below normal for the famous tourist hot spot of south Kashmir.

Gulmarg settled at -1.0 °C against -2.3 °C the previous night, and it was 1.3 °C above normal for the famous ski resort of north Kashmir's Baramulla district on Tuesday.

Kupwara recorded a low of 1.5 °C against the 1.3 °C on the previous night. It was 1.6 °C below normal for the frontier Kashmir district on Tuesday, the MeT office said. (Agencies)

'400 Paar' is common...

Railways, Roads, Infrastructure and Electronics-The Lt Governor also reviewed the human resourc- Communication, and which has posted India's economy from 11th rank to 5th largest economy and is now on the verge of occupying 3rd rank, the Union Minister said.

"In 2014, when PM Modi took over, India stood as the world's tenth largest economy. In less than ten years, we jumped to 5th position. Hopefully this year Labour Room at SMGS Hospital, Jammu; Construc- it will emerge as the 4th largest economy and during tion of 200 Bedded additional block at LD Hospital, PM Modi's 3rd term, India will be the world's 3rd Srinagar; Operationalization of Integrated Ayush Hos- largest economy, marching on to become the No.1

Dr Jitendra Singh further said, a recruitment drive for 10 lakh Central government jobs was fulfilled by the Modi Government under the Rozgar Mela.

Dr Jitendra Singh emphasised the need to effectively convey to the common masses, particularly youth and women, the enormous development that has taken place in Udhampur constituency in the last 10 years under the patronage of Prime Minister Narendra Modi.

"Therefore, the common citizen believes that India can become the world's leading economy under the leadership of PM Modi because of the outreach he commands across the world and the common people also feel confident under the Government headed by Shri Narendra Modi," he said.

Centre seeks time...

(Amendment) Act, 2019, with the notification of the relevant rules, four years after the contentious law was passed by Parliament to fast-track Indian citizenship for undocumented non-Muslim migrants from Pakistan, Bangladesh and Afghanistan who came to India before December 31, 2014.

DGP reviews security...

Banihal-Sangaldan stretch along the country's most ambitious Udhampur-Srinagar-Baramulla Rail Link (USBRL) project was dedicated to the people by Prime Minister Narendra Modi in Jammu on February 20.

Out of the total 272 km USBRL project, the 161 km was earlier commissioned in phases with the first phase 118-km Qazigund-Baramulla section commissioned in October 2009 followed by 18-km Banihal-Qazigund in June 2013 and 25-km Udhampur-Katra in July 2014.

The work on the remaining railway line between Katra and Sangaldan is likely to be completed by May or June this year, the officials said.

The Director General of Police (DGP) reached Banihal railway station this afternoon and later conducted an inspection of the newly completed railway track before chairing a review meeting with senior railway and police officers at railway station Sangaldan, they said.

"I have come to review the security of this national prestigious project," said the police chief, who was accompanied by Deputy Commissioner Ramban, Additional Director General of Police, Jammu, Senior Superintendent of Police (SSP), Ramban, SSP national highway traffic and railway, and government railway police officer. (Agencies)

hotra Additional General departed soul.



JI NEWS SERVICE JAMMU, MARCH 19

Singh

Ashok Koul, General Secretary (Org) and Kavinder the Booth level, urging Gupta, senior BJP leader Morcha leaders to activeand former Deputy Chief ly engage with the public Minister, today highlight- and raise awareness ed the crucial role that regarding the Party's key Morcha leaders will have achievements in the last to play in the upcoming one decade at the grass-Lok Sabha polls.

one-day Parvas in District significantly to the success South and chaired a meet- of the Bhartiya Janata ing of separate meetings Party in the upcoming of Yuva, Kisan, Mahila, polls, he added. ST, SC, OBC and Minority Morcha held at the Party light on the detrimental Headquarters in Jammu. impact of the previous Kavinder Gupta was also Congress government's present during the afore- policies in the country. said meetings. Prominent He highlighted the hollow among those who were policies pursued by the present in the meeting Congress party, which he include Rekha Mahajan noted had led to a down-District President South, turn in the country's for-Sham Lal Chowdhary Ex tunes. He expressed his Minister, Priya Sethi Ex belief that it was time for Minister, Aseem Gupta, the people of the country Anuradha Charak, Vinay to support Prime Minis-Gupta, Vikram Randhawa, ter Narendra Modi and Ayodhya Gupta, Shailja the BJP in the upcoming Gupta, Rajiv Charak, Lok Sabha polls, in order Garu Ram Bhagat DDC, to continue the spree of Vidya Motan DDC, Aakash equitable development in Chopra and Pushpinder the country.

Ashok Koul acknowl edged the need to strengthen the party at roots level. These efforts Ashok Koul was on are expected to contribute

Kavinder Gupta threw

MTBD, a part of USD 20.7 billion Mahindra Group, today unveiled Mahindra CRUZIO BS6 bus

JI NEWS SERVICE JAMMU, MAR 18

Mahindra Truck and Bus Division (MTBD), a part of the USD 20.7 billion Mahindra Group, today unveiled Mahindra CRUZIO BS6 bus chassis, its brand-new range of bus chassis.

The vehicle was unveiled by MTB ZBH Jitendra Bahadur, MTB ABM Hitesh Jain and Dharender Sharma, Managing Director, Prestige Truck and Bus Pvt. Ltd.

Present on the occasion were Ajit Singh(Chairman, All J&K Transport Welfare Association), Kuldeep Singh(ARTO Passenger Segment), Vijay Singh Chib(President, All J&K Transport Welfare Association), Sanjeev Choudhary (Sanjeev Travels) and noted transporters of J&K.

7 bus chassis keys were handed over to many prominent transporters at the event.

Speaking on the occasion, Mr. Dharender Sharma said, "The unveil-

JI NEWS SERVICE

JAMMU, MARCH 19

ing of the new CRUZIO bus form to a next level of cus- and comfortable bus that also set new benchmarks chassis today, is a defining tomer experience. CRUZIO will set new standards. I of performance, earnings moment for our Truck and is all set to be a game am confident that similar and deliver better value to

Bus business as we have changer, making it one of to the CRUZIO School Bus the customers." taken our LCV bus plat- the safest, most ergonomic range, the bus chassis will

AHINDRA CRU

bears the testimony to visibility in both day & Mahindra's capability of night and bigger brakes bringing the best to the for efficient braking per-Indian customers, since formance with short stopit is based on meticu- ping distance. It has the lously gathered consumer highest ground clearance insights. If you look at the in the category to avoid bus operators in this segbumper hit. CRUZIO Bus ment, they are craving for offers Best-in-class seat a solution that can balance width which are conthe end-user benefits and toured and ergonomically help them optimize costs designed that provides as well. Comfort, Looks, full back support. Broad Ergonomics, Operational gangway and improved Efficiencies through conparabolic suspension leadnected solution iMAXX and ing to Best-in-class ride Safety are the key aspects comfort. CRUZIO's Engine which impacts the reputais equipped with the patented Mahindra FuelSmart tion of the new age transportation. CRUZIO will set Technology to optimize the new, higher benchmarks fuel consumption. Highin these aspects and we light of this technology is are confident that it will the multimode switches to become the preferred optimize the fuel consumpchoice of passengers and tion and engine power availability as per load and the bus operators".

Talking about the key road conditions for Higher features of CRUZIO, Mr. Savings in Fuel Expenses Dharender highlighted that from the safety aspect, CRUZIO meets the Rollover with inhouse developed Test norms as per AIS 031 world class telematic soluand BUS Body code as per tion complied with AIS 140 AIS 052. It is also compliant to the latest regulatory safety, tracking of bus, fuel

requirements of AIS 153, theft, vehicle health moniwhich has stringent noise toring and many other features enhancing efficiency and vibration standards. "The Mahindra CRUZIO CRUZIO offers enhanced for the fleet operator."

and More Profitability.

CRUZIO is also equipped

KU organises daylong workshop on first-aid and CPR



ing Secretary, Dr Surjeet

Singh, shared valuable

insights about basic life sup-

Former Director, DPES,

Director, Directorate of

Internal Quality Assurance

Ahmad Shah emphasised

promoting health and well-

During the valedictory ceremony, Director,

Directorate of Information

Technology and Support

System (IT&SS), Dr Maroof

"significant stride towards

university.

JI NEWS SERVICE SRINAGAR, MAR 19

To equip participants with port enriching participants essential knowledge and with practical knowledge techniques in administeressential for emergency ing first-aid and Cardiosituations. Pulmonary Resuscitation (CPR), the Directorate of Dr Khurshid Ahmad Physical Education and Tarzan, highlighted the sig-Sports (DPES), Kashmir nificance of the workshop University (KU), Monday in enhancing emergency organised a daylong workpreparedness within the

shop here. The workshop focused on knowledge exchange and collaboration while (DIQA), KU, Prof Manzoor encouraging a culture of preparedness and safety the crucial role of physiwithin the university com- cal education and sports in munity. Members of the KU faculty, scholars and being among the students students participated in the and staff alike. workshop titled, 'Basic Life Support', an official release

read. Assistant Directors, norms, offers you utmost Physical Education, Higher Education Department, Naieem Qadri, appreciated Jammu and Kashmir, Dr the initiative terming it a Enayat Hussain and Dr Irfan Ahmad, the resource hands-on demonstrations

the release.

activities.

Assistant Director, DPES, faculty and Co-organising

life-saving skills into physi- the occasion. cal education and sports

with the distribution of cerpants.

Director, DPES, Dr Mandeep Singh, presented the

GGM Science College, Jammu organizes Lecture on "Role and Importance of NSS"

JI NEWS SERVICE JAMMU, MAR 19

award winner in this field. Principal Prof. Rajesh Kumar Gupta expressed NSS Units Organize Lec- his appreciation for the

ture on Role and Impor- initiative.



Kashmiri Prof at Arni Univ bags Kaveri's 'Mahila Shakti

tant Professor, Depart- to help students and staff ing ovation. Ms. Areeba, ment of Radiology, Arni during the heavy flood in who once studied under tion, Ms. Mehr Un Nisa admission provisions to tives under whicj books School of Allied Health Himachal Pradesh that Ms. Mehr Un Nisa's guid- remarked, "This award students from defense and other study materi-Sciences, Arni University had affected the campus ance at Arni School of serves as a profound backgrounds, particularly als are given free to the bagged Kaveri's 'Mahila badly. She stood up as a Allied Health Sciences, encouragement not only from Jammu and Kashmir. needed students. The ceremony held in established her own Par- as well. I owe this honor with NGOs and social tion epitomizes the transgreat inspiration to young New Delhi witnessed a lour and Boutique - Emaan to Arni University, which organizations, the univerwomen of not only her moment of pride as Ms. Parlor and Emaan Collec- provides an enriching state Kashmir but the Mehr Un Nisa, accompa- tion, a testament to the environment for academic entire nation. Apart from nied by her entrepreneur- mentorship and empow- and professional growth." the academic excellence ial student, Ms. Areeba erment fostered within the She credited the Chancel- social change. she worked relentlessly Fatima, received a stand- institution.

Expressing her jubila-

innovation and excellence.

"Ms. Areeba's journey contributions, reflected exemplifies the potential that lies within our students. This recognition motivates me to continue vision of 'Skill Comprenurturing and extracting hensive Higher Education.' the best from our aspiring Our holistic educational talents," added the Assistant Professor of Radiology.

University, neurial spirit among our Arni renowned for its commit- students, empowering ment to societal transfor- them to make enduring mation, has initiated the J contributions to society."

Vivek Singh, for his vision- Mehr Un Nisa on her ary leadership, which inte- remarkable achievement, grates higher education Mr. Vivek Singh, Chanwith entrepreneurship cellor of Arni University, development, thereby said, "This Award is a nurturing a culture of moment of pride for Arni University. Ms. Nisha's

> through the endeavors of Ms. Areeba and other students, resonate with our ecosystem aims not only to enhance employability but also to instill entrepre-

& K Scholarship Scheme, Moreover the university

offering specialized has also introduced initia-

Mehr Un Nisa's recogni-

formative impact of edu-

cation in shaping empow-

ered, entrepreneurial

leaders, transcending

boundaries, and inspiring

generations to come.

encouraging a safer and persons for the workshop, more prepared university shared their expertise community", the official on CPR techniques with release further read. on life-saving skills, read Dr Nadeem Ahmad Dar; On the occasion, Direc- secretaries, Dr Naseer tor, DPES, Dr Mandeep Ahmad Bhat, Dr Iftikhar

Singh, emphasised the Ahmad Wani and Dr Iqbal importance of integrating Kabir, were also present on

The function concluded "Today's workshop is tificates among the partici-

a significant step towards ensuring the well-being of our university community," he said. Senior Assistant formal vote of thanks, the Professor and Organis- release added.

Shakti Vandan Samman,' wall against all odds. and become a source of

Arni University, has since for me but for my students Through collaborations lor of Arni University, Mr.

sity endeavors to create a robust higher education landscape that fosters

Congratulating Ms.

tance of NSS by National Jammu

GGM SC College in and Dr. Neha Sharma, NSS Jammu, through its NSS Pos, were instrumental in units, recently organized making the event a suca lecture focusing on the cess, further highlighting Role and Importance of the commitment of the NSS. The session was con- college towards commuducted by Vivek Parihar, nity service and social a distinguished national responsibility.

Dr. Narinder Kumar, Award Winner Vivek Pari- former PO, also shed light har at GGM SC College, on the significance of NSS activities. Dr. Rahul Kait

Ladakh Transport Department organizes Half-day **Workshop to Promote EV Freight Vehicles**

JI NEWS SERVICE

LEH, MAR 19

In yet another first-of-itskind initiative in Union Territory of Ladakh, UT Transport Department led by Secretary-cum-Transport Commissioner Amit Sharma, organised a Half-Day Workshop today to deliberate upon and brainstorm amongst all the stakeholders of Transport Sector towards promoting the usage of freight vehicles on EV (Zero Emission Vehicles) in the Union Territory of Ladakh with the objective to make it first carbon er operations are feasible neutral state/UT of the nation

Amit Sharma, in his inau- the owners/drivers. gural address, highlighted



environment awareness in Ladakh UT and would initiative COP-28 held in result in substantial oper- Dubai last year. He further Secretary Transport ating cost reductions for mentioned that a Memo-

Amit further shared is going to be inked soon of E-3 and E-4 Wheelers' lessly working towards Transport Department

Workshop on establish Development Goals. EV Charging stations here of Ladakh.

encouraging Public Sector Undertakings (PSUs) and randum of Understanding the Corporates, especialthe successful completion that Ladakh is relent- between NTPC and the ly financial institutions trials conducted in the its carbon neutrality mis- to dedicate five hydro- lish EV Charging Stations members of the Transmonths of August and sion and its initiatives last gen-cell fuel buses to the in UT Ladakh as part of port Association, driving September last year. The year were chosen from public of Ladakh which is their respective Corpo- community and leading trial exercise demonstrat- India for presentation first such initiative in the rate Social Responsibil- media persons of UT of ed that E-3 and E-4 wheel- in the United Nation top nation. Apart from this, a ity. The organisers were Ladakh.

detailed presentation by requested by Transport the International Institute Secretary Amit Sharma to for Energy Conservation organise a EV/ZEV Hima-(IIEC) was made before lavan Two-Wheel and the Secretary Transport Four-Wheel Rally here Amit Sharma and all in Ladakh, which shall a stakeholders to share the novel initiative, in coming course of trails, merits peak summer season this and need of Zero Emis- year alongwith Investors' sion Vehicles in the UT of Meet so as to highlight Ladakh. It was followed Ladakh initiatives and by detailed brainstorm- steps being taken towards ing sessions during this achieving UN Sustainable

In concluding remarks, alongwith actively involv- Amit Sharma and his team ing Defence institutions complimented organisers which are present in a for this Workshop while good number in the UT stating that these initiative mark an important Secretary Transport step towards sustain-

also talked about the UT able and eco-friendly Administration's role in transportation solutions in Ladakh and a perfect trend-setter in the entire nation.

This Workshop was active in the UT to estab- attended by ARTO Leh,

Rattan Lal Gupta, National Conference Provincial President Jammu on Tuesday asserted that BJP is bound to face a big shock in Jammu Province as India Bloc is all set to decimate the Saffron Brigade in all Lok Sabha seats in Jammu and Kashmir.

JI NEWS SERVICE

JAMMU, MAR 19

In a statement issued to media persons, the senior leader of NC party said his

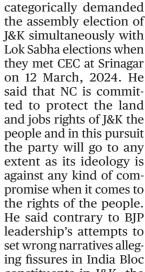
party is already on saddle centre has created dismal restore all the fundamenone way or the other.

ic rights and the basic elections simultaneously the India Bloc to achieve

INDIA Bloc set to win all LS seats in J&K: NC

and leading the fight to condition in its ten years set wrong narratives allegmisrule depriving one ing fissures in India Bloc tal and democratic rights and all from living a life constituents in J&K, the of the people snatched with dignity and pride. Lok Sabha contest shall away by the 'draconian' He said that the situation be India Bloc versus BJP, central dispensation in is so critical that people and the crushing defeat had to knock the doors of for the Saffron party is its Forecasting a major the Apex court for restorsetback for the BJP in ing democracy in J&K by the upcoming Lok Sabha holding free and fair elec- the NC cadre to act proelections, the senior tions for the Assembly. actively at the grassroots NC leader said that his Mr Gupta accused the J&K level because it is the party is at central stage Government of sabotaging crucial phase ahead of to ensure once again the the process of conducting LS Polls and their hard restoration of democrat- Lok Sabha and Assembly work on ground will help

amenities to the people inspite of facts that almost gigantic margins in the of the Jammu region as all the political parties of victory showing the oppothe party in power in the the Jammu and Kashmir nents their right place.



fate this time.

Gupta however, asked



EDITORIAL

Take concrete actions to resolve refugees' issues

Recently, Lieutenant Governor Manoj Sinha disclosed that at-least 350 youth belonging to Kashmiri Pandit and other displaced families and those from Pakistan-occupied-Jammu and Kashmir (PoJK) and erstwhile West Pakistan refugees (WPRs) have been provided financial assistance by the Jammu and Kashmir government to start their own businesses. He also reiterated his administration's resolve to provide support for skill development and entrepreneurship opportunities to empower the future of youth from these communities. The Lieutenant Governor's statement reflected the efforts of the administration under his control to alleviate the sufferings and pain being endured by these communities. However, the recent outcry from several organizations representing Pakistan-occupied Jammu Kashmir (PoJK) displaced persons sheds light on a troubling issue of neglect and indifference by the successive governments. These organizations have now criticized the UT administration, led by the Lieutenant Governor, for trivializing the immense suffering endured by around 17 lakh displaced persons from PoJK. The core of their discontent stems from the perceived misallocation of resources, particularly the planned construction of a Bhawan for PoJK displaced persons in Suketar, on the outskirts of Jammu city. The leaders of these organizations have questioned the relevance and necessity of such a project, especially considering the dire living conditions faced by the displaced persons across various parts of the country. The joint statement issued by leaders of POJK displaced persons community highlights the systematic disregard for the genuine concerns of the displaced community. They have rightly pointed out the disparity between extravagant ceremonies and the pressing needs of the displaced persons, emphasizing that the proposed Bhawan neither addresses nor was requested by the refugees themselves. Moreover, the leaders have raised pertinent questions about the unfulfilled promises and commitments made by previous governments, including the comprehensive package approved in October 2014. The lack of progress in implementing these measures has only exacerbated the suffering of the displaced persons, who continue to wait for financial assistance and rehabilitation. The criticism extends to constitutional matters, with accusations of the Lieutenant Governor undermining the rights and status of PoJK residents. The recent ruling by the High Court, ordering an end to discrimination against PoJK refugees settled outside Jammu and Kashmir, adds weight to the demands for justice and accountability. It is evident that the construction of the Bhawan is viewed as part of a political game-plan rather than a genuine effort to address the needs of the displaced persons. The grievances raised by these organizations demand urgent attention and action from the authorities. The plight of PoJK displaced persons cannot be overlooked or trivialized, and it is imperative that their legitimate concerns are addressed without delay. Failure to do so not only perpetuates injustice but also undermines the principles of equity and compassion that should guide governance. The government should seriously look into all the issues confronting the POJK refugees and all tangible measures be put in place to settle their issues once for all.

Space is becoming a global geopolitical theatre

GUNJAN SINGH

n March 5, Yuri Borisov, the head of Roscosmos, the Russian Space agency, made an interesting announcement that China and Russia are eager to build a nuclear power station on the Moon by 2033-2035. This it urges will help future settlements on the Moon. Some news reports also

suggested rising tension between the United States and Russia after it was reported that the Kremlin was developing an antisatellite nuclear weapon. Russia denied such claims. Such rumours have, however, heightened fears about US' military preparedness in the event of such an attack.

The developments in ambitious Space pro-Space technology are moving ahead at breath- undertaken feats like the taking speed and Space spacewalk, ASAT test, a is fast emerging as a new successful space station, arena where geopolitical and successfully conductare being reflected.

which makes the study of Space interesting. Soviet country to launch an arti-

The China-Russia co- also want to undertake a full support of the governoperation is another facet manned lunar mission by 2030. Union/Russia was the first of the most successful co-operate with China. ficial satellite in 1957, the Chinese aim to undertake Moscow launched its Sputnik 1. This resulted in 100 Space launches in Moon mission. The Luna-Space becoming a crucial 2024. China is also set to 25 spacecraft, however, sole challenger to the US. frontier of the Cold War work on the Moon samples crashed underscoring the Moscow, after facing conwith both the US and the and rocks which it brought steady decline of Russia sistent failures and limit- New Delhi has increased

puted leader.

supremacy. However, the navigation system is also Mikhail Marov, a lead- is aware of the need for a US emerged as the undisup and running, and has been made available to Today, China can boost countries participating in of a much developed and the Belt and Road Initiative (BRI). China's Space gramme. Chinese have budget stands at \$-13 billion and has achieved remarkable success. This is also because Space success has been perceived as rivalries and co-operations ed three unmanned lunar necessary in making China missions. The Chinese great power, and has the

> ment. No surprises here then The Long March is one that Russia is keen to launch vehicles and the In 2023, after 47 years,

Soviet Union vying for back in 2020. The BeiDou in Space. In an interview, ed budget and sanctions, its Space spending to

our lunar program". Once a Space leader, Moscow is lost glory in Space.

co-operation is an indicator of the existing power is the pioneer and leader in Space technology with multiple success, and has

co-operate with the US in Space exploration and visit to the International Space Station (ISS). With successful unmanned lunar missions and becoming the only country to land on the south pole of the Moon, New Delhi is a good collaborator for the US. Space is the next promi-

nent sphere of great power projections and geopolitical rivalries. Chinese success in Space is making it a global leader and challenger. What makes Space so coveted is that it is not only crucial for military advancement but also for civilian aspects. No one can undermine the cen-Amendment of 2011. This trality of Space in helping has resulted in growing in reconnaissance, but closeness between India they are equally essential and the US. The US is also for day-to-day movement keen to reinvent its Space of the people, disaster programme, and has management, and even entertainment. In addition, Space economy is projected to be a \$600 billion economy by 2025, and every country wants a share of it.

(Gunjan Singh is Assistant **Professor, OP Jindal Global** University.)

ing Soviet physicist and vibrant Space programme, and understands that the astronomer, said, "This was perhaps the last hope only alternative it has to stay relevant is aligning for me to see a revival of with Beijing. China and the US cannot now ready to play second collaborate due to the Wolf fiddle to Beijing, and is looking for opportunities to bandwagon to regain

China-Russia Space been facing a few glitches dynamics between the to its Moon missions. It countries. Today, China has plans to undertake a manned lunar mission by 2025 New Delhi also has established itself as the strong Space ambitions, and is keen to make a footprint. To achieve this,

From awareness to action: India's fight against thalassemia

KIRIT P SOLANKI

terised by an inherited blood irregularof red blood cells. Once

halassemia, charac- May 2023. This Public- a genetic blood disorder, to provide blood transfu- ment Guidelines for Sickle management requires ity resulting in insufficient cial assistance to thalas- a sufficient and readily haemoglobin production, semia patients eligible for available blood supply is impacts the functionality bone marrow transplant a continuous challenge. unrecognised and daunt- the critical need for safe ment of India has been ing in India, thalassemia blood management, the working to address this now faces resilience and National Blood Transfuhas been acknowledged sion Council (NBTC) has as a benchmark disabil- established guidelines Health and Family Welfare ity under the Rights of ensuring free blood access Persons with Disabilities for thalassemia patients (RPWD) Act of 2016. With across all states and teradvancements in medi- ritories. Furthermore, the Cross Society's National cal research, increased government prioritises Headquarters (IRCS NHQ) awareness campaigns, preventing Transfusion- Blood Bank to educate the

2017 and recently extend- its preventable nature. sion for Protection of Child Sewa Yojana Portal and the Way Forward ed into its third phase in Living with thalassemia, Private Partnership (PPP) is a constant struggle, initiative provides finan- especially when ensuring treatment. Recognising However, the Governissue and continues to do so. In 2020, the Ministry of inaugurated a Thalassemia Screening and Counseling Center at the Indian Red and collaborative efforts Transmitted Infections public on the prevention like Nucleic Acid Testing Paul from NITI Aayog announced that the model India, known as the used to screen people in thalassemia capital of the tribal belts for sickle-cell Government world, harbours over 1.5 disease would be applied

Rights (NCPCR)'s decision release of Standard Treatsion therapy to thalassemia patients free of can be prevented through charge is a welcome move early detection and interthat will significantly ease vention. Recognising this the patients' lives. On the potential, the government research front, the ICMR National Institute of Immu- awareness and implementthe National Institute of to reduce the national Research in Tribal Health burden of the disease. (NIRTH) are researching haemoglobin disorders such as thalassemia, engaging in field investigations, and enhancing diagnostic techniques.

Pravin Pawar, Union Minis-

Effective thalassemia Cell Disease. Thalassemia stricter enforcement of standardised blood screening guidelines. Collaboration between patient advocacy groups and healthcare providers can address concerns about nohematology (NIIH) and ing screening programmes blood safety, transmission risks, and social stigma through accurate information dissemination. Implementing advanced screen-A significant barrier to ing methods is crucial, but bridging the blood supply robust implementation is gap in India is the lack of also key.

Upgrading healthcare Furthermore, Dr Bharati voluntary blood donation. infrastructure, training Additionally, a lack of healthcare workers, and



EDH

\$3 billion and has been encouraging the private

sector too. New Delhi has

also announced that it

will undertake 30 Space launches in 2024-2025.

India has joined the Arte-

mis Accord and hopes to

between government (TTIs) by promoting volun- of this disease. Addition- ter of State for Health and clear understanding about investing in new technolbodies, healthcare profes- tary blood donation and ally, there are currently Family Welfare, launched the donation process and ogies are essential for sigsionals, and philanthropic implementing world-class 10 transplant centres in the third phase of the Thal- accessible locations cre- nificant progress. Collaborganisations, India stands blood screening methods India. In 2023, Vinod K. at the forefront of combating thalassemia. (NAT).

Government Initiatives

The of India has actively lakh people living with to thalassemia screening addressed this issue thalassemia major (i.e., as well, urging the Union through various initiatives. blood transfusion-depen- Government for a national One key programme is dent) and diagnoses the Thalassemia Bal Sewa approximately 10,000 new Yojana (TBSY), launched in cases annually, despite

World Thalassemia Day. The minister emphasised the importance of increasing awareness, screening, thalassemia and sicklemission to tackle thalasalso included the unveil- for emergencies.

The National Commis- ing of the Thalassemia Bal

The Indispensable Role of Mentors

assemia Bal Sewa Yojana ates further barriers to par-(TBSY) to commemorate ticipation. This, coupled with the continued practice of replacement donation in many hospitals and blood banks, despite govand treatment facilities ernment regulations, hinfor blood disorders like ders the creation of a sufficient and diverse blood cell anaemia. The launch bank inventory, especially

has prioritised raising

Lack of Public Awareness

public awareness about

oration between patient advocacy groups like the Thalassemia Patients Advocacy Group (TPAG) and healthcare providers can address concerns about blood safety, transmission risks, and social stigma.

> (The writer is a member of Parliament, views are personal)

SAKSHI SETHI

n today's dynamic and fast-paced world, the need for mentors is been influenced in a significant way apart from advancements in technology and changing job requirements, continuous skill development is essenin the workforce. As the

professional landscape is becoming more sophisticated, prospective specialists need mentorship and guidance to stay focused and motivated.

a less experienced indi-

academically. In a short sense, it is fundamental to professional growth and success and is nowadays more critical than ever. a common finding with Hardly anyone can think highly successful people. of a time when they have It comes in a variety of different forms and areas of life and includes several mentoring. With rapid aspects such as training, accompaniment, boost and direction from people who have both - done it before and are generally tial for staying relevant independent of the mentee's current.

Change is highly inevitable, whether it's in the form of industry disruptions, organizational restructuring or personal life transitions. In an era

Mentoring is a dynamic marked by high levels of relationship between a stress, anxiety and burnmore experienced indi- out, mentors play a crucial vidual i.e. the mentor and role in supporting their mental health and wellvidual i.e. the mentee, being. They offer a listenwherein the former pro- ing ear, provide coping vides guidance, support mechanisms and encour- only required in organisa- as mentors can pass on to mentees' success and (The writer is an educator; and expertise to help the age self-care practices to tions but is also essential in their knowledge, exper- fulfilment in both their views are personal) latter develop person- promote resilience and schools and organisations tise and leadership skills personal as well as profes-



balance.

semia.

Along with professional guidance, they also support personal development by helping mentees in a variety of tasks such as setting goals, prioritiseffectively and even maintaining a healthy work-life

as it fosters skill development, career guidance, personal growth, leadership development, diversity and inclusion, enhanced performance cating for their advanceand well-being. It contrib- ment and fostering a culing tasks, managing time utes to the overall success ture of inclusivity. Overall,

and provide feedback on sional lives.

their strengths and areas A good mentor can a for improvement and help- new job applicant up to ing them progress in their speed quicker and help careers thereby ensuring with answers to questions continuity and succession that may arise. Mentorwithin the organisation. ing can be that hand that Research has shown reaches down and pulls an

that employees who have individual out of the pit. access to mentorship pro- It can change lives forever grammes are more likely and create permanent to feel engaged and satisrelationships. It can even fied with their jobs as they help a child get on the help them feel valued right track if they do not and supported thereby, increasing their loyalty them.

to the organization and reducing turnover. Not only this, but they also supporting individuals even play a crucial role in through complexity, fospromoting diversity and inclusion in the workplace by supporting underrepresented employees, advoand health of educational mentors serve as trusted tees navigate the challenginstitutions. Some of them advisors, guides and role es and opportunities of the balance. Mentoring is not and even seniors serving models who contribute modern world.

have someone else to help Mentors are indispensable for guiding and tering skill development, facilitating networking, nurturing leadership and fostering personal growth. Their guidance and support are and will be highly invaluable in helping men-

HEALTH

IRON RICH FOODS - 8 FOODS TO ADD TO YOUR DIET

ALPA MOMAYA

ron is an extremely important mineral, as your body needs it to produce red blood cells and carry oxygen. When your diet lacks iron, it causes anaemia, dizziness, irritability, headaches, and fatigue. On average, you need to consume 18 mg of it every day, but the requirement varies depending on your age and gender.

For example, men need to consume 21 mg. Women who experience menstruation should have 18 mg of iron per day. For pregnant women, this figure reaches 35 mg daily.

The food you consume can provide two types of iron - heme and non-heme. Poultry, fish, and meat are some good sources of heme iron. In this form, your body can absorb the mineral easily, making it easier to increase their levels.

The second type, non-heme, comes from plant-based foods such as nuts, vegetables, and fruits. Although the absorption of this variant is a little more difficult, eating more foods rich in Vitamin C can help with that.

8 Iron Rich Foods to Include in Your Diet

Add foods that are rich in the mineral to your diet, and improve your overall iron intake. Here's a boosts the health of your gut and list of foods that can help you do the same:

Fruits Whole Grains Leafy Greens Legumes Red Meat Pumpkin Seeds Dark Chocolate Broccoli

1. Iron Rich Fruits

Fruits such as mulberries and olives should be added to your diet, as they have good quantities of iron. For every 100 grams of olives you consume, you get 3.3 mg of this all-important mineral, which translates into 18% of your daily require- allowing your body to absorb carotment. They also provide vitamins E enoids and A, good fats, fiber, and reduce the risk of suffering from heart dis- 4. Iron Rich Legumes eases, making them a wonderful addition to your diet.

Mulberries have good nutritional value, as you get 1.9 mg ment. Similarly, all legumes are of the mineral for every 100 g, a great way to maintain the iron which forms a sizeable portion of your daily requirement. When it lentils, beans, peas, and chickpeas comes to vitamin C, you get 85% of your dietary needs. Thanks to category. the presence of antioxidants, these against certain types of cancer, diabetes, and heart disease.

which is consumed to help deal intake will reduce, which will help with constipation. From a cup of you lose weight. prune juice (237 ml), you get 3 mg of iron, which is 17% of what you 5. Iron Rich Red Meat need every day. They are also rich in manganese, vitamin B6, fiber, heme iron, decreasing the risk of protective against cancer vitamin C. and potassium



als, vitamins, and fiber.

A single serving of oats gives 6. Iron Rich Pumpkin Seeds you 3.4 mg of this nutrient, which is about 19% of your everyday requirement. At the same time, it provides folate, magnesium, fiber, zinc, and protein. Due to beta-glucan, a type of soluble fiber, you feel full after consuming oats. Also, it decreases the level of blood sugar. However, one must keep in mind whole grains, and not processed grains, are the healthy options. During the processing of grains, manufacturers remove parts which contain minerals, vitamins, fiber, and antioxidants.

3. Iron Rich Leafy Greens

Include beet greens, collard, swiss chard, kale, and spinach in your diet. For every serving, you can get anywhere between 2.5 to 6.4 mg of iron, which accounts for 14%to 36% of your daily requirement. Complement these leafy greens with healthy fat, such as olive oil,

One serving of lentils (after cooking) can get you 6.6 mg of the mineral or 37% of your daily requirelevels in your body. Soybeans, are some foods which fall into this

They are also good sources of As they contain high amounts of fiber, you will feel full for longer. You can also have prune juice, As a result of this, your calorie

A good source of vitamin K, zinc and manganese, these seeds are the mineral, accounting for 23% of the required daily intake.

In addition to this, the seeds are also rich in magnesium. Thus, it system of the body. also helps reduce the risk of insulin resistance and diabetes. Easy to Improved Muscle Strength carry around, pumpkin seeds are a great food to snack at any time of the day.

7. Iron Rich Dark Chocolate

A single serving of dark chocolate can account for about 19% of your daily iron requirement. At ciency can also cause the inflamthe same time, you get magnesium, copper, and prebiotic fiber, which is also great for your health.

Another reason to add dark chocolate to your diet is due to its antioxidant content, which safeguard your cells from free radicals. Make sure that the dark chocolate you pick up has over 60% cacao, to get best results.

Flavanols, a compound in chocolate, is responsible for all its positive health benefits. Replace your milk chocolates with their dark variants. Rich in a range of minerals, they are delicious and nutritious at the same time.

8. Iron Rich Broccoli

A 1-cup serving of cooked broccoli contains 1 mg of iron, which is 6% of an individual's required iron rich fruits protect your body potassium, folate, and magnesium. daily intake. Therefore, the vegetable is a fairly good source of the mineral.

vitamins, C and K. Cruciferous veg- foods which are great sources of mouth and tongue

of red blood cells, they repair the cells and tissues, and therefore, improves the body's immunity. Having the right amount of the also rich in iron. A 28 g serving of mineral in the body helps fight off pumpkin seeds contains 4.2 mg of a variety of infections and diseases. Consuming the right amount of iron on a daily basis will go a long way in improving the immune

Muscle weakness and iron deficiency are closely linked. Consuming enough iron rich foods helps provide the oxygen required for muscle contraction.

Low iron intake increases the chance of muscle fatigue. Its defimation of muscle tissues, thereby increasing pain levels. Thus, pain can be reduced by increasing consumption of the mineral.

Improved Cognitive Function

Another one of the many benefits of iron is the improved brain function. Approximately 20% of the blood oxygen is used by the brain and this oxygen supply is aided by it. Hence, the consumption of the mineral directly impacts the brain's health and its functions.

Proper flow of blood in the brain stimulates brain activity and prevents cognitive disorders, making iron consumption key to good brain health.

Healthier Pregnancy

It is vital that the fetus gets sufficient supply of nutrients and oxygen, to support its growth. Due to this reason, the body requires An extremely nutritious vegeta- greater amounts of iron, to keep ble, broccoli is also rich in fiber and up with the demand. When you eat

Better Athletic Performance

Athletes, especially women, are more prone to iron deficiency, even when compared to those who don't lead active lives. Its deficiency isn't a good sign, as it decreases your performance while making you vulnerable to a lot of diseases.

Also, during periods of physical exertion, you won't be able to push your body to its limits. There isn't enough haemoglobin to carry the oxygen to your muscles. If you are participating in long-distance runs or other types of endurance activities, you must eat more iron rich foods than you normally do.

Iron Deficiency

Since it is necessary to make haemoglobin, a shortage of mineral iron could lead to lower levels of red blood cells in the body. Lower levels of haemoglobin in your body mean your tissues and muscles will have less oxygen to work with. This could lead to a condition called anaemia.

While there are different types of anaemia, iron deficiency anaemia is the most common across the world. Although poor diets are the most common causes of the deficiency, inflammatory bowel disease, increased requirements during pregnancy and excessive bleeding can lead to it too.

The following are a few symptoms of iron deficiency in the body: Unusual headaches Headaches or dizziness Shortness of breath Dry and damaged hair or skin Paleness

Heart palpitations

Restless legs Swelling and soreness of the

HEALTHY FOODS FOR HIGH BLOOD PRESSURE

ncorporating healthy food into a daily diet can significantly change the blood pressure level. A healthy diet is critical for decreasing blood pressure and maintaining an appropriate healthy level. Having certain foods in your diet, mainly those high in crucial nutrients like potassium and magnesium, lowers blood pressure.

1. Citrus Fruits

As per studies, citrus fruits, such as grapefruit, oranges, and lemons, reduce blood pressure. It is because they're full of vitamins, minerals, and plant nutrients that aid in lowering heart problems like blood pressure and maintaining heart health.

Citrus fruits are high in phenolic compounds, vitamins, minerals, dietary fibres, essential oils, and carotenoids. In addition, several structural and compositional properties and biological effects, such as its antioxidant, anti-inflammatory and anti-hypertensive nature, and improved endothelial function, all prevent heart problems.

The endothelium is cells lining the blood vessels. Phenolic acids boost the health of these cells. It also relaxes and widens the arteries, leading to better blood flow. They work the same as blood pressure-lowering medicine called Angiotensin Converting Enzyme (ACE). It's better to consume natural fruits than go for chemical-based medications.

In hypertensive rats, lemon juice and its crude flavonoid have shown reduced blood pressure. In addition, the water extract from peels of citrus fruits also exhibits beneficial results.

2. Tomatoes

Keeping a low sodium intake helps to keep the blood pressure under control. Daily required amounts of potassium consumption may be equally important because of its widening effects on the arteries. Tomatoes are high in potassium, which aids in maintaining a healthy blood pressure level.

According to a study, eating a high-potassium, low-sodium diet reduces the risk of death from all causes by 20%. Potassium aids in the healthy functioning of muscles, including those responsible for heartbeat and breathing. Although consuming too much sodium can raise blood pressure, having very little potassium can do the same. It is due to the relationship between potassium and sodium. Consuming potassium removes excess sodium through urine. If the body does not get enough potassium, sodium is reabsorbed and retained by the body. Therefore, potassium deficiency leads to increased blood pressure and hypertension.

3. Banana

Potassium-rich foods can promote reduced blood pressure. For example, bananas are high in potassium while being low in sodium. Diets high in potassium and low in sodium lower the risk of high blood pressure, heart disease, and stroke.

High amounts of sodium in the body strain blood vessels and upset the body's water balance. Consuming potassium-rich foods lowers kidney pressure and aids in the elimination of excess sodium in the body by draining it through urine. Potassium also keeps the blood pressure in check by controlling fluid and electrolyte balance in the body.

4. Salmon and Other Fatty Fish

According to studies, omega-3 fats found in fatty fish offer considerable heart health advantages. These fats help to lower blood pressure by reducing inflammation and decreasing levels of oxylipins, which narrows blood vessels.

2. Iron Rich Whole Grains

Among many other nutrients, whole grains are rich in iron too. health benefits, including reduced risk of heart disease, type 2 diabetes and obesity

give you 2.8 mg of iron, which is a study published on the National equal to 16% of your daily needs. Center for Biotechnology Informa-In addition to that, Gluten-free, tion which said women who eat quinoa is also rich in a vast number meat after aerobic exercises retain of nutrients such as minerals, com- iron better than the ones who conplex carbohydrates, protein, miner- sume its supplements

Red meat is a great source of suffering from deficiencies. If you are vulnerable to anaemia, it is vital that you consume red meat on a regular basis. With a single serving of ground beef, a type of They provide a wide range of red meat, you can get 2.7 mg of iron or 15% of your daily requirement. It also has vitamin B, selenium, protein, and zinc, making it nutri-One cup of cooked quinoa will tious at the same time. There was

compounds that are believed to be

Health Benefits of Iron

The health benefits of iron tend to be ignored till there is a deficiency of the mineral. Consuming the foods mentioned earlier has many health benefits, and we have listed down a few

Stronger Immune System Improved Muscle Strength Improved Cognitive Function Healthier Pregnancy Better Athletic Performance

Stronger Immune System

As iron promotes the production

etables like broccoli, cauliflower the mineral, it increases the proand Brussels sprouts contain plant duction of red blood cells and blood Summary volume.

> A pregnant woman's body will make it a point to increase iron absorption. However, due to factors such as lack of consumption of iron rich foods or other reasons, it can cause a deficiency.

Lower amounts of the mineral can increase the chances of low weight or premature birth. At the same time, it can impair the behavioural or cognitive development of the newborn child. Ensuring the consumption of satisfactory amounts of iron during pregnancy will keep both the mother and the child healthy.

Including iron rich foods is the best way to improve intake of the mineral. Including more iron in your diet can help you improve cognitive function, muscle strength, and your immune system, among several other health benefits.

Similarly, ignoring these foods can lead to its deficiency. This could give rise to a condition called anaemia, where there is a shortage of oxygen in your muscles and tissues. In conclusion, improve your diet by including the foods mentioned above, and reap the many benefits of consuming iron.

5. Dark Chocolate

Foods for High Blood Pressure-HealthifvMe

ccording to studies, flavonoids present in dark chocolate create nitric oxide, which relaxes blood arteries and lowers high blood pressure. So get high-quality chocolate with at least 70% cocoa content and eat a piece of around 5-10 grams every day.

The endothelium refers to the membrane covering of heart and blood arteries. Endothelial cells secrete chemicals that regulate vascular movements, along with enzymes that regulate blood clotting, immunological activity, and platelet adhesion. Damaged and improper functioning of these cells leads to hypertension and increased blood pressure. Flavonoids lower blood pressure by restoring endothelial function, either by its impact on nitric oxide levels or indirectly through other mechanisms.

Ways to Control High Blood Pressure without Medication

HIRAL PATEL

lood pressure is the pressure produced by blood on the artery walls as it flows through the body. Various physiological systems regulate blood pressure. For example, nerve and hormone signals from the heart. blood arteries, brain, kidneys, and digestive organs affect blood pressure. High blood pressure is a potentially fatal problem that damages the heart.

It affects one out of every three people in the United States, one out of every four adults in India and one billion people across the globe. In addition, if not controlled on time, it increases the risk of different heart diseases and stroke. To treat high blood pressure, changing lifestyle plays a vital role.

You can prevent, delay, or minimise medications with a healthy lifestyle

Different Ways to Keep High Blood Pressure Under Control

1. Exercise Regularly

As per studies, regular exer-

cise for around 150 minutes per week or about 30 minutes for 4-5 days per week can drop the blood pressure by 5 to 8 mm Hg. However, stopping exercise halfway through can lead to increased blood pressure again. Therefore, being consistent with exercise is essential.

In case of elevated blood pressure, exercising prevents hypertension. It reduces the stiffness and tension in blood vessels. As a result, the blood flows more freely and decreases blood pressure. Additionally, regular exercise strengthens and improves the efficiency with which the heart pumps blood. That results in lowered blood pressure in the arteries

Walking, jogging, cycling, swimming, and dancing are all forms of aerobic exercise. They can help you reduce your blood pressure. High-Intensity Interval Training (HIIT) is also a good form of exercise that you can do daily. Strength exercise can also help you lower your blood

strength training workouts for



You can also consult your doctor about starting an exercise routine

pressure. So you can incorporate 2. Reduce Sodium Consumption Several public health initia-

a minimum of two days a week. tives and many social serving organisations aim at a regulatory control on less use of salt in the food industry. As per several studies, high salt intake may lead to high blood pressure and cardiac problems, including stroke.

foods may increase blood pressure because it holds excess fluid in the body. That creates an added burden on the heart. Too much sodium will increase your risk of stroke, heart failure, osteoporosis, stomach cancer and kidnev disease.

Cutting down on sodium intake lowers the blood pressure by 5 to 6 mm Hg. The impact of sodium on blood pressure differs from person to person. However, you should limit sodium intake to no more than 2,300 milligrammes (mg) per day. A lower sodium consumption of 1,500 mg or less per day is preferable for most adults.

There are different ways to limit sodium intake. First, read the labels on the foods you buy. If possible, substitute low-sodium foods and beverages in your regular diet. Avoid your intake of processed foods. Natural foods have only a small quantity of salt. The majority of sodium is added during the processing of food. Try to limit adding salt to your food. The sodium content of a teaspoon of salt is 2,300 mg. To add flavour

Consuming excess sodium-rich to your cuisine, use herbs or helps to maintain sodium level. spices. Take it slowly at first. If you don't think you'll be able to reduce your sodium intake overnight, reduce it gradually.

3. Reduce Alcohol Intake

Alcohol consumption can cause blood pressure to rise. As per studies, alcohol is responsible for 16% of all occurrences of high blood pressure worldwide.

In addition, the renin-angiotensin-aldosterone system (RAAS) is affected by alcohol use. The kidneys are in charge of the RAAS, which regulates blood pressure with three hormones:

renin, angiotensin, and aldosterone. Alcohol increases the renin hormone in the bloodstream and narrows the blood vessels. Renin also reduces the amount

of fluid that your body excretes through urine. The greater fluid levels and narrowed blood vessels

cause a rise in blood pressure. 4. Consuming Potassium Rich Food Potassium is a vital element because it helps to get rid of extra

sodium through urine and thus

Potassium helps in proper muscle functioning. It helps the muscles of the heart to work efficiently. It relieves stress in the walls of the blood vessels, lowering blood pressure even more.

Vegetables, particularly leafy greens, tomatoes, potatoes, and sweet potatoes, and fruits, such as melons, bananas, avocados, oranges, and apricots, are high in potassium. You should also consume dairy products. Other potassium-rich foods like salmon and tuna, seeds, nuts, and beans are also good.

5. Lower Caffeine Intake

Caffeine is a vasoconstrictor, which shrinks blood vessels and raises blood pressure. Caffeine can elevate blood pressure by up to 10 mm Hg amongst people who don't consume it frequently.

However, people who regularly drink coffee may have little or no change in their blood pressure. It may also prevent your arteries from remaining as broad as they need to be for balanced blood pressure.



BJP cadres reach out to voters with "Booth Vijay Sankalp Abhiyaan" in J&K: Ashok Koul

JI NEWS SERVICE JAMMU, 19 MARCH

Eye on Lok Sabha polls 2024, Bharatiya Janata Party (BJP) Sangathan General Secretary J&K Ashok Koul chaired the series of meetings simultaneously, during one-day pravas in District Jammu South here at party headquarters, Jammu. The meetings are organized and coordinated by BJP District President Jammu South Rekha Mahajan.

It was pioneered with the lighting of the lamp by Senior topmost politiorganisational general dents Anuradha Charak and Sanjoyak Vivek Patyal. 400 plus' (Abki Baar 400



Constituency Incharge and Akash Chopra San-



This interactive ses-

booth in Jammu South.

While addressing the karvekartas, Ashok Koul held threadbare discusership including the party the people and mobilize their support for the BJP by educating them about numerous mega projects of development and welfare schemes of Modi government in the last ten Giving tips to the activists,

Paar), shows Ashok Koul polls. He asserted that BJP imparting strategies with cadres reach out to voters key workers to ensure the with "booth vijay sankalp party's victory at each Abhiyaan" in the union territory of J&K.

Ashok Koul in the presence of Rekha Mahajan including senior leadersions with the local lead- ship also noted that all Mandals and Morchas breadwinners holding the Presidents presented their important responsibilities reports on organizational reviewed the progress of and political activities in such programmes and their respective Mandals suggested more measures and Morchas to enhance to further polish the grass the party activities for root level activists to reach upcoming parliamentary polls.

Gupta Kavinder expressed confidence in the BJP's track record and its ability to secure a landslide victory in the upcoming polls, she asked years of good governance. the party activists to make sure that the policies and Ashok Koul told the work- plans of the party are on ers that the election bugle the tips of the common has been sounded and that masses as the same is a Priya Sethi, Vice Presi- yojak Pt. Ashok Khajuria sion, termed 'Mission BJP cadres should be pre- pre-requisite for winning pared for the upcoming Lok Sabha polls.

JI NEWS SERVICE SRINAGAR, MAR 19

National Conference (NC) Vice President Omar Abdullah on Tuesday once again voiced his discontent regarding the postponement of assembly elections in Jammu and Kashmir, juxtaposing it with the proposal of One Nation One Election.

assembly elections in our As pee the news state citing security reaagency–Kashmir News sons. How can they guar-Observer (KNO) Abdullah antee security when elecexpressed his skepticism tions are conducted simulover the government's taneously throughout the push for simultaneous country?" Abdullah asked. ing Lok Sabha elections, elections across the country, highlighting the con- elections are not being the party was in no rush tradiction of not holding held in big states like UP to announce candidates, assembly elections in and Bihar, and the Elec- noting the absence of Jammu and Kashmir due tion Commission cannot announcements from to security concerns. He conduct simultaneous other political parquestioned the feasibil- elections in Jammu and ties as well. "Only three ity of ensuring adequate Kashmir, so when you candidates have been security arrangements have one nation, one announced as of now, when elections are syn- election, then where Congress and other parchronized nationwide.

"The government advocates for one nation, one brought?," Omar said. election, but fails to hold

sion had the opportunity to conduct assembly elections in Jammu and Kashmir, yet the Union Terriaccused.

If J&K couldn't host Simultaneous Polls

now, how could entire country host

them in future, questions Omar

tory administration chose to defer, possibly to cling onto power," Abdullah He also referenced the Supreme Court's direc-

tive to conduct assembly elections in Jammu and Kashmir by September 30, emphasizing the urgency to address democratic processes in the region.

Regarding the NC's strategy for the upcom-Abdullah indicated that will the security forces ties have not announced come from? Will they be (their candidates)... We are in no hurry," Omar "The Election Commis- said.

PM Modi showed path of devp: Devender Singh Rana

JI NEWS SERVICE JAMMU, MAR 19

The Public Relations Society of India, Jammu Chapter, organized a discussion on the book 'Modi Consensus: The Rediscovery of Bharat'. The discussion, held at the Press Club, attended by the author of the book, Dr. Swadesh Singh, and well known political leader of Jammu & Kashmir, Shri Devender cators, researchers, jour-Sharma.



Singh Rana, as esteemed work done by Prime Minis- started bringing their peritics and policy-making in domain, which is also nalists, and social workers the last 5-10 years and the the demand of the day. from Jammu participated changes seen in interna- Merely slogans like 'eradiin this discussion. The tional politics as a result. cate poverty' won't work program commenced with Speaking about the cur- anymore; rather, actions the lighting of the lamp rent political situation, he for the poor and needy are and was inaugurated with emphasized that any polit-necessary. a welcome speech by the ical party aiming to stay Vice Chairman of PRSI, mainstream must focus discussion, Devender Jammu chapter Opinder on social issues, which is Singh Rana said that students from the Indian Babu, Assistant Professor

Addressing the pro- ister Modi's leadership. indeed shown the path of gramme, Dr. Swadesh He illustrated that when development to the coun-Kumar stated that this he speaks, it reflects the try. Patriotism has always and Harshita, presented Sharma, Dr. Gopal Parbook is important for history of five thousand existed among the people a book review. A vote of thasarthi, among other understanding current years. In today's political of India, but today, people thanks was given by senior participants participated politics. He highlighted the scenario, politicians have not only talk about patrio-journalist and Secretary of in the book discussion.

guests. More than 50 edu- ter Modi on issues like pol- sonal spaces in the public Public Relations Society of

Reflecting on the book

cept of 'My India is great', Yashi Navya. and today, every citizen of their respective religions.

India, Jammu Chapter, initiated a campaign to raise awareness among voters for the upcoming Lok Sabha elections in 2024. The slogan of this campaign is, 'Value your vote, Vote for Values. .

In the book discussion, evident under Prime Min- Prime Minister Modi has Institute of Mass Communication, Jammu region, Kashish Saxena, Shubhra,

address by Dr. Yashoda

tism but also take pride in Jammu Press Club, Dinesh it. After becoming Prime Manhotra. The program Minister in 2014, Narendra was anchored by Ms. Modi worked on the con- Komal Shangloo and Ms.

The discussion was the country feels proud of attended by Regional 'My Bharat, Our Bharat, Director, IIMC Jammu Proud Bharat'. He empha- Prof. (Dr.) Anil Saumisized that he is a Hindu, tra, Associate Professor, and he takes pride in Center for Media Studies, being a Hindu, and every- JNU Dr. Archana Kumari, one should take pride in senior journalist Tejendra Singh Sodhi, senior From the same plat- journalist Sant Kumar form, the Secretary of the Sharma, former director, Doordarshan Sanjeet Khajuria, retired Sq. Ldr. Anil Sehgal, Senior Journalist OP Sharma, Senior Journalist Pradeep Dutta, Senior Journalist Jorawar Singh, Associate Professor, Jammu Central University, Dr. Umesh Kumar, Assistant Professor Dr. Bachcha Manish Prakash, Assistant Professor Dr Ajay Singh, PRSI members Kamal

J&K UT Gorkha Community thanks PM, HM, LG for granting OBC status

"At present assembly

JI NEWS SERVICE JAMMU, MAR 19

Gorkha Community of J&K U.T special thanks to Prime Minister Narendra Modi Ji, Home Minister Amit Shah, and Lt. Govt. Sh. Manoj Sinha for granting OBC status to the Gorkha Community of J&K U.T. Gorkha Community celebrated the announcement of the OBC status and every member of Gorkha

Community thanks P.M, H.M & Lt. Governor of govt. notification no.176



has been approaching of general grievances of the state govt. and other long demand of OBC to our J&K U.T.And to this effect authorities for granting of Gorkha Community. We due OBC status has been shall ever remain grateof 2024 dt.15/3/24 so has done in other states of this ful to P.M Sh. Narendra been issued and circu- country in favor of Gorkha Modi, Home Minister Amit lated to all newspapers Community residing there Shah, and Lt. Governor of and concerned authori- in a respected place but J&k U.T Manoj Sinha for ties for its implementa- in the case of J&K Gorkha granting OBC status to tion above in the letter Community name has not Gorkha Community.In the and spirit. It is also worth been done except only this meeting all dignitaries of mentioning for the last 7 time. When the BJP govt. Gorkha Community were decades this community came up for the redressal present in this event.

as each of you are going to

be stepping into the cor-

porate world in the near

POSH compliance is man-

future."

Former Councilor Amit Gupta meets Chief Secretary



JI NEWS SERVICE JAMMU, MARCH 19

ommended notification tion may be simplified.

of the Commercial Policy

of Jammu Municipal Corporation by the General Today Former councilor House of the Corporation of Ward No. 19 of Jammu, so as to regularize the pro-Amit Gupta, along with cess of allotment of com-Vinayak Bazaar Asso- mercial properties in favor ciation President Rajeev of eligible persons. The Gupta, meet Jammu and recruitment rules of the Kashmir Chief Secretary Corporation, which were Atul Dallu on Tuesday. last notified in the year During this he discussed 1970, should be finalized. various issues of the He said that the posts of people living in Jammu enforcement inspectors East. He said that the should be filled through water crisis in Jammu city direct recruitment so is increasing day by day, that qualified youth can which is going to increase get employment and adfurther in the summer hocism in the work of season as the demand for enforcement inspectors water supply is not being can be ended. Filling met as per the needs of up the posts of Revenue the general public. He Inspectors as at present said that please issue nec- JMC is devoid of any reveessary guidelines to the nue. Commercial complex concerned agency to exe- should be constructed on cute the work of tube well the available land of JMC construction as soon as at Parade, Jammu. The possible so that the water building bye-laws already crisis in the said areas can recommended by the Genbe resolved. He has rec- eral House of the Corpora-

IIM Jammu Fostering a Safe, Inclusive Environment by hosting POSH Workshop

JAMMU, MAR 19

JI NEWS SERVICE

Devi, Chairperson of the Internal Complaints Com-The Indian Institute of mittee (ICC) at IIM Jammu. Management (IIM) Jammu She extended a gracious marked a significant stride welcome to the esteemed in its dedication to creat- faculty members, staff,

ing a safe and inclusive and officers gathered for environment by hosting this vital event. She also the Prevention Of Sexual extended a special wel-Harassment (POSH) work- come to Ms. Mahalakshmi shop. The workshop, tai- Rajagopal, acknowledglored for the faculty mem- ing her expertise and the bers, staff, officers, and importance of her presstudents of the institute, ence. On the occasion, was inaugurated on 18th she said, "Today, we take a March, 2024. The second crucial step towards fosterhalf of this essential ses- ing a culture of respect and sion is scheduled to con- safety within our institute. tinue on the following day, I invite you all to engage in the 19th of March 2024, open, enlightening discusfurther reinforcing the sions, because it is through institute's commitment understanding and awareto fostering a culture of ness that we can create respect and awareness. a truly inclusive commu-The workshop sessions nity."

were expertly conducted During her session, Ms. by Ms. Mahalakshmi Raja- Mahalakshmi Rajagopal gopal, a Holistic Wellness shed light on the critical Professional with over 30+ need for organizations and years of experience dedi- higher education institucated to the mental health tions to have robust Preand wellness of children, vention of Sexual Harassadolescents, and adults. ment (POSH) guidelines The initial session was held in place. She emphasized in the morning and was that such measures are attended by the esteemed essential to prevent any faculty members, officers, form of harassment from and staff of IIM Jammu. occurring within the work-Following its success, the place or academic environworkshop reconvened in ment. Ms. Rajagopal also the afternoon, where it underlined the importance The success of the initial was actively participated of creating a supportive in by the vibrant student atmosphere where both

The morning session feel empowered to speak ed within the newly inau- the administration of IIM unequal opportunities, taking part in this discusof the workshop began up and report incidents of gurated Auditorium of Jammu for organizing this gender-based harassment, sion without any inhibiwith a warm welcome harassment. On this issue, IIM Jammu, Mandapam. crucial session. It holds and creating hostile envi- tions.'

body of the institute.



no one speaks up, sexual the workshop began with each of us, especially all the safety and well-being of all individuals within the

institute. The workshop witnessed enthusiastic participation and engaging discussions among the faculty members, staff, and officers, alongside Ms. Mahalakshmi Rajagopal.

she spoke, "Even when The second session of immense importance for warmly welcoming Ms. Mahalakshmi Rajagopal torium of IIM Jammu, Man-

dapam was filled with the students from MBA Batch 07, Batch 08, and PhD with resounding applause. set a positive tone for an alties and license cancellacontinuation of the workshop, highlighting the insti-

tute's commitment to fosand awareness among its student community.

Mahalakshmi Rajagopal ants and respondents. and fostering a safe and session paved the way said, "I extend my sinfor an equally impactful cere appreciation to the key terms such as body I feel immensely happy to male and female members second leg, which unfold- esteemed Director sir and language, boundaries, see that the students are

it outlined the supportive measures necessary, including the role and composition of the Internal Committee, ensuring a safe and supportive environment for all. During the workshop,

ronments. Additionally,

Prof. B.S. Sahay, Director of IIM Jammu, took the opportunity to express his sincere gratitude and appreciation to Ms. Mahalakshmi Rajagopal for her invaluable insights and guidance. He highlighted the significance of her visit to the institute and the impact of the seminar on fostering a culture of Prof. Sahay further emphasized the importance of creating an environment where students feel She highlighted that empowered to freely ask questions, express their datory for organizations thoughts, and contribute scholars, who greeted her with 10 or more employees ideas on how to effectively as per the Government of address and prevent sexual This enthusiastic reception India mandate, with pen-harassment. In his words, "We are grateful to Ms. insightful and impactful tion for non-compliance. Mahalakshmi Rajagopal for The discussion differenti- her enlightening session ated POSH implementa- today. It is vital that our tion in organizations and students feel empowered tering a culture of respect higher education institu- to voice their questions, tions, emphasizing the thoughts, and ideas, as we various possible relation- collectively work towards Taking to the stage, Ms. ships between complain- curbing sexual harassment The session also covered inclusive environment and

harassment could still be a student at the institute the students present here, awareness and respect. happening quietly. It's up to us to be the voices in our circles, standing up against onto the stage. The Audiit and supporting those who need us." Her insights resonated strongly with the audience, reinforcing the significance of proactive measures in ensuring

Raina addresses party workers in Udhampur

JI NEWS SERVICE

BATAL BALIAN (UDHAMPUR)

In the last 10 years, the Modi government has completed all works, that were kept in the manifesto in the last elections, stated BJP President Ravinder Raina.

Ravinder Raina, President of Bharatiya Janata Party (BJP), Jammu & Kashmir addressed a party workers' meeting at the the meeting. party office, Batal Balian in Udhampur District.

nia, Baldev Sharma, Lal Singh from this parliamen-Chand, Sheel Magotra, Dr tary constituency. We all Yogeshwar Gupta, Manik have to work from man-Gupta, Presidents of Man- dals to booths and send chas, General Secretaries, than last time". Department Incharges,

"The bugle for 2024 Lok dals, General Secretaries, Dr Jitendra Singh to Par- tions are on 19th April but

Cell Convenors and senior that in the last 10 years, that the opposition is provleaders were present in the Bharatiya Janata Party ing incapable of fielding a



government under the Ravindra Raina said, leadership of Modi ji has completed all the works J&K BJP Vice President Sabha elections has been that were kept in the mani-Pawan Khajuria, District sounded. Elections are to festo in the last elections. President Arun Gupta, be held in the first phase Bharatiya Janata Party former Ministers Ajay in Udhampur Doda par- fulfilled its promises by Nanda, Pawan Gupta, liamentary constituency removing Article 370 former MLAs Balwant on April 19. BJP has once from Jammu and Kashmir, Singh Mankotia, RS Patha- again fielded Dr. Jitendra building a grand Shri Ram Temple, making a law on Triple Talaq, and implementing CCA.

Raina said that elec-Presidents of various Mor- liament with more votes till now no name of the opposition has come for-Ravindra Raina said ward. This clearly shows

candidate against BJP and on the field, only Bharatiya Janata Party is visible everywhere.

Pawan Khajuria said that today the whole of India is moving forward under the leadership of Prime Minister Narendra Modi and is transforming from 'Vikassheel Bharat' to 'Viksit Bharat'. He said that the permanent Peace,

Progress, and prosperity of Jammu and Kashmir is the need of the hour and it is Narender Modi's vision by which the development of Jammu and Kashmir can be achieved. He also asked the party workers to work to ensure the win of Dr Jitendra with a big margin to strengthen the hands of PM Modi.

Arun Gupta shared the organizational preparations for the Lok Sabha elections and assured the senior leadership that the party workers will dedicate themselves to achieve the best results.

JI NEWS SERVICE JAMMU, MAR 19

Arun Gupta, President CCI expressed serious concern and strong resentment over the move of the J&K UT Government (Industries and Commerce Department) to initiate the eviction process against the permanently registered Industrial Units for

the leased out premises by SIDCO and SICOP who are operating since last about five decades but were forced to suspend their production and close their units due to various reasons including withdrawal of market support as well as purchase preference and timely disbursement of already declared incentive and also due to Covid, when all the activi-

ties were disturbed. under stress because of ailing industry by restor- such units.



CCI president Arun Gupta condemns eviction

move against ailing industrial units in J&K UT

market dynamics and ing the incentives of market also change in new prod- support, purchase preferuct range. The existing ence and also provide in Industry under substan- time the already declared tial expansion by way of incentives mainly turnover change in line of activincentives, the problem of ity or additional line of Industry becoming sick activity is barred from all shall be solved.

the incentives as it does Arun Gupta further not fall under the central said that before initiating incentive package or the the eviction process the J&K UT package. He said government should have that instead of providing taken all the stakeholders healing touch to the existinto confidence to resolve ing ailing Industry the govthe issue. Sh. Arun Gupta ernment is bent upon to demanded the immedisnatch the land from the ate withdrawal of the said incentives mainly turnover sick / closed units who notice/order and also mostly fall under Micro and pleaded that the govern-Small Sector. Arun Gupta ment must constitute a also said that the govern- high powered committee Arun Gupta said that the ment should come forward to formulate the revival / existing Industry is really for the rescue of existing rehabilitation policy for

Reasi Police arrests notorious drug peddler, recovers ganja

JI NEWS SERVICE JAMMU, MAR 19

In continued drive against Drug Abuse launched by District Police Reasi under operation Jeevandan, surprise Naka & Checking is being conducted to check the offenders & Criminals.

Police team of Police Station Katra laid a surprise naka at Balini area, while conducting surprise checking, apprehended one person namely Amit Kumar S/O Sheru Caste Christian R/O Village Searli, Katra and upon frisking of said person, 53 grams (approx.) of Ganja like substance was recovered from his possession.

On this FIR No. 83/2024 U/S 8/20 NDPS Act is registered at Police Station Katra and investigation is going on to unearth the backward and forward linkage.

SSP Reasi Ms Mohita Sharma-IPS while sharing the details conveyed that Reasi Police is working on multipronged strategy to deal with the problem of drug abuse, on one hand awareness programs are being organized in every nook and corner of the district and on the other hand drug peddlers are being booked under PITNDPS Act on regular basis, whereas Reasi Police also started Anti Drug Helpline Number 9070907017 for general public where identity of caller will

be kept secret. SSP Reasi while giving tough message for drug peddlers added that there is no space for Drug Peddlers in Reasi. Drug peddlers should shun the path of spoiling our generation and must return to mainstream otherwise they will be dealt with Iron hand.

BJP holds meeting in Gulabgarh, many join BJP



JI NEWS SERVICE GULABGARH (REASI), MAR 19

Lok Sabha parliamen- Akhtar, Nadina Begum,

tary constituency and in- Shahnaz Begum, Shacharge of District Jammu vanam Akhtar, Kaushalya Bharatiya Janata Party Dis- Border, Rajinder Singh Devi, Anju Devi, Krishtrict Reasi held an organi- Chib, Vistarak Shakeel na Devi, Prakash Devi, zational meeting of Shakti Deng General Secretary Ghulam Fatima, Safia Kendra Pramukh, Booth Subhitra Singh and Abdul Korsh, Shakeela Tabas-President, and office bear- Hameed Dar, Vice Presi- sum, Mehnaz Akhtar, ers of the Mandal in Thuru dent Mr. Mukesh Singh Monica Devi, Tripata Mandal of Gulabgarh and Jasbir Singh, all the Devi, Phula Begum, Lali Assembly constituency in Mandal office bearers, Begum, Ravi Kumar were presidents of all mandal among the prominent to

Senior BJP leaders,

ECCE Leadership Workshop for Educational Administrators held

JI NEWS SERVICE JAMMU MARCH 19

A capacity-building workshop on Early Childhood Care & Education (ECCE) Leadership for the Cluster Heads/HOIs of the Government Schools of Jammu and Samba was held here today at the Tawi Conference Hall, Udheywala, Jammu. The workshop was organized by the National Development Foundation Jammu in collaboration with the Directorate of Samagra Shiksha J&K, Directorate of School Education Jammu and in partnership with UNICEF India. Around 60 Educational Administrators participated in the workshop. Prof. Dr. Sindhu Kapoor, Joint Director SCERT Divisional Office Jammu, inaugurated the workshop in the presence of Mr. Rajiv Khajuria, President National Development Foundation (NDF) and Mrs. Arti Sharma, CEO



Persons, while the stage was conducted by Ms. Nisha Pandita from NDF.

Mr. Ajeet Sharma, Coordinator Quality Samagra Shiksha J&K, was the key Resource Person and high- the kindergartens estab- She emphasized that NDF. While the afternoon lighted the government's lished in the government early years of education session was presided over achievements with regard schools after coming up of are crucial and lays the

their understanding and development of children leadership will determine and work towards develthe quality of ECCE com- oping social behaviour, ponent delivered through good habits and basic life the Pre-Primary classes of skills among children.

Education by the year 2030 target to ensure that all students entering Grade 1 are schoolready. He complimented the National Development Foundation for providing handholding support to the schools with regard to ECCE and FLN delivery in the Jammu district. Prof. Sindhu

Kapoor, Joint Director SCERT, in her address, called upon the Educational Leaders to work Education Leaders, and on the domains of holistic

No issue of seat sharing in

J&K: Farooq Abdullah

Singh Syal accompanied by Parliament Vistarak of sonalities from Congress the gates of BJP are open Parliamentary Constituency Inderjeet Sharma,

The meeting was held Morchas, all eight Shakti join BJP on the occasion. under the chairmanship of Kendra heads and booth Mandal Incharge Joginder presidents were present. welcoming them into Many political per- the party fold said that

Jammu Reasi Lok Sabha and National Conference for all those who want joined BJP. to serve the people and Zarina Akhtar, Shahn- strive hard to strengthen

Convenor of Vistarak az Akhtar, Salima Mano, the nationalist forces and Yojana of Jammu Reasi Arshad, Tanveer, Jamila the country.

Chief Education Officer the HOIs to their role and 2020. Jammu. Ms. Jaswinder responsibilities in delivermary, Dr. Sarita Sharma, effectively in J&K. Assistant Coordinator Pre-

by Sh. Jagdeep Padha, to ECCE. He sensitized National Education Policy foundation for lifelong

Kumar, Programme Man- address, said that the Clus- importance on the univerager NDF, were Resource ter Heads/HOIs are the salization of Early Child-

learning in children. She Sh. Jagdeep Padha, complimented the role of Kour, Coordinator Pre-Pri- ing the ECCE component Chief Education Officer the National Development Jammu, in his address, Foundation for collaborat-Mr. Rajiv Kumar Khaju- said that the National Edu- ing with the School Edu-Primary, and Mr. Sunny ria, President NDF, in his cation Policy 2020 has laid cation Department for the effective delivery of ECCE and FLN.

Kashyap Rajput Sabha condemns 8% reservation to OBC

JI NEWS SERVICE JAMMU, MAR 19

An Emergent meeting of Jammu and Kashmir Kashyap Rajput Sabha (Regd) HQ Moti Bazaar, Jammu was held its HQ under the Chairmanship of Shri Murari Lal Balgotra President of Kashyap Rajput Sabha alongwith executive members of Sabha was strongly condenmned the decision and BJP is now playing only ended in smoke as BJP led taken by the J&K Adminis- election tactics advantag- Govt is on the same path tration who enhance only es and they issued order of the previous NC,PDF 4% to 8% reservation to last day before announc- and Congress Govt. OBC community instead ing of code of conduct.

their resentment against its true letter and spirit. this order of the Govt. OBC's community of JK UT ed that all future hopes



of 27% reservation as rec- BJP govt has diluting the meeting that Sh Ashok ommended by the Mandal main concept of reserva- Dogra (Ex Corporator), Commission Report. A tion by including 15 more Jeet Raj Mehra, Puran cruel joke playing with castes, which change the Chand Mehra, Krishan the aggrieved OBC Com- object of the constitution Lal Vice President, Gopal munity of JK UT as the of India, reservation. KRP Sanotra, Gen. Secty., Gur-J&K State OBC's have been Sabha strongly condemns preet Dogra, President, denied their constitutional and out rightly rejects this Yuva KRP Sabha, Tirath rights for the last 70 years. Govt order to OBCs unless Ram, Dharam Pal, Shub All the members pres- Mandal Commission Kumar, Suresh Kumar, ent in the meeting show Report is implemented in Vijay Mehra Secretary,

which is totally against the bers of KRS further resent- sor.

Those who attend the Ravi Prashad, Office Secty,

All the executive mem- Sh Bodh Raj Dogra Advi-

Six-Days Online Faculty Development Programme starts at SMVDU

JI NEWS SERVICE JAMMU, MAR 19

A Six Day online Faculty **Development Programme** on "Research Methodology with a Focus on Hands-on Experience of Econometric Modelling' commenced at Shri Mata Vaishno Devi University, ize participants with the Special Guest, Dr. Bright Katra, scheduled from 18th March 2024 to 23rd March 2024, organized by of economics concerned Malaviya Mission Teacher Training Centre (MMTTC). Under the patronage of Professor Pragati Kumar, ric models. The workshop Hon'ble Vice Chancellor boasts diverse participaof SMVDU, the FDP was inaugurated by Professor Supran Kumar Sharma, from different Colleges, the afternoon session, Dr Director MMTTC; Dr. Universities, and Institu-Pabitra Kumar Jena, Coordinator of the FDP; Dr. Arif sions, with each session Billah Dar and Dr. R. Gopi- of 90 minutes. Dr. Bandi nathan Co-Coordinator Kamaiah, Chief Guest, Ordinary Least Squares of the FDP. The primary objective of this workshop is to cover essential econo- University of Hyderabad last session of the day, metric models and meth- and Past TIES President, Dr. Pabitra. Kumar Jena ods for research applica- was the speaker for the elaborated a lecture on tion, particularly within first session. He highlight- empirical estimations of the realm of empirical ed the importance and time series modelling and research. This meticulous- art of modelling in the briefly summarized the as an initiative to familiar- Additionally, esteemed econometric modelling.



with estimating and evaluating theoretical knowledge through economettions. There were four ses-Emeritus Professor from

analytical framework of Akwasi Gyamfi, Associeconometrics, a branch ate Professor, Sir Padampat Singhania University (SPSU), shared his invaluable experience and congratulated the university for organizing this kind of workshop, which will be tion from various facul- helpful for the faculties ties, including teachers and research scholars. In Supran Kumar Sharma delivered a lecture on the basics of Econometrics and Assumptions of the and Linear Stochastic the School of Economics, regression model. In the ly crafted workshop serves realm of Econometrics. anonymity of classical

JI NEWS SERVICE SRINAGAR, MAR 19

A day after the National Conference kicked off the party's election campaign, the party President Faroog Abdullah said that there is no issue over seat sharing with the INDIA alliance partner and reiterated that they will contest on all three Lok Sabha seats in Kashmir.

rally in south Kashmir's lah said. Kulgam district sending a message to the People's ahead, it would not leave Democratic Party (PDP) any space for the PDP in that it was not willing to the INDIA block, Abdullah make any compromise on said "the alliance aims to the south Kashmir seat.

al Conference won earlier are the seats of the INDIA alliance and we will con- the Peoples Alliance test elections on these for Gupkar Declaration seats in the coming elec- (PAGD) has not finished tions", Abdullah said at Hazratbal on Tuesday.

won earlier are the seats future, we will also take coming days.



On Monday NC held a those three seats," Abdul

When asked if NC went defeat those forces who "The three seats Nation- are bent on destroying our identity.'

NC president said

"Why should PAGD finish? Our enemies wish "What is the question that there should be an of seat sharing? We are all announcement about the INDIA alliance partners. finishing of PAGD?It will The three seats we have not finish", he asserted. He said the PAGD meetof the alliance and in ing will take place in the



DPS Jammu sports stars shine bright with prestigious awards, scholarships

JI NEWS SERVICE JAMMU, MAR 19

In a momentous ceremony held at the Mini Stadium Parade on March 13, 2024, the Union Territory of Jammu & Kashmir witnessed a celebration of athletic excellence as Lieutenant Governor Shri Manoj Kumar Sinha honored 368 outstanding sportspersons from 17 diverse disciplines. Among the distinguished recipients were 10 exceptional students, includaccolades for their remark-2022-23.



The DPS Jammu frater- while Parth Singh Slathia,

ing alumni, who were Kamotra, who showcased Manav Gupta, shining in kits from the Khelo India bestowed with prestigious brilliance in Chess, receiv- Fencing and Gymnastics Centre. Mishthi Aggaring a cash award of Rs respectively, were also able achievements during 8,00,000/-. Mihika, excel- honored with cash awards Arora, Samarth Nischal, the sessions 2021-22 and ling in Pencak Silat, was for their outstanding perawarded Rs 1,00,000/-, formances.

Furthermore, the comnity stood proud as their Hiteshwar Singh, and mendable achievements of Arora, Eeshan Gupta, Rid- sportsmanship and dedisports stars were recog- Dhruv Gupta, demon- DPS Jammu's table tennis himi Gupta, and Rudraksh cation prevalent within nized for their exceptional strating prowess in Roller players did not go unnocontributions to various Skating (Inline Hockey), ticed, as 12 budding talents sporting arenas. Notable received Rs 10,000/- were granted scholarships among them were Soham each. Ananya Sharma and from SAI, along with full

wal, Aarya Giri, Rakshan Ayaan Gupta, Satyam immense promise and nity, inspiring generations

Expressing their heartfelt congratulations, the Honorable President RCT, Sh M.K. Ajatshatru Singh Ji, Honorable PVC, Kunwrani Ritu Singh Ji, and the Honorable Director, Shri S.S. Sodhi Ji, lauded the winners and their families for their unwavering support. Ms. Ruchi Chabra, the Principal of DPS Jammu, along with the staff, extended warm wishes to all the awardees, encouraging them to continue their pursuit of excellence in both academics and sports. The grand ceremony not only

honored the achievements of these talented individu-Nischal, Ragini Gupta, als but also served as a Aahaan Anand, Alena testament to the spirit of Sharma showcased the DPS Jammu commu-

were duly rewarded for to come to strive for greattheir dedication and skill. ness on and off the field.

peddlers, recovers 450 Tablets of Alprazolam IP 0.5mg

Reasi Police arrests drug

JI NEWS SERVICE JAMMU, MAR 19

the offenders & Criminals.

Police team of Police Station Katra laid a sur- is registered at Police Sta- public where identity of prise naka, while con- tion Katra and investiga- caller will be kept secret. ducting surprise checking tion is going on to unearth & frisking apprehended two persons namely Bittu linkage. Ram S/O Chatru Ram R/O Village Rajachack Tehsil Akhnoor, Jammu and Mulkh Raj S/O Bihari Lal Reasi Police is working on of spoiling our generation R/O Gurha Brahmna Tehsil multipronged strategy to and must return to main-Akhnoor, Jammu plying deal with the problem of stream otherwise they will on motorcycle bearing drug abuse, on one hand be dealt with Iron hand.

Reg. No. JK02CV-6494. awareness programs are During Checking 25 strips being organized in every of Alprazolam tablets IP nook and corner of the In continued drive against 0.5 mg from the posses- district and on the other Drug Abuse launched by sion of person namely hand drug peddlers are District Police Reasi under Bittu Ram and 20 strips of being booked under operation Jeevandan, sur- Alprazolam tablets IP 0.5 PITNDPS Act on reguprise Naka & Checking is mg from the possession of lar basis, whereas Reasi being conducted to check person namely Mulkh Raj. Police also started Anti

On this FIR No. 84/2024 Drug Helpline Number U/S 8/21/22/29 NDPS Act 9070907017 for general

SSP Reasi while giving the backward and forward tough message for drug peddlers added that there SSP Reasi MS Mohita is no space for Drug Ped-Sharma-IPS while sharing dlers in Reasi. Drug pedthe details conveyed that dlers should shun the path

Dr. Tarun Sharma demands fully dedicated Duggar Channel in Jammu

JI NEWS SERVICE JAMMU, MAR 19

cated Duggar channel in Iammu.

"Jammu Doordarshan Kendra", the only such that all the artists huge and successful mass platform to enhance including Dogri, Pahari, movement.

said.

Dogra culture, has been Gojri etc. associated with completely paralyzed. Jammu division, are being Another glaring example forced to suffer and stum-President Nat Manch, of blatant discrimination ble," Social, Sports and Politi- against Jammu division, cal activist Dr. Tarun the attempt has made to appealed for support and Sharma demanding the shove Jammu Doordar- cooperation to all the launch of a fully dedi- shan into Kashmir divi- artists and organizations sion's Kashir channel," he

Dr. Tarun Sharma who love Dogra culture to save their identity and Today the situation is culture so that there is a

Doda Police recover Rs 3 lakh stolen through cyber fraud

JI NEWS SERVICE JAMMU, MAR 19

Police in Jammu and Kashmir's Doda district recovered over Rs three lakh stolen through cyber frauds. Police said there were two complainants of cyber fraud which were solved by the investigators.

Giving details Police said that on February 13, a complaint was received by the Cyber Crime Investigation Unit (CCIU) of the District Police Doda, from Ajay Singh a resident of Tondwah Doda that he was duped of Rs, 85,000 through online fraud. Similarly, another complaint through offline mode was received on March 4, from Sehdev Singh of Doda saying he was duped of Rs, 2,15,220 through online fraud. During the investigation, the cyber investigation team led by Sub Inspector Ankush Nagra, in charge of CCIU Doda after hectic efforts successfully recovered the stolen Rs, 3,00,220, police said. After the recovery of the money, Senior Superintendent of Police Doda Javaid Iqbal appealed to the general public to be extra cautious remain vigilant not respond to unknown callers, fraudsters and report promptly to the Police to take all necessary measures well in time to track down the online cheaters and fraudsters. Earlier too in two separate complaints, CCIU Doda had recovered Rs, 1,09,500 that were stolen through online fraud.

GCPF-JK strongly condemns modified reservation provisions in J&K

JI NEWS SERVICE JAMMU, MAR 19

sure of divisive vote bank reasons such as backward-India

ing, Prof. Yash Paul ciency of administration religion and region. Since stringent Sc's / STs Atroci- case of other regions.

to be robbed of their due and administrative Effishare in every sphere. He ciency and kept the nation

demanded that provision away from what it should General Category People's of reservation be made be. Sharma demanded Front (GCPF-JK) in its core for Brahmans, Mahajans, implementation of all committee meeting held Rajput and Jats also. Using verdicts of Hon'ble Apex under the chairmanship its discretion to provide or Court of India, delivered of Raj Kumar Banathia, increase or include new on the issue of reservathe chairman of the Front sections / groups in res- tion and abrogation of strongly condemned ervation category, govt. of all amendments made in recently issued reserva- J&K violated and ignored the constitution which tions provisions by Jammu deliberately the conditions reversed the verdicts of and Kashmir Administra- for expressing the discre- Apex Court. Mr. Jagdish tion under political pres- tion exist. The impelling Dogra Ex-President, Shri Sanatan Dharam Sabhapolitics of government of ness, inadequate represen- Jammu province reiterated tation in services, exclu- the demand for the forma-Addressing the meet- sion of creamy layer; effi- tion of Hindu Temples and Shrines Prabandhak Board Sanson, president of the required by Article 335 and (HTSPB) with representa-Front alleged that Jammu breached 50 percent limit tive character to oversee and Kashmir government and period of reservation the administrative affairs ignored general category as reservation should not of Hindu Temples and people and violated con- be extended indefinitely. Shrines. He advocated for stitutional provisions by Mr. Som Nath Sharma, the elected bodies to take modifying and misusing General Secretary decried control of the administrato play divisive vote bank government for ignoring tive affairs using an end politics and to secure General Category people's to government control votes dividing society on demands to evanesce and interference, simithe basis of caste, class, caste discrimination and lar to approach taken in

Indian Army trains freshly inducted police officers in Bhaderwah

JI NEWS SERVICE JAMMU, MAR 19

started training over 1000 vision of Indian Army for operation and intelligence synergy between J&K Police and Army in the conflict hit region. Knight Corps Battle School the training period. in Bhalra.

menced training of freshly Bhalra during the entire

Inspectors and 62 Deputy Superintendents of Police (Probationers) at #WhiteK-The Indian Army has nightCorps Battle School in #Bhalra under the aegis freshly inducted J&K of #DhruvaCommand. police officers at Corps This initiative is aligned Battle School (CBS) Bhalra to long term vision of Bhaderwah in Jammu #IndianArmy for Op & Int region, officials said on Synergy between #JKPo-Tuesday. The initiative is lice and #IndianArmy," aligned to the long term Nagrota-based Army's White Knight Corps, also called 16 Corps said in a

post on X. Officials said police officers will go six weeks ini-Army said 1042 Police Sub tial training at the Battle Inspectors and 62 Deputy School and trainees have Superintendents of Police been directed to maintain (Probationers) are being high standard of discipline trained at Army's White and seriousness during

Officials said Jammu "Towards bolstering and Kashmir police has synergy & interoper- stationed officers of Comability with @JmuKmrPo- mando Training Centre lice, #IndianArmy com- Lethpora Pulwama, at CBS

Army's portable multi target detonation device granted patent

JI NEWS SERVICE SRINAGAR 19 MAR

Indian Army on Tuesday said that its "Portable Multi Target Detonation Device (WEDC)" developed by Major Rajprasad RS of the Corps of Engineer has been granted a patent.

As per the news agency CNS, the Additional Directorate General of Public Information (ADGPI) of Indian Army in a post on X said, "Indian Army achieved yet another milestone with Patent granted for the Innovation "Portable Multi Target Detonation Device (WEDC)", developed by Maj Rajprasad RS of the Corps of Engineers."

The innovation, which enables troops to undertake demolition at long range with increased safety and several advanced features, has been inducted in the Indian Army, added ADGPI - Indian Army in the

long General Category ties Act. He demanded The prominent members

people have been the setting up of Reservation who attended the meeting worst suffers of discrimi- Review Commission (RCC) were Bhushan Pargal, V.K. natory acts of the govern- constituted of Eminent Sharma, Deepak Khajuria, ments. The modified res- Jurists to review the exist- Surinder Kumar, Kewal ervation rules humiliated ing provisions of reserva- Sharma, Gopal Dass Verma and humbled General Cat- tions which promoted and Dr. Bansi Lal. Ram Pal egory as they continued casteism, communalism Sethi was special guest.

people has been compro-

mised and downgraded

by the leaders of BJP," he

maintained adding that

BJP has befooled PoJK refu-

gees and sanctioned only a

meager amount of Rs. 5.5

lakh per family against Rs.

30 lakh per family recom-

mended by the then State

publics including trad-

ers, businessmen, farm-

ers, unemployed, families

of the martyrs, border

residents besides daily

cal interests in J&K", he

He said that the general

Government.

BJP Govt playing politics of obstinacy in J&K: Rajesh Gupta

JI NEWS SERVICE

JAMMU, MAR 19

Bahujan Samaj Party (BSP) claimed that people of J&K are not happy with BJP anti-people actions and policies in J&K. Rajesh Gupta General Secretary and Media head J&K UT claimed that the people of Jammu and Kashmir were fed up with the "blush and failures" of the BJP Govt and economic crisis.

ity," Gupta remarked. He and hatred in society. said the BSP would not



and are suffering on all allow murder of democcounts. He alleged that the racy by the BJP which BJP had gained power after was desperate to register "betrayal of the mandate" victory, be it by hook or wagers, casual workers, and its experiments cost crook. BSP leader claimed contractual lecturers, etc. too much to the people of that all sections of society were bearing the brunt Jammu and Kashmir who were suffering under BJP of discrimination in all lost their identity as a state rule as promises made spheres. He alleged that besides all safeguards to to them have turned out the present BJP governtheir land and jobs. "The to be hollow. Launching ment is directionless due people will not spare BJP attack on BJP Government, to absence of any common for its total failure and Rajesh Gupta alleged that point in their respective arbitrary and undemocrat- the BJP government has agenda. BJP government ic decisions besides impos- left no stone unturned to has given rise to a situation ing heavy taxes, price hike destroy democratic insti- of uncertainty, chaos and tutions. . BJP has become confusion Gupta alleged. The claims of the BJP of mute spectator on the He said the J&K was passforming next government issue of discrimination ing through the "worst in Delhi and J&K aimed with Jammu. Gupta said ever misrule. There is at misleading the public that the only achievement total policy paralysis due about the party's popular- of BJP is to create division to divergent vested politi-

"The honour of Jammu claimed

JI NEWS SERVICE RAJOURI, MAR 19

A distinguished delegation led by Dr. Yasmeen Ashai, Director Colleges, Higher Education Department, Director, Planning ,Ms Sukhleen Kour, and Nodal Principal Dr. S. P. Saraswat visited Govt P G College, Rajouri . The delegation was received by the worthy Principal, Prof.(Dr.) Shamim A Azad and the Faculty members of the College

NCC Unit(SD/SW) presented the Guard of Honour as a mark of respect to the Director Colleges, Dr. Yasmeen Ashai. The exemplary display of discipline and steadiness by the NCC Cadets created an aura of great admiration for the entire College. While addressing a colossal gathering of NCC Cadets and NSS Volunteers, the worthy Director stressed the role of the disciplined students in making the society a better place to live in. She also focused on the need of co-curricular activities in personality developalong with the delegation collected by the students. the revered Aswaganda undergoing in the College.



severance in becoming better citizens.

ment of the students. She visited the Department of the College where they also urged the students to of Botany and exploring a actively engaged in plant- structed Girls' Hostel. refrain from the various diverse assortment of local ing a variety of significant evils prevalent in the soci- cereals, nuts, and indig- medicinal plants. Note- inspected the various ety. The Director Colleges enous seeds meticulously worthy among these were developmental works

interacted with the NCC This served as a testa- ation by the University of Cadets and NSS Volunteers ment to the Department's Jammu from the current and appreciated their per- unwavering dedication to the preservation of biodiversity. The delegation vis- Department for this mile-

The Delegation also ited the botanical garden stone. The Delegation also

inducted 1042 Police Sub period of the training

post on X

Director Colleges, J&K Higher Education Department visited Govt. P.G. College, Rajouri

(Withania som-

nifera), Haraysin-

gary (Nyctanthes

arbor-tristis), and

Celtis tala. This

initiative under-

scored the college's

commitment to the

propagation of tra-

ditional medicinal

practices. The col-

lective involvement

of both teaching

and non-teaching

staff including a

sizeable number of

students reflected

the shared com-

mitment of the col-

lege community

towards nurturing

botanical knowl-

edge and preserv-

ing ecological bal-

The Director

Colleges, also inaugurated the

Department of

Information Tech-

nology which has

been granted affili-

year. Dr. Yasmeen Ashai

congratulated the entire

paid visit to the newly con-

The Delegation also

ance.

Five-day 41st Steering Committee Meeting of International Partnership for Hydrogen and Fuel Cells in the Economy begins in New Delhi

AGENCIES NEW DELHI, MAR 19

The 41st Steering Committee Meeting of the International Partnership for Hydrogen and Fuel Cells in the Economy (IPHE) is being convened in New Delhi, India during March 18 - 22, 2024.

The first day of the fiveday meeting has been organised as IPHE Academic Outreach at IIT Delhi, on March 18, 2024, He emphasized the work, levels on various subjects of hydrogen and fuel cell technologies.

to work together to make the major areas of work in in this regard. the hydrogen value chain

Rahul's "Shakti" remark insult to Hindu faith. shows his misogynistic mindset: Ritika **JI NEWS SERVICE** JAMMU, MAR 19

Chief Spokesperson BJP Mahila Morcha J&KUT



where the conference del- collaboration and part- in energy systems and egates provided valuable nership that would be also about the R&D being insights into the future required from academia conducted at IIT Delhi on and research institutes for facilitating energy transi- 750 bar Hydrogen cylin-

Addressing the inau- tion and development der. gural session, Principal of the hydrogen sector. Scientific Advisor, Govt. He mentioned about the of India, Prof. Ajay Sood importance of moving Nair talked about India's pointed out that while away from grey hydrogen and other countries' inihydrogen is not a very new and bringing about a larger technology, there is a need share of green hydrogen.

Vice-Chairperson, it more economical and IPHE, Mr. Noe Van Hulst cleaner. He emphasized mentioned India as an on the importance of skill economic powerhouse, an development and R&D in engine of global economy the sector and mentioned and a decisive actor in make hydrogen producthat besides the Ministry of shaping the clean energy New & Renewable Energy, future. He put emphasis various other Ministries of on the requirement of the Government of India skills, educational outare also taking efforts for reach and Research & Joint Secretary, Ministry of adoption of Green Hydro- Innovation in shaping the gen. The Principal Scientif- future of Clean Hydrogen Shri Ajay Yadav mentioned ic Advisor highlighted that and the role of academia the importance of Green

Dean (R & D), Indian tive fuel of the future and include five components, Institute of Technology highlighted the steps being namely, Production, Stor- Delhi, Prof. Naresh Bhat- taken by the Government age, Transportation, Dis- nagar highlighted the of India for promoting expressed the need to tribution & Consumption. involvement of IIT Delhi green hydrogen under the Additional Secretary, in R&D of vehicles run National Green Hydrogen Ministry of New & Renew- on hydrogen, for the past Mission. able Energy, Shri Sudeep two decades. He informed Jain highlighted the impor- about courses offered by tured engaging activities tance and challenging the institute at undergrad- including poster presen- through regulatory framenature of climate change. uate, masters and PhD tations and a quiz compe-

Lok Sabha Elections 2024

announcement and prize distribution to three winners in each competition. The IPHE Academic Outreach also featured two insightful panel dis-

cussions. The first panel discussion titled "Empowering Expertise: Cultivating Skill Development in the Clean / Green Hydrogen Arena," focused on development of the knowledge and skills necessary to thrive in the clean / green hydrogen sector. The panel highlighted the requirement of skilled high-pressure storage at personnel in the field of Green Hydrogen, requiring different sets of safety, Chief Executive Officer, security and regulatory Avaada Group, Shri Kishor standards. The need for new skill interventions for the thematic areas and tiatives towards Energy for hands-on training for Transition and their Net the green hydrogen sector was also highlighted by the Zero commitments. He also requested Academia, Panel. Research & Innovation

The second panel disfellows to come forward cussion titled "Unveiling the Future: Clean / Green with technology ideas to Hydrogen Technologies tion, storage, transportaand Its Transformative tion and applications more Applications," explored the frontiers of clean / efficient and cost-effective. In his welcome remarks, green hydrogen research and innovation, discuss-New & Renewable Energy, ing its transformative potential across various industries. Considering Hydrogen as an alternathe present cost of production of hydrogen, its storage, transportation and consumption, the panel bring down these costs by technology improvement, efficient production / utilisation through R&D and The event also feaby increasing the demand work.

Lok Sabha Elections-2024 **Integrated Election Control Room and MCMC Centre established in Srinagar** tition, culminating in the

INTEGRATED CONTROL ROOM

(24 X 7)

RETURNING OFFICER

2-Srinagar Parliamentary Constituency

JI NEWS SERVICE SRINAGAR, JANUARY 19

In order to ensure better coordination among line Departments for smooth conduct of upcoming Lok Sabha election related activities and to monitor violations of model code of conduct (MCC), if any, an Integrated Election Control Room and Media Certification and Monitoring Committee(MCMC) Centre has been established here at DC/DEO Office Srinagar.

The DC Srinagar/District Election Officer Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today inspected the Integrated Election Control Room and MCMC Centre equipped with latest technologies for coordinate the functioning of various agencies smooth, fair and transparent conduct of the Lok Sabha elections-2024 in process the District.

The DC/DEO took stock of the facilities and equipment's installed at both the facilities and also interacted with the desigdeployed staff.

On the occasion, the eral grievances related to displays/cinema halls / Lok Sabha Elections.

Websites including Social Media, e-papers & Cable

Nodal Officer MCMC, will work as per the guide-Ahsan ul Haq Chisti, Nodal lines of the Election Com-Officer, Integrated Elecengaged in the election mission of India to keep tion Control Room, Mirza close vigil on paid news Shahid Ali and other con-He said that the Inte- during the Lok Sabha Eleccerned accompanied the DC/DEO during the visit.

The MCMC will provide Emphasis was laid on to certification after scru- have proactive approach Code of Conduct (MCC) tinizing Political Adver- and sensitise the staff tisements to be telecast / down the line to ensure nated Nodal Officers and nels, Social Media analy- broadcast over TV / Radio free, fair, transparent and sis, C-vigil teams and Gen- Channels / Audio - Video seamless conduct of the

DC/DEO said that as per the election through ECI Internet based media the directions of the Elecportal. Similarly, the Media tion Commission of India, Certification and Monitor- Network during General the Integrated Election ing Committee (MCMC) Elections. Control Room has been set up as a tool to effectively Centre at the District Level

tions-2024.

Room will have Call receiving facility on 1950, Model scrutiny of media chan-

Manifesto will be party's 'Nyay Patra', says Cong

grated Election Control

AGENCIES NEW DELHI, MAR 19

The Indian National Congress said on Tuesday that it is fully prepared for the upcoming Lok Sabha elections and will soon come with the manifesto, which will not just be a mani-

festo but the party's 'Nyay Patra' that will fulfill the five guarantees promised to the country. Addressing a press conference at the AICC headquarters here on Tuesday, party general secretary KC Venugopal,

accompanied by party Kisan Nyay, Yuva Nyay, of the last 10 years of BJP general secretary Jairam Naari Nyay, Shramik Nyay, Ramesh, said, "The Con- and Hissedari Nyay. These gress Working Committee five pillars will have five Mallikarjun Kharge and former party president had a detailed discussion guarantees.



rule.

was attended by Congress Parliamentary Party Chair-"Congress President person Sonia Gandhi, Rahul Gandhi ji have Rahul Gandhi, and mem-



Ritika Trehan has criticized Congress MP Rahul Gandhi's "we are fighting against a Shakti" remark, saying not only was it an "insult to the Hindu faith" but it also showed the latter's "misogynistic mindset". In a handout issued here, Ritika said a series of INDI Alliance members have said that Hindu dharma is a 'dhokha' (fraud), Ramcharitmanas is potassium cyanide. Congress party has a long history of Hindu hatred, from denying the existence of Lord Ram to making the statement about Shakti," she said. She also alleged Rahul Gandhi made the statement in a manner that "he's trying to denigrate the Gods and Goddesses of Hindu faith".

Ritika further said that statement from Rahul Gandhi is not just an insult to the Hindu faith but shows the misogynistic mindset of Rahul Gandhi, who is against Nari Shakti and its manifestations. She said there should be some limit to which a person hates the other."Rahul Gandhi's intense hatred for PM Modi Ji, and arrogant display of his family status has crossed all human limits," she said. Someone needs to remind him, Shakti resonates with women. The word Shakti drives from the inner strength of Ma Durga and Kaali. The inner strength every woman possesses, including Sonia Gandhi. Shakti is not about Hinduism, it's about courage to fight the odds and the evils," she said.



JI NEWS SERVICI

DODA, MARCH 19

Lok Sabha Elections 2024, during election process. an interactive meeting of On the occasion, District up with the concerned Media Persons was held Information Officer (DIO) at District Information Doda said that media is Centre (DIC), to discuss an essential part of our nience during coverage. the roles and responsibili- democracy, adding that it ties of Print and Electronic acts as a crucial watchdog Media before and during in democratic elections electronic media work-Elections for its smooth and maintains its trans- ing in Doda attended the conduct. During the meet- parency. During the meet- meeting.

ing, the media persons ing, Media persons raised were enlightened about various issues related to the aims and objectives of coverage of election. The In view of the forthcoming print and electronic media DIO assured them that the matter will be taken authorities so that they don't face any inconve-

Correspondents and reporters of print and

Lok Sabha Elections 2024: **DEO chairs meeting with Heads** of Political parties in Udhampur

and representatives.

JI NEWS SERVICE UDHAMPUR, MARCH 19

District Election Officer Udhampur, Saloni Rai, into various aspects, with convened a meeting with a comprehensive Powerdistrict heads and repre- Point presentation covsentatives from various ering the Model Code of Complex, Udhampur.

Additional Deputy itoring Committee, Trans-Anirudh Rai, along with cVIGIL application, and electoral process.

other officers, district Regulation of Road Shows heads of political parties, during elections.

The DEO emphasized The meeting delved the pivotal role of political parties in upholding the democratic ethos of the nation, urging cooperation and strict adherpolitical parties at the Conduct, Election Expen- ence to the guidelines set Conference Hall, DC Office diture Monitoring System, forth by the ECI. The DEO Media Certification & Monurged all parties to demonstrate utmost integrity Commissioner Joginder port Management, Main- and responsibility, setting Singh Jasrotia, Deputy Dis- tenance of High Standards a positive precedent for trict Election Officer Dr. in Election Campaigns, a free, fair, and peaceful

on the manifesto for the authorized Congress President Mallikarjun Kharge the manifesto. A date for its final release would be made soon.' the next five years.".

He said that during the Bharat Jodo Nyay Yatra, Rahul Gandhi met and Ramesh said, "The CWC spoke to several people meeting held today is not from different sections of just for the manifesto but society. During the course for our Nyay Patra." of the yatra, Rahul Gandhi the five pillars of the yatra: country from the injustice jun Kharge. The meeting people at large.

Founder KoshurRAAG calls on Lt Governor



JI NEWS SERVICE JAMMU, MARCH 19

related arts.

at Raj Bhawan. Lt Governor about the

ongoing endeavours of his organization to promote the rich cultural

heritage of Jammu Kashmir through music and

Padma Shri Dr SP Varma and Sh Vijay Thusu, Director Koshur-

Mattoo briefed the RAAG were also present.

Venugopal said, "During announced 25 guarantees bers of the CWC. In his upcoming 2024 general the Bharat Jodo Nyay with regards to the five jus- inaugural speech, Kharge elections. The CWC has Yatra, Rahul ji has done tices in the last few days. said, "The country has Along with these guaran- been fervently demanding the maximum as far as the five guarantees are con- tees, economic, foreign a change. The guarantees to grant final approval for cerned. But in the coming policy, constitutional currently being touted by days, we must spell out protection, the environ- the present government what our priorities and ment, and many other justice agendas related to as that of the 'India Shinpolicies are going to be for national interest were also Meanwhile, Jairam discussed in the meeting,"

Ramesh said.

would have the same fate ing' slogan of 2004".

He urged the party leaders to ensure that the Earlier in the day, the manifesto gets the widest CWC extensively discussed publicity in different states the party manifesto for and that the party's com-Ramesh further added the Lok Sabha elections mitment is taken to every spoke of the gaurantees that the Congress party that was chaired by Con-household across the and commitments under is ready to liberate the gress president Mallikar- country and to the to the

> Police attaches illegal property worth lacs of notorious drug peddler in Kulgam JI NEWS SERVICH

KULGAM, MAR 19

Continuing its action against drug peddlers, Police in Kulgam attached property (Single story residential house) worth approx. 1,014,894, measuring 976.76 Sq. ft belonging to notorious drug peddler namely Ghulam Mohammad Mir @Gull Kasai Son of Mohd Abdullah Mir resident of Bugam.

The action was taken under sections 68-E read with 68-F (1) of NDPS Act of 1985 & is linked with case FIR No. 166/2015 U/S 8/15 of NDPS act & 77/2022 U/S 8/15 of NDPS Act of PS Kulgam.

The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Kulgam Police. The property was prima facie acquired from illicit trafficking of narcotic drugs and psychotropic substances by the said drug peddler.

This operation reaffirms the commitment of J&K Police to combat the drug menace. Local people of the area hailed the initiative of J&K Police.

Arvind Mattoo, Found-Shri Manoj Sinha, today

er, KoshurRAAG - a USbased NGO, called on Lieutenant Governor



Jammu Police organises awareness DC Ganderbal chairs NCORD meeting

Discusses efforts in combating drug abuse in district

JI NEWS SERVICE GANDERBAL, MARCH 19

The district-level NARCO Coordination Committee (NCORD) meeting was held today at the meeting hall of Dak Bungalow Ganderbal under the chairmanship of Deputy Commissioner (DC) Ganderbal, Shyambir.

The meeting held a held

Concerned depart-



the efforts of enforcement activities for Nasha Mukt addiction cases in Nasha agencies in combating once ongoing examina- Mukt Panchayats and sub- reviewed the work progdrug abuse and narcotic tions conclude and ensure mitting action reports. trafficking in the district. A compliance with COTPA detailed discussion on pre- guidelines, particularly reviewed the status of vious directives to address regarding the prohibition CCTV camera installation the drug problem was also of tobacco items near and it was informed that schools

ments and agencies shared tainability of Nasha Mukt eras and computerized ity could be utilized at an the steps they have taken status in announcing billing in retail medical to make Ganderbal drug- Panchayats and under- shops is also ensured. free, including addressing scored the involvement of drug addiction and identi- Civil Society members in status of illicit crop Ganderbal, ASP Ganderfying hotspots of drug use. ongoing activities. Addi- destruction, Excise bal, SDM Kangan, CMO, The DC directed the tionally, all stakeholder department was directed Tehsildars, and other offi-

detailed discussion on to frame a calendar of with monitoring new drug could be taken.

The meeting also over 98 percent medical He emphasized the sus- shops have installed cam-

Education Department departments were tasked to identify the illicit crop cials.

as the season of poppy cultivation season is approaching and Tehsildar were directed to assist them by involving Lumberdars and Chowkidars and violation should be brought into the notice of Police so that appropriate action

The meeting also ress on Half Way Home and DC asked the ADC to inspect the progress of works along with DSWO and officials of Municipal Council, PDD and Jal Shakhti so that the facilearliest.

Among others the meet-While reviewing the ing was attended by ADC



programme on new criminal laws

JI NEWS SERVICE JAMMU,19-3-2024

An awareness program regarding the new criminal laws i.e BNS, BNSS & Evidence Act was organised by Jammu Police on 19.03.2024 in B.N col-

lege Jammu. The camp was chaired by SDPO City instead of IPC, CR.PC

East Jammu SheeAn and Evidence Act. Bhat accompanied by The camp was attend-Incharge Police Post ed by large number of Bhatindi SI Shakeel students and manage-Ahmed.The prime ment of the college.

objective of the camp The chairing officer was awareness of Public addressed the public regarding amended accordingly about the three new criminal laws amended three new i.e BNS, BNSS AND BSA criminal laws.

Two drug peddlers with 15 grms Heroin

(Chitta)like substance nabbed

Indian Army Sponsored Young Apirants Shine in Sainik Schools Entrance Examination at Rajouri

JI NEWS SERVICE RAJOURI: 19 MAR 2024

Sainik Schools are known for their rigorous selection process aimed at identifying potential candidates to become a leader and a military officer. Sainik School written exam requires thorough preparation. To give wings to highly motivated youths to clear prestigious Sainik School entrance exam, Indian Army conducted coaching classes to prepare the talented, potential students belonging to poor and rural background. The Indian Army sponsored coaching classes bore excellent results with 14 students including 5 girls of the Area of responsibility of Counter Insurgency Force (Romeo), clearing the written examination.

Skill Development: Fish farming potential gamechanger in employment generation: KUVC

JI NEWS SERVICE SRINAGAR, MARCH 19

To add a new chapter in sustainable aquaculture practices by exploring cost-effective feed ingredients, the Department of Zoology, University of Kashmir, Tuesday inaugurated a week-long training programme here.

Titled, "Fish Farming aimed at self-reliance. and Utilization of Less Expensive Ingredients in will definitely help the Fish Feed" under KU's participants gain access to will focus on encourag- of cost-effective fish feed aimed at self-reliance, an and culture systems," Prof official statement issued Khan said, adding that here read.

scored the varsity's com-



Khan reiterated. skill development pro- knowledge and informa- Naseer Iqbal, emphasised gramme, the training tion on the formulation the crucial role of starting entrepreneurship and monitoring of fish landscape, emphasising and supporting initiatives health, both in natural their significance as the "need of the hour". the workshop will also aims to provide holis-On the occasion, KU be useful for the trainees tic education that not

Nilofer Khan, under- fish farming in the Valley. ic excellence but also industry partners and session while as, Senior mitment towards develop- mitted for such activities skills vital for professional ensure that the students Co-Organiser, Dr Yahya ing an ecosystem of start- of personality develop- growth," Prof Naseer said, are well-prepared to meet Bakhtiyar, presented the

and entrepreneurship, capacity building, skill for programmes aimed at development and entre- imparting skills training to "The present training preneurship," Prof Nilofer unemployed youth.

Outlining the objec-KU Registrar, Prof tives of the training programme, Head Department of Zoology, Prof ups in the contemporary Abdul Ahad Buhroo, highlighted the role and sig-"Kashmir University

"The varsity's colups, skill development ment and discourse on while assuring support the demands of the job- formal vote of thanks.

narket," Prof Ahad said. Associate Professor and

cost-effective feed ingredients.

"Our university is com- emphasises practical government agencies Assistant Professor and

JI NEWS SERVICE

against drug peddlers Under operation Sanjeevani Jammu Police on 18.03.2024 arrested two drug peddlers namely Balraj Singh S/O Massa Singh R/O Sehora Tehsil, Amritsar with 9 grams of heroine(Chitta) like substance and Pawan Kumar S/O Bhagat singh R/O Garh samano, Udhampur with 6 grams of heroine like substance from them. A total of 15 grams heroin like substance was recovered from them along with Grand I10 Car bearing Registration no. JK02BS 7038.

fort Sh.Amit assisted by Incharge Police Post Narwal PSI Sanjeev under FIR No. 65/2024 U/S incident to jammu Police. the supervision of SDPO 8/21/22/25/29 NDPS ACT The identity of person East Sh. Sheezan Bhat- has been registered at informing regarding this JKPS and SP South Sh.Ajay Police Station Bahu Fort menace will not be dis-Sharma-JKPS apprehend- and investigation of the closed to anyone.



ed the drug peddler in case taken up. The team headed by Narwal area and recov-SHO Police Station Bahu ered heroine like sub- upon all citizens of Jammu stance from them.

In this regard, a case menace and report any

Jammu Police enjoined to be aware of drug

JAMMU, 19.03.2024 Continuing its drive

Event Organiser, Dr Imtiaz Ahmad Khan, highlighted the importance of sustainable practices in fish farming and the exploration of

"This will add a new chapter in sustainable aquaculture practices," he added.

Faculty members, officers, scholars and students attended the inaugural session.

Special Secretary to KU VC, Dr Ashfaq Ahmed Zarri, was also present on nificance of such events the occasion. Research and assured his commit- Fellow, National Mission ment to conduct such pro- on Himalayan Studies grammes in future as well. (NMHS), Dr Kousar Jan, conducted the proceed-Vice Chancellor, Prof presently associated with only focuses on academ- laborative efforts with ings of the inaugural

Chunav Ka Parv Desh Ka Garv DEO Kishtwar convenes meeting with representatives of political parties

JI NEWS SERVICE

KISHTWAR, MARCH 19

District Election Officer Kishtwar, Dr. Devansh Yadav today chaired a meeting with representatives from various political parties to underscore the paramount importance of upholding the highest ethical standards as delineated in the Model Code of Conduct (MCC) and other pertinent guidelines set forth by the Election Commission of India (ECI) in anticipation of the forthcoming Lok Sabha Elections, 2024.

The primary objective of the gathering was to of maintaining integrity, ment. fairness, and transparentisements and campaign cratic principles. vehicles, initiation of

cy throughout the elector- firmed the collective Code of Conduct by the al process. Deliberations commitment of all politi- ECI. during the session encom- cal stakeholders towards

as adherence to MCC pro- characterized by ethical integrity and responsibilvisions, acquisition of per- conduct, accountability, ity, thereby setting a posimissions for media adver- and reverence for demo- tive precedent for a free,

Dr. Devansh Yadav reit- toral process. candidate bank accounts erated the pivotal role of in accordance with stipu- political parties in uphold- in the cooperation and lated timelines, and other ing the democratic ethos adherence of all political



on the imperative nature table electoral environ- cooperation and adher- ipated a conducive envience to the guidelines

The discussions reaf- delineated in the Model

He urged all parties fair, and peaceful elec-

Expressing confidence

sensitize political parties ensuring a just and equi- the indispensability of guidelines, the DEO anticronment for the smooth conduct of the Lok Sabha Elections.

The meeting was attended by ADDC Kishtpassed crucial issues such fostering an environment to demonstrate utmost war Ghulam Rasool, ADC Kishtwar Pawan Kotwal, ARO/SDM Paddar, Amit Kumar, Nodal Officer MCMC/DIO Kishtwar, Dr. Kuldeep Kumar, Election Naib Tehsildar Angrez Singh Jasrotia, Master Trainer Riyaz Ahmed Butt pertinent aspects vital to of the nation and stressed parties to the outlined and Election Officials.

Zonal Head HFN Jammu felicitates Team of Indian Yoga Association

JI NEWS SERVICE JAMMU, MAR 19

Heartfulness Institute Kanha Shanti Vanam has organized 4 days World Spiritual Mahotsva at Hyderabad with theme to establish inner peace to world peace.

The festival at Kanha Hyderabad was inaugurated by Draupdi Murmur, Gujral, Seora The team Dhyan & Smadhi are & Veldictory Address by Indian Vice President.

which about 75000 delegates participated.

Heartfulness celebrated apy & Yoga Center, CM the event to highlight the Sharma, State Coordina-Indian Tradition of Universal Brotherhood and need to promote divine Acceptance, Purity Hum- Coordinator Pb VKMI. ality and contentment to attain inner peace.



Honb'le President of India included S K Gupta (Retd the internal parts, as Chief Engineer), Presiper Patanjli's Eight fold dent Consumar Forum, Yoga. Meditation is inter-The world Mahotsva Ashok Gupta, State Vice nal journey & journey greenery, trees & plants was attended by 300 Spir- President Bharat Vikas within. Depth of yoga can all round. When to mediitual, Religious & Holistic Parishad & Global Vice not be touched without tate: The best time is wellness organisations President Vichar Kranti this journey. We can not Brahamvela, two hours from India & abroad. Vide Manch International, see the self & have self-before sunrise - when Abhinandan Jain Found- realization. For a jour- nature is at peace, quite er Chairman Bhagwan ney for self realization. & pleasant. Mind is also Different State HQs of Mahaveer Physiother- Meditation is necessary & essential.

tor Annamalai University, Meditation is abstract utilized. Aim of Medita-Yash Pal Sharma Life and matter like beauty, good- tion. To have mental & Yoga coach & Mrs Anju ness, or Almighty. These Physical benefits of mediequalities- Love, Under- Bansal, 'Swar Kokila', Edu- can be experienced but tation, the mind of Medistanding mutual trust, cationist, Social Activist & difficult to arrest them in tator becomes peaceful Dr Jain, while address- a process but its ultimate of the world do not dising the participants, stage - self-realization. turb him, neither affected Dr Shreyansh Kumar explained in detail about Meditation is possible by joy nor get disturbed Jain, State Yoga Commis- meditation. Why, What, when we have complete in sorrow. Watches sioner & State Chairman How, Where, when & its peace of mind - pure all worldly events as Indian Yoga Association, Aim. Yam, Niyam, Asante, State of Chitt. Meditation a detached spectator. along with the team, and Pranayam are exter- is a combination of three Thoughts & conduct attended the festival at nal parts, Partyahara is unconscious, Sub con- become balanced and Jammu HQ of HFN at Gole a link between Dharna, scious, and unconscious equable.

minds. How to practice meditation.. There are many methods : Concentration on incoming & outgoing breath, on sensation of body, on thoughts, between the eyebrows, on the tip of nose, TRATAK on an object or chakras etc. Where to practice. To practice in a calm & open place, ground should not be uneven, no discomfort, Blanket /Mat to be used for Asante. Better if

peaceful after night sleep. If unable in the morning, What is Meditation: evening time can also be words. Meditation is not & stable. Pleasure & Pain

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